

VITHOULKAS G., Materia Medica Viva

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Abelmoschus

Hibiscus Abelmoschus or Ambretta.
Family: Malvaceae

The essential features

This is a remedy with a lot of fears; that you will tend to confuse with *Phosphorus*, *Crotalus cascavella* or *Calcarea car*. The patient is overwhelmed with a fear that **poisonous creatures such as spiders, scorpions, snakes, insects, flies etc** are going to bite him. The fear of **snakes and insects** is quite a strong keynote of this remedy. The fear is so unreasonable that he has to take all kinds of crazy protections, in order that spiders or flies or mosquitos will not strike him. He closes the doors, the windows, etc. and may stay awake at night awaiting the daylight with the fear that the insects will bite him. But this remedy also has all kinds of other fears. Rapid palpitation with fears. Fear that **something bad will happen**, fear in crowded places, fear of **staying alone** at night. The night and darkness are really tortuous because his fears are then so much exaggerated. Apart from this aggravation in his general condition, his energy for instance is better in the evening. It has caused tremblings and paralysis of the extremities. Difficult motion of lips with difficulty in swallowing. Edema of hands and legs. A **constrictive feeling** like a band is felt in the head and oppression in precordial region. With the fears epistaxis and fibromas of the uterus may be found, making the case similar to *Phosphorus*. Other symptoms include excessive salivation but with a sensation of dryness in the mouth, and **piercing pains** in the eyes as if caused by a nail.

Abies nigra

Black or Double Spruce.
N.O. Coniferae.
Tincture of the gum.

The essential features

Both the *Abies* affect the digestive system, but each one in its own unique way. Where in *Abies canadensis* the focus is on the empty feeling in the stomach with the faintness arising from epigastrium, in *Abies nigra* the leading symptom is again in the stomach but this time it is accompanied by a feeling as if a **hard boiled egg had lodged in the cardiac orifice of the stomach**. This symptom will not always be described using this particular expression by the patient but the main idea should be there. It can be described as a **constriction** in this area, or as an **undigested lump** of food that has lodged there, or as a discomfort, or a knot etc. In such a case, you will have difficulty in the digestion, a stomach that is overworked and gets upset easily, a stomach of the aged. There is a kind of hysteria going through this remedy; you may see this idea of constriction, or lump, or hard round substance appearing in other parts of the body, like the lungs or the throat, and you will tend to think of *Ignatia*, because in the X-rays there is no pathology yet the patient complains bitterly. You will notice that the patient is quite a hypochondriac as he relates his symptoms in great detail, and in a gloomy, dejected way as though something were very seriously wrong with his health. *Abies nigra* is indicated in **aged people** with weak digestive power, who have a flushed face, who drink a lot of tea and smoke and are aggravated by both, who stay

awake at night and feel drowsy, and sleepy all day. They are never optimistic, but usually despondent and with a bigger or lesser degree of depression. As soon as they try to drink their usual **tea** there is a **heartburn** in the stomach and eventually the stomach feels knotted up, constricted, **especially after eating**. It is mostly after loading the stomach with food that the symptoms appear.

In the morning they never want to eat, there is no appetite, but as the day advances appetite returns and they can in fact eat a lot, and finally at night in bed they may feel hungry. You will not however find the empty, gnawing feeling in the stomach that characterizes *Abies canadensis*. Such patients tend to have cardiac problems associated with the stomach, where the heart feels as though it were working slowly, and as if there were a kind of heaviness, in which case we have bradycardia. A tachycardia is also possible sometimes.

Abies nigra will also be indicated in cases where the person feels as if he has **aged mentally**, where he has lost his mental agility, his ability to comprehend and process ideas, where he senses a difficulty in comprehending a discussion, difficulty to think, to put the mind in action. He has the impression that his mind is blocked, that his mind is tied up, and therefore he cannot study. Because of this situation he becomes dejected and sad.

We perceive a similarity in the patterns occurring in both the stomach and the mental sphere: in short a difficulty to digest, or to "process intellectual food" which remains as a big lump in the brain.

Every meal is accompanied by pain in the stomach, followed by a great number of sour eructations and a tendency to vomit, all pointing to the degree of indigestion.

This brings to the patient's mind the idea that he may have cancer, and indeed he will feel as though he has a tumor in the stomach. He will not express or admit a great anxiety about his health but in the way he describes his symptoms you will notice a **hypochondriacal** element. It is interesting also to observe in this remedy that **whenever he has this feeling of a lump**, or hard ball-like substance in some part of the organism, the **tendency is to bring it out**. With the sensation of a foreign substance lodged in the lungs, for instance, the patient will try to cough until it is ejected.

There is restlessness at night in bed, and he may stay awake with hunger. In this remedy it is interesting to note that the patient's appetite is non-existent in the morning, increasing during the day until eventually at night it becomes an annoying hunger that keeps him awake in bed.

So we see that, in spite of the fact that these two remedies have so much in common, you will not confuse the one for the other, so long as you know what to ask for and how to obtain information.

Generalities and keynotes

Most, if not all, of the symptomatology is intimately associated with gastric disturbances. The main idea is indigestion and dyspepsia which is found mostly in old people.

The great keynote is the sensation **as if a lump of undigested food or a hard boiled egg had lodged in the cardiac orifice of the stomach**. (A similar feeling of choking and constriction or of a foreign body may also occur in the throat). The other most characteristic indication is a continuous distressing constriction just above the pit of stomach, **as if everything was knotted up**.

Almost all symptoms of *Abies-nigra* are centered around the stomach. Even chronic intermittent fever is accompanied by stomachache. All stomach symptoms are **worse after eating**. Severe pain or the sensation of a stone, that comes on at once after eating (and not one hour later like *Nux-v.*). The **appetite** is totally **wanting in the morning** but increased at noon and **at night** it can become so **excessive** that it **prevents sleep**. Incidentally: *Abies-nigra* is one of the very few remedies with a desire for cucumbers.

At night the patient sometimes has bad, unpleasant dreams or he is wakeful, restless, cannot sleep and wants something to eat although he was dull and sleepy during the day.

A terrible distress in the head with flushed cheeks often accompanies the dyspeptic symptoms.

The combination of **dyspepsia with functional heart symptoms or dyspnea especially in aged persons** is a very good hint for *Abies-nigra*.

Heavy and slow beating of the heart, bradycardia or tachycardia; sharp cutting pain in the heart. Dyspnea worse on lying down; sense of suffocation as if the lungs were compressed and cannot be fully expanded; as if a hard lump were lodged in the chest which he wants to cough out; waterbrash after coughing.

The remedy has also often proved curative in the **dyspepsia** resulting from the use of **tea** and **tobacco**.

Abies canadensis

Pinus canadensis, Hemlock spruce, Canada Pitch and Canada Balsam.

Natural order: Coniferae

Mode of preparation: We prepare a homeopathic tincture from the fresh bark and young buds.

The essential features

This remedy has not been proven in such a way as to bring out the mental-emotional symptomatology clearly. But we still have a unique picture of the remedy according to which we can prescribe it. *Abies-canadensis* is indicated in cases where you have probably failed with such remedies as *Nux-v*, *Sepia*, *Chelidonium* and *Lyc*.

The problems of these patients are focused mainly in the **digestive** system with the first target being the mucous membranes of the stomach. We see an increase of gastric juices that have as a result a tremendous **gnawing hunger**. The person has the feeling that he cannot stand it, that it is eating up his stomach and that he has to eat something immediately to relieve this gnawing pain. There is an empty feeling in the stomach that cannot be satisfied with any amount of food. As a result he may be **eating much more than he can digest** and eventually feels that he has overloaded the stomach.

These patients can feel light-headed, with a sensation of swimming in the head. They describe it as a tipsy feeling in the head.

Together with the above symptomatology *Abies-canadensis* is easily prone to feel tired, a feeling of debility that makes him feel that **he wants to lie down**, wants to rest all the time.

Another keynote is that he wants **to lie down with the legs drawn up**. It is as if there were an effort on the part of the organism to prevent a feeling of dragging down of the intestines, a feeling of debility which goes through the internal organs. In the women we see **prolapse or displacement of the uterus** (*Sep.*) and they describe it as if the uterus were soft. The liver is eventually affected. It works sluggishly, and the patient feels as though the **liver were small and hard**.

Sometimes there is a pain in right hypochondrium extending to the right scapula (*Chel.*) and many times constipation with a **burning feeling in rectum**. There is distension of the stomach with eructations, or rumbling in the abdomen with distension. The distension has an effect on the heart and respiration, where we see strong palpitations after eating and labored breathing.

This torpidity of the liver and the general debility point to a wrong assimilation of food which is further aggravated by the peculiar type of food that he craves, coarse food like **radishes, pickles, turnips, artichokes, highly seasoned food**, meat; we may on the other hand see an aversion to such food and a definite aversion to acid food (*Nux-v*).

With this symptomatology the patient becomes irritable, ill humored, he is cross, peevish, feels on edge, and becomes snappish. Mentally he will give you a picture similar to *Nux-vom.*, without being as impatient, irritable, nor short tempered, but more peevish and less active. Actually the *Abies-canadensis* patient has neither stamina nor drive; there is a deep sluggishness that will not go away by eating stimulating food, unlike *Nux-vom.*

In *Abies canadensis* we do not see the heartburns, so prominent with *Nux-vom.*, that are largely associated with active people. This remedy is much quieter, sometimes giving the impression that he does not care about things, and what is prominent is the fact that he is tired in body and **mind**. He feels **mentally exhausted**, confused and looks as if he is dazed. It is a remedy that can be indicated in brain fag due to a wrong assimilation, to a sluggish liver with all its ill-effects and repercussions. It is a remedy that has a concrete physical symptomatology that can be applied to diseases like duodenal ulcers, gastritis, liver and gall bladder affections, hypoglycemia, etc.

It is a **chilly** remedy in general but what is peculiar is a cold feeling in the blood stream as if the **blood was iced water**. Where he mostly feels the cold is **between the shoulder blades** as though there were a wet cloth stuck in this area. This symptom can guide you to prescribe this remedy in acute respiratory problems, or influenza. In influenza you will often prescribe *Gelsemium* instead of *Abies canadensis* because both have the exhaustion, the paralytic weakness, but the deep coldness and especially the sensation of the wet cloth on back that belongs to this remedy.

So in this remedy we see that, in spite of the fact that we do not have a big or a complete picture, the remedy is full of peculiar symptoms that can guide us to its correct prescription.

Generalities

Abies-canadensis is a cold remedy with a feeling of coldness in the blood vessels.

Fainting feeling originating from the epigastrium.

Very faint as if the top of the head were congested: drunken feeling.
Due to the tipsy feeling in the head it might be indicated for the after effects of intoxication.
It is aggravated by the coarse, indigestible food that the patient craves. Aggravated by tea.
Pressure ameliorates the pains.
Weakness, enervation, debility.
Twitching of the muscles.
Constant inclination to lie down and rest.
It is a right sided remedy.

Head

Tipsy feeling; swimming of the head; light-headed.

Stomach

You can prescribe it with quite a degree of certainty when the patient focuses his symptomatology upon an **increased hunger** in general. A **gnawing, ravenous, canine, excessive appetite**, an empty, weak feeling and faintness felt in the epigastrium.
Great appetite with rumbling in stomach and bowels after eating.
Tendency to eat far beyond the capacity for digestion.
Has an aversion to acids; meat; pickles.
Has a craving for coarse food, meat, pickles, radishes, turnips, artichokes, and indigestible food which all can aggravate his condition. In addition he has the tendency to eat far beyond the capacity of his digestion. The effect is flatulence and distention of stomach and abdomen, which causes palpitation and laboured respiration.

Abdomen

Distention and rumbling in abdomen after eating.
Liver and region of liver feel hard especially when moving.
Sensation that his right **lung and liver are small and hard**.
Complaints from spleen.

Rectum

Constipation with a burning pain in rectum.

Genitalia - female

Displacement of uterus.
Pressure ameliorates pain in uterus.
A feeling as if the uterus were weak and soft.
Sore feeling at the fundus of the uterus, relieved by pressing.

Chest

Palpitations especially after eating, due to flatulence. Sensation that his right lung and liver are small and hard.

Back

Pain in the dorsal region under the right scapula.

Coldness in the dorsal region between the scapulae **as if there were a wet cloth stuck** there, coldness extending down back.

Extremities

Cold hands.

Lies with knees drawn up.

Hand is shrivelled as if shrunken.

Fever

Has perspiration at night; clammy and sticky.

Cold shiverings as if blood were ice water.

Chills run down the back.

Night sweats.

Sleep

Sleeps with **limbs drawn up**.

Sleepiness.

Yawning.

Gastrointestinal:

Indigestion. Troubles from indigestion. Gastritis, duodenal ulcer.

Genitalia:

Prolapse of uterus. Uterine displacement.

Compare *Abies nigra*, *Chelidonium*, *Lyc.*, *Nux vomica*.

Clinical

Relationships

Dosage

From the lowest to 200.

Abrotanum

Artemisia abrotanum. Lady's Love. Southernwood.

N.O. Compositae.

Tincture of fresh leaves and stems.

The essential features

Abrotanum is the remedy to be thought of first in a case of "**metastasis**", or **alternation of pathological conditions**. A bout of diarrhea may stop suddenly and rheumatism or uric acid arthritis set in. Later on the rheumatic pains may go away only to be succeeded by a cardiac problem. A swelling of the parotid gland disappears when the testes or the mammae appear affected. A further case of diarrhea is checked and we see blood in the urine, or anxiety and trembling with signs of paralytic weakness etc.

Abrotanum patients are especially sensitive to the **stoppage of discharges**, and we observe that immediately after such stoppage a new, deeper and more serious internal condition appears. Hemorrhoids are suppressed and a heart condition manifests itself, or an ulcerative colitis starts up.

The Abrotanum patient may have chronic **diarrhea** but does not feel bad with it in general; he does however feel most sensitive to a **sudden stoppage** of the diarrhoea, whether due to some strong medicine or otherwise. The stoppage is **immediately** succeeded by the appearance of piles, stomach pains, a rheumatic condition or a heart problem. Should the diarrhea be reestablished, by chance or through the use of some medicine, and accompanied by the immediate relief of the internal problem, then you may be sure of your remedy. **Diarrhea is actually the great relief** of this patient. He feels well as long as he has loose stools.

This remedy needs an outlet, a discharge and it is one of the main remedies that produces ready discharges and exudations. The most characteristic is a **discharge from the umbilicus**, especially of the newborn. There is an exudation of blood and sometimes an ulceration of the infant's navel. Ready exudation in the pleura in pleurisy, or in the joints in arthritic conditions are characteristic.

The next prominent and peculiar condition we see in this remedy is an **emaciation** that takes place in the **lower extremities** and then progresses upwards. (The opposite is true for *Lycopodium* and *Natrium muriaticum*.) This Abrotanum characteristic can be observed in all its glory in "**marasmus**" of the new born. These children, whose skin is shrivelled, look malnourished and old, with ulcerations or exudations in the navel. The baby's head topples over because the neck is emaciated. The face looks old, and a small child looks like an old man. The whole body is emaciated and wrinkled. Abrotanum is one of the main remedies to be thought of in this condition, together with *Baryta*, *Sulphur*, *Calcarea*, *Iodine*, *Silica*, *Sarsaparilla*, *Natrum muriaticum*, *Aethusa*, and if this marasmus comes from Syphilis *Aurum muriaticum* etc.

The **emaciation** in Abrotanum occurs **inspite** of the fact that there is **excessive appetite** and that the patient eats a lot.

Another condition for which Abrotanum should be thought of is in case of **anaphylaxis after T.B. vaccination**. The child has boils or abscesses, commences to lose weight, develops hectic fever that can develop into pleurisy or any other tubercular manifestation.

Abrotanum in its mental-emotional make up is an **angry** person, not easy going, sometimes **malicious** and with some **cruelty** in his behaviour. Such people feel that they have the capacity to inflict pain on others without much moral resistance. They can be very cross and ill humored. If somebody goes against them, they can be venomous, vindictive, spiteful and fierce. They may let themselves go and become **violent**. Others see them as irritable, irascible and not willing to open a conversation. At other times Abrotanum cases can behave very nicely, especially with people whom they like. They can be cheerful, gay and talkative. Moods alternate, and you may encounter an element of hysteria in some cases.

They are anxious, apprehensive people, with a fear of losing their brain-power. They have a fear of idiocy. These fears manifest themselves because of the weakness and dullness of their mind, or because of memory failures. They feel that they cannot stand any mental exertion, and do not want to engage in any mental labour; the least mental work, even a conversation, fatigues them. They have anxious dreams and wake from a dream in a fright. Eventually fear and anxiety overcome them causing internal trembling.

While lying in bed they may hear a sound like distant talking which ameliorates when listening intently but returns as they turn their mind from it.

Abrotanum can also develop paralytic states where the head drops, or the hands loose their power to hold anything.

Children are irritable, obstinate and melancholic. They may sit by themselves without much involvement with others. They feel dull, sluggish, with a difficulty of comprehension.

Generalities

One of the best known symptoms of Abrotanum is emaciation - **marasmus in children** or **cachexia in adults**.

The **emaciation** sometimes develops very quickly. It usually **begins in the lower limbs** and **gradually spreads upwards** so that the face is the last affected. The **abdomen** is often enlarged, **bloated** and distended.

The next keynote is **emaciation with ravenous, gnawing hunger, losing flesh while eating well**. (*Calc., Iod., Nat-m., Tub., etc.*). The baby cries all day for milk and drinks a lot but the food is not assimilated properly and passes in large, frequent and undigested stools. Total loss of appetite may be possible in some cases.

The **children** are at first mostly **cross** and **irritable**, crying constantly. As the emaciation proceeds they become more and more **depressed** and **despondent**. The **skin** becomes **flabby, loose, shrivelled** and lies in folds. Their face becomes wrinkled, dry, pale and cold with blue rings around the dull, sunken eyes and distended veins on the forehead. It is an **old face**, a face that looks much older than the actual age of the patient.

The **weakness** becomes more and more pronounced. The patient may be unable to stand or **cannot hold up his head** because of the weakness of the neck. (*Aeth., Calc-p.*) This whole state, which naturally never shows itself in such a marked degree, can accompany many different diseases; for example a chronic tuberculous or cancerous peritonitis with enlarged abdominal glands. (Abrotanum has a special affinity to the **mesenteric lymphnodes**.) It doesn't matter what the name of the disease is as long as the characteristic symptoms are present.

The **weakness** and prostration combined with a kind of hectic fever can also occur **after** an **influenza** especially in children. (One should not only think of remedies like *Gels., Chin., etc.* in such cases.)

Abrotanum is not only an important remedy in marasmus and weakness of children but also a good one in other children's diseases such as hydrocele or nosebleed in little boys. In addition it is almost specific in **discharges from the umbilicus of the newborn** with oozing of serous or bloody fluid if the general symptoms are at least partly present. (*Calc., Calc-p.*)

A great characteristic is the so-called **metastasis** and the **alternation between different disease symptoms** i.e. one diseased condition completely disappears and another takes its place.

Inflammation of the parotids changes to inflammation in the testes or mammary glands. (*Puls.*) Hydrocele after suppressed eruption. Headache alternates with hemorrhoids. Hemorrhoids alternate with rheumatism. Rheumatism alternates with diarrhea or dysentery. Diarrhea alternates with constipation.

Another great characteristic of Abrotanum is complaints or **diseases after suppression of discharges**, in particular after a **suddenly checked diarrhea**. This suppression can occur after medical treatment but also spontaneously i.e. the discharge or the diarrhoea can slack off by itself without visible reason. The consequences are diverse: general weakness, emaciation, nose bleeding, or bleedings of the urinary organs, dry cough, gastric disturbances, rheumatism, etc.

An ill Abrotanum patient cannot bear not to have loose stools and a **diarrhea** often **relieves** all his other complaints. (*Nat-s., Zinc*)

Many internal diseases can supervene after **suppressed hemorrhoids**, as after their extirpation. The hemorrhoids themselves are inflamed, protrude, burn when touched or while pressing at stool and like in *Aesc.* or *Nux-v.*, they are accompanied by sacral pains. Sometimes the patients have a frequent inclination to stool although hardly anything but blood is passed. During a "hemorrhoidal colic" the patient is restless, sleepless and in some cases one may see ebullitions with general heat and distended veins on forehead and hands.

Abrupt suppression of rheumatism or receding gout are other important causes of many ailments. This suppression can happen either spontaneously or after a local treatment with strong ointments, liniments or injections into the painful joint. One of the most frequent consequences of this suppression is endocarditis with violent pains, and other more or less severe heart diseases. Catarrhal symptoms like hoarseness with painful throat, pleurisy, bronchitis and many other diseases are also possible consequences.

If you have given a high potency of Abrotanum in this situation and see that the internal problems get better but the joints begin to get painful again, don't change the remedy but wait. After some days or weeks you will often find that the rheumatism disappears too.

During the rheumatic complaints all joints can be affected: shoulders, elbows, hips and knees, hands, feet and especially the wrists and ankles. The **joints** are **inflamed, painful**, or swollen and **stiff** with a prickling sensation.

Another aspect of this remedy has not until now been taken into account sufficiently. The **disturbances of the nervous system** which possibly have a central origin and produce a **kind of paralysis** and **anaesthesia**.

The extremities can be very weak and lame, as if paralysed. The arm may feel as if tied to the body and it may be almost impossible to move the arms or legs. (This symptom may also be caused by severe rheumatic pains.) At the same time, together with this paresis a numbness of the arms or legs occurs with prickling, numbness and coldness of the fingers or toes.

On waking in the morning all limbs feel sore and lame which only improves after the patient gets up and moves his arms and legs.

Also severe neuralgic pains causing great restlessness are only relieved by motion.

The back is weak and lame as well and the nightly, sudden pains in the back are also ameliorated by motion.

Abrotanum has also been used in suddenly appearing myelitis and inflammation of the spine. One should think of that if one sees a patient with spinal symptoms which occurred after a suppressed rheumatism of the joints.

It has long been known that Abrotanum has a definite effect on the skin which seems mainly to have to do with the **cutaneous capillaries**.

Herbal healers for instance have used the tincture externally and internally against copper colored nose and **nevus flammeus** and report that they have often seen a success after some weeks or months. Also homeopaths have treated successfully angioma of the face in particular **hemangiomas** in children. It has also been observed that the skin becomes purplish-colored after an eruption of the face has been suppressed.

Even the homeopathic provings seem to affirm these empirical experiences. Abrotanum produces blue-red, blotchy, indistinct limited discolorations on the cheeks with a very fine venous drawing/patterning (teleangiectasies) in the affected area.

In addition this remedy has frequently proven its worth in itching **chilblains**.

Anemic patients with tendency to hemorrhages

Numbness and prickling externally.

Formication of external parts.

Sensation of external constriction

Paralysis with neuralgia.

Shortened muscles and tendons.

Trembling on waking.

Benign tumors: angioma, fungus hematodes, hemangioma; nevus.

Has effects from abscesses, suppurations.

The great amelioration comes from **loose stools** and motion though there may be an aversion to move.

Crossing of limbs both aggravate and ameliorate symptoms.

An aggravation of symptoms can take place in the morning from 5 to 9 A.M. , and in the evening from 6 to 9 P.M. But the general trend is to be **aggravated during the night**.

There is restlessness at night.

Weakness, enervation in the forenoon, especially **after influenza**. In such states they have frequent, accelerated, pulse and desire to lie down.

I had almost forgotten - Abrotanum is a cold remedy. The patient is sensitive to cold air and cold, damp or foggy weather and many (but not all) symptoms are aggravated during the night.

This remedy has yet other indications - like, for example, in nightly stomachache or in pleurisy when a pressing sensation remains in the affected side which impedes the breathing - but in conclusion I will only describe three or four symptoms which are peculiar enough to be mentioned:

Sensation as of creeping chills along convolutions of brain accompanied by prickling.

Sensation as if wind rushes out of right ear.

Sensation as if stomach was hanging or swimming in water with a peculiar feeling of coldness....

Feeling as if bowels could be kept from passing out at anus only by keeping legs close together.

Head

Sensation as of creeping chills along convolutions of brain, accompanied by prickling.

Falling of hair. Itching of scalp.

Headache in general alternating with hemorrhoids.

Headache sensitive to pressure.
Unable to hold up head, in infants.

Face

Wrinkled, emaciated, marasmic. An infant looks like a little old person, with face wrinkled, neck emaciated, the temples marked with distended veins. Old looking expression.

Cold and pale with blue circles around the eyes which have a dull hollow look. Comedones. Acne with emaciation of the whole body.

Angioma.

Bluish discoloration of face when eruption is suppressed.

Distended veins on temples and forehead.

Ears

Ears are sensitive to wind. Has a sensation of wind passing in and out of ears. Sound of wind in ear.

Humming; rushing noises in ear.

Nose

Watery discharge.

Dryness inside nose

Epistaxis in young boys.

Mouth

Mouth feels hot in the morning.

Slimy taste in mouth.

Sour taste in mouth.

Throat

Scraping.

Pain felt on sides of outer throat.

Sudden hoarseness of voice.

Weak voice.

Stomach

Abrotanum has a sensitive stomach with impaired digestion but the main problem is bad absorption of food. It is for this reason that we see the great keynote of this remedy: **ravenous, canine, excessive appetite with emaciation; with marasmus.**

He may describe this hunger as: gnawing appetite, a feeling of emptiness, a weak feeling, faintness, goneness, hungry feeling in stomach, sinking feeling in stomach.

Here we have a peculiar symptom: sensation as if stomach is swimming in water. Has sensation that stomach is relaxed, hanging down. The pains in the stomach appear mostly at night: cutting pain; burning pain; cramping, griping, constricting pain; gnawing pain. Stomach feels sore, bruised, beaten in the evening. You may see coldness in the stomach or heat flushes. Desire for bread boiled in milk, or simply bread or milk. Aversion to sweets. Distension and eructations mostly in evening. Sour eructations. Vomiting of liquids. Indigestion with vomiting of large quantities of offensive matter.

Abdomen

The great keynote we have in this area is a discharge, an **oozing from the umbilicus**. Bloody, fluid discharge. Abdomen is distended. Sensation as if bowels were falling down. Sensation of hard lumps in abdomen. Sensation of retraction in abdomen. **Enlarged glands in emaciated abdomen**. Flushes of heat in tubercular inflammation of abdomen. Aching, dull pain. Twitching and jerking in inguinal region; extending to back.

Rectum

Constipation alternating with diarrhea. Frequent desire to stool but only a little bit of blood passes. Diarrhea at night. Diarrhea with rheumatism. But do not forget: **diarrhea may ameliorate** other unrelated symptoms. External hemorrhoids, protruding with burning pain, worse from touch. Hemorrhoids become better as soon as the rheumatism appears and start to bleed as the rheumatic pains disappear. Ascarides, worms in rectum

Urinary organs

Ulceration of meatus. Scanty urine. Has many frightful dreams, anxious dreams; about dogs; about mad dogs.

Genitalia - male

Hydrocele in boys after suppressed eruption. Metastasis of swelling in testes from parotid gland. Pain in testes.

Nightly seminal emissions without erection.

Genitalia - female

Suppressed menses.

Pain in left ovary extending to back. Burning pain in left ovary. Stitching pain in ovaries. Piercing pains in the ovaries more on the left. Painful menses.

Metrorrhagia.

Chest

Difficult respiration because of rheumatic heart.

Impeded, obstructed respiration.

Anxious; difficult respiration.

Dry cough alternating with diarrhea.

In the chest we see a lot of symptoms but what is mostly affected with inflammation and exudations are: the pleura, the endocardium and the pericardium. Heart is affected after rheumatic affections.

Stitching pain in heart. Cutting pain in heart.

Pains on right side of the chest coming mostly from right sided pleurisy.

Burning pain on right side of chest.

Drawing, digging pain in chest worse from motion.

Back

Pain in the afternoon.

Pain on waking; in the cervical region; in the lumbar region extending to testes; in sacral region.

Aching pain; aching pain in the afternoon.

Lameness; on walking.

Weakness.

Extremities

In the extremities we have a lot of paralytic feelings, as if extremities are weak and paralyzed.

Emaciation of lower limbs.

Rheumatic pain in extremities from suppressed hemorrhoids.

Pains and aches in all joints.

Gouty pain in joints. Swelling of joints

Inflammation of joints; arthritis; arthritis deformans. Arthritic nodosities.

Burning pain in joints. Pressing pain externally.

Joints feel sore, bruised.

Stitching pain in bones.

Lameness and pains of all kinds, especially on waking from sleep in the morning.

Numbness; in upper limbs; hands; fingers.

Rheumatic pains **alternating with diarrhea; alternating with hemorrhoids**; ameliorated by motion.
Extremities feel sore and bruised.
Joints are sore, bruised; on waking in the morning. Stiffness in all joints.
Fingertips are cold. Cold feet.
Restlessness in upper limbs at night during sleep.
Paralysis of extremities.
Awkward, he drops things from a sense of paralysis.
Sensation as if upper limbs were tied.
Contraction of muscles and tendons.

Sleep

Sleeplessness; from anxiety; from excitement; from restlessness.
Restless sleep. Unrefreshing sleep.
Sleeps on abdomen.
Waking in sleep as from fright with trembling, covered with cold sweat.
Yawning.

Skin

The characteristic here is that once an eruption is suppressed then the skin is left with a purplish colour at the area where the skin eruptions were. The texture of the skin is loose and flabby; shrivelled.
Boils.

Clinical

GASTROINTESTINAL SYSTEM

Marasmus in children. Wasting diseases from malnutrition. Chronic diarrhea. Ulcerative colitis. Gastralgia. Indigestion. Worms.

SKIN

Furuncles; boils. Chilblains.

NERVOUS SYSTEM

Paralysis. Chorea.

GENERAL

Inflammatory rheumatism; gout. Hydrocele of children. Chronic myelitis. Nose bleed. Oozing from umbilicus.

Relationships

Compare: *Absinthium*, *Chamomilla*, *Cina*, *Gnaphalium*, and other *Compositae*.

Nux vomica and *Agaricus* for chilblains; *Bryonia* and *Baryta carbonica*.

Follows well: *Aconitum* and *Bryonia* [for pleurisy]; *Hepar* [for boils].

Dosage

From the very low to 200.

Absinthium

Artemisia Absinthium, Absinthium vulgare, Absinthium vulgare majus, Absinthium ponticum, Romanum officinarum.

Other synonyms: Wormwood

N. O. Compositae

Mode of preparation: We use the tincture from the fresh young leaves and flowers.

The essential features

An interesting feature of our remedies is the preference shown by each individual one to attack and affect a specific area, organ, or system of the body. With Absinthium we have a clear effect upon both the central and peripheral nervous systems. This remedy has an almost exclusive preference to upset the nervous system in all its degrees and depths. It is a very vivacious remedy, producing an intense homeopathic picture, which has unfortunately been neglected as it has not been understood so far.

Absinthium is indicated in cases where the nervous system is the patients' weak point, manifested in four different steps: **giddiness, convulsions, delirium and finally unconsciousness and stupor.**

Each step has peculiarities of its own; in order to remember their most prominent characteristics a guide to these peculiarities is given below.

Giddiness comes on suddenly, on rising from a chair, and the patient has the tendency to fall **backwards**. Here the emphasis is on the direction of falling: **backwards**.

The peculiarity of the next step, the convulsive state, is not so much convulsions per se as the fact that **convulsions are preceded by muscular quiverings**, and by **trembling** felt in the tongue and in the heart as palpitations. The convulsions begin in the face with distortions, grimaces, tongue biting, foam in the mouth, and then spread to the body and limbs.

A large number of epileptiform seizures come in **rapid succession**, one after the other, without total loss of consciousness, within a short period of time, for instance three or four hours, after which they stop for some time and are then repeated again in the same fashion. The convulsions start with a scream and are followed by a state of mind which is obtuse, dull, stupid, with lack of sensibility and also **total loss of memory**. After the epileptic attack the patient looks quite dazed, does not know what has taken place, looks stupid as if trying to come to his senses; he may answer questions but it is obvious that he is not back in the present. He cannot remember anything for quite some time. In this remedy we also have hysterical spasms where we see rigidity of the limbs and some irregular motions.

During delirium we see a **tremendous restlessness** that does not allow the patient to sit still for a moment, but drives him to walk constantly. He is in distress, as if haunted by **evil images**, terrible visions of demons, of grotesque animals; he sees rats of all colors, sees cats etc. that terrify him. Because of this symptomatology (the tremors and the delirium) we can see that this remedy will be one of the best to treat the last stages of alcoholism and also cases poisoned with mushrooms.

It is a characteristic of Absinthium that **delirium may follow an epileptic** attack, or the hysterical spasms.

In the fourth step we have sudden loss of consciousness, stupor. But as soon as the Absinthium case comes out of it he becomes **violent**, vehement, brutal, maniacal. His speech becomes hesitating, incoherent. In the text it says "Stupefaction, as if intoxicated, alternating with violence." Again here we see the effects of alcohol and the similarities of the symptomatology of Absinthium to alcoholic behaviour.

In the mental emotional sphere we see some interesting symptomatology as well. Absinthium is a person who does not like company, does not like to mix with people, who indeed has an **aversion for everyone**; nobody gives him pleasure or solace. This state is accentuated during convalescence, where he is in a tearful mood and wants to die.

Serious illness, especially with convulsions, accentuate his emotions, bringing on a tearful mood. At other times he enters a state where emotions are not felt, the mind becomes dull and sluggish, he has difficulty in comprehending, and develops an indifference to everything, becoming almost cruel and inhuman in his emotions with other persons. Develops **kleptomania**.

This seems to be the first state of mental pathology but he may progress eventually to a deeper state where real insanity ensues. It is rather a state of **paranoia** where he is afraid that he will be **assassinated**, that his enemies are after him, that they have sent **soldiers to kill him**, or he may be afraid that he himself will

kill somebody. He has various fancies, he behaves in a foolish way. He keeps busy all the time without accomplishing anything. Yet at other times he feels as if he were in a dream, in a fantastically beautiful dream totally out of touch with reality. He has delusions of **hearing voices**. Eventually he goes into an idiotic, imbecile state.

Generalities

The sphere of action of this remedy is in cases of alcoholism or in cases where symptoms are aggravated by alcohol, in chorea, in epileptiform **clonic** convulsions without loss of consciousness, in petit-mal, where there are palpitations and tremblings before the epileptic fit.

It has been of use in prolonged spasms of children as well as in nervousness, excitement and sleeplessness in children; also in hysterical convulsions with tetanic rigidity.

Paralysis of organs.

External numbness.

Trembling especially of the lips, the tongue and the limbs.

Painless paralysis.

Faintness.

Has weakness, enervation. Desires to lie down.

Symptoms are aggravated in the morning from 5 to 9 A.M.

Vertigo

Sudden vertigo on rising with tendency to **fall backward**.

Head

When he has a headache he has to lie with head low.

General confusion with headache. Convulsions or spasms begin in face and spread to the body and limbs.

The face easily assumes a bluish discoloration especially during clonic convulsions.

Distortions in face, grimaces and foam comes to the mouth during convulsions. Facial twitchings.

Foolish expression on face.

Tendency to lie with the head low.

Eyes

Eyes brilliant.

Conjunctiva injected.

Pupils dilated unequally.

Swollen lids.

Dim vision.

Ears

Auditory illusions.

Mouth

Sensation **as if tongue is thick**, cannot talk distinctly.

Bites tongue, jaws are firmly fixed and foam in the mouth during epilepsy.

Complains that the tongue and larynx are paralysed.

Tongue protrudes.

Trembling of tongue before convulsions.

Throat

Voice feeble, speech hesitating.

Voice trembling and hoarse.

Stomach

Nausea felt in the region of gall bladder.

Stomach feels cold and oppressed.

Abdomen

Distension.

A lot of accumulation of flatus.

Bloated around waist and in abdomen.

Liver feels swollen; pain in spleen that feels swollen.

Cramping, griping pain in abdomen from passing flatus.

Urinary organs

Color is dark yellow

Urine deep orange smelling like horse's urine.

Genitalia - male

Nightly seminal emissions without erections.

Genitalia - female

Abortion.

Menses too late.

Premature menopause.

Stitching pain in ovaries, in right ovary.

Chest

Oppression.

Respiration is accelerated, difficult lying on left side.

Cough with expectoration.

Tumultuous heart palpitations can be heard in the back.

Trembling heart, fluttering, before convulsions.

Extremities

Foot is cold.

Clonic convulsions.

Tetanic rigidity.

Convulsive motions. Throws about limbs in epileptiform convulsions.

Paralysis.

Stiffness.

Sleep

Sleeps with his head in a low position.

Sleeplessness.

Restless at night with disturbing dreams.

Clinical

Epileptiform convulsions. Epilepsy. Delirium. Sleeplessness in typhoid fever when there is congestion of the brain. Prolonged spasms of children. Nervous headaches.

Neuroses with catatonia. Hysterical paralysis.

Relationships

Compare: *Artemisia vulgaris*, *Abrotanum*, *Cicuta*, *Hyoscyamus*, *belladonna*.

Antidotes

Iron, mercury and lead salts, coffee.

Dosage

From 30th upwards.

Acalypha indica

Cupameni. Indian acalypha.
Euphorbiaceae.
Tincture of fresh plant.

The essential features

Acalypha indica is an unproved remedy, but we may nonetheless prescribe it according to a number of definite symptoms available to us. It is a remedy that has been used mostly by Indian homeopaths in tuberculosis and has indications in **respiratory problems**, primarily where there is **hemoptysis** in tubercular patients. This is a remedy with a strong hemorrhagic predisposition, whether of the lungs or of the alimentary canal.

In a case bearing some similarity to the following you will probably get help from *Acalypha indica*: you have prescribed remedies such as *Kali-carb.*, *Phos.*, *Dros.*, *Bry.* etc and they have failed, the patient looks seriously ill with a **violent, hard, dry, racking cough followed by bloody expectoration** or hemoptysis, complaining of a constant severe pain in chest; he is very **exhausted** in the **morning hours**, yet without much fever, and gains in strength as the day advances. The pulse is usually small, soft and easily compressible but very much accelerated during the hemoptysis.

Timothy Allen notes in his *Materia Medica*: "**Severe fit of dry cough, followed by spitting of blood.** This symptom, doubtless a clinical observation, enabled Dr. Holcomb, of New Orleans, to cure a most obstinate case of hemoptysis, after other means had failed."

Should you observe, in a further stage of expectoration, **bright red blood in the morning** and **dark clotted** blood in the afternoon or the **evening**, together with the fact that the patient is **progressively losing weight** and looks emaciated, and the coughing is much worse in the morning or at night with a night sweat, then you have a further confirmation of the remedy. There is also a dullness of chest on percussion. The emphasis should be on the hard dry racking cough, bloody expectoration and aggravation in the morning.

In the alimentary canal *Acalypha indica* has **distension and rumbling** in the abdomen with constant tenesmus and a **spluttering diarrhea with forcible expulsion of noisy flatus** much like *Podophyllum*. There may also be rectal hemorrhage. This syndrome is accompanied by gripping or burning pains in the abdomen and there may also be a burning pain in stomach and esophagus. Here again we see the morning aggravation which is so characteristic of the remedy.

Leucorrhoea in women sometimes thick, sometimes watery in a consumptive patient. The patient sometimes has a yellow, jaundiced face and is usually gloomy, dejected, and depressed but he has a desire to live, and does not have a negative attitude towards life.

Some general symptoms and keynotes

As I have already written down all the important symptoms of this small remedy, I now want to report a very interesting case which I read in the book of Edward P. Anshutz "New Old and Forgotten Remedies":

"... at the time I had a case of **haemorrhage per rectum** that had baffled me for several months. No remedy had aided the case in the least, so far as I could see. ... I had given all the haemorrhagic remedies I knew of or could hear of. Still the bleeding came just as often, with increasing severity. Each time the patient was sure, she would "bleed to death", and I was not positive she would be disappointed. ... She became **reduced in flesh** and the haemorrhagic drugs became reduced in number until like the nine little indians sitting on a gate the last one tumbled off and then there was none. As soon as I read Dr. Jones's monograph on *Acalypha indica*, I determined to try it. She had all the symptoms -- **bright red blood in the morning; dark and clotted in the forenoon and evening; weak and languid in the forenoon, stronger during the afternoon** -- except one, i. e., instead of the blood coming from the lungs it came from within the portals of the anus. I procured the 6x dil. and solved it in water. It gave speedy, almost immediate relief. Each subsequent attack came less profuse and at longer intervals. She has not had a haemorrhage now for more than two months, while before she was having from seven to one (continuous) a week. She is gaining in flesh, is in every way improved, and keeps *Acalypha indica* constantly by her."

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Aceticum acidum

ACETICUM ACIDUM

English: Glacial acetic acid; ethanoic acid

French: Acide acetique

German: EssigsSure

Acetic acid [CH_3COOH] is an acid anhydride and the most important of all carboxylic acids. It is a product of the oxidation of ethanol and the destructive distillation of wood. It is prepared by air oxidation of acetaldehyde, which is gotten from either the hydration of acetylene or dehydrogenation of ethanol. Animal and vegetable fats are sources for Acetic acid. The dilute aqueous solution of Acetic acid is also known as vinegar.

Mode of preparation: Distilled water is used for attenuations Ix and I; very dilute spirit for 3x and up to 4; rectified spirit for 5 and higher.

The essential features

You must think of acetic acid when you see a case with **profound anemia**, with progressive **loss of weight**, **anorexia**, leading to **emaciation** and **cachexia**. If you add to this picture **nightsweats**, excessive **pallor** of face, great **debility**, **burning thirst**, a chronic hacking **cough**, chronic **diarrhea**, **vomiting** and profuse **urination** you will have quite a good picture of the pathogenesis of this remedy.

It is easy to see that this remedy is very much indicated in wasting diseases like **tuberculosis**, hypoproteinaemia, diabetes melitus, pernicious **anemia**, **hemorrhages** from anywhere, ulcerative colitis but most of all the **AIDS syndrome**, cancer cases, particularly of the stomach, and also cases of old habitual **opium users**. Its pathogenesis makes this remedy a very interesting one in our times.

Kent wrote almost 90 years ago : "*This is a deep acting, constitutional remedy and when well studied will be very useful*". This is another remedy that has been neglected and seldom prescribed. It does seem however to fit such cases extremely well. But the whole picture should fit the case before it can act.

There follows the mental/emotional picture of the remedy, to enable you to visualize the psychopathology of Acetic acid. Acetic acid develops its mental pathology mostly because of its physical pathology.

This means that most of the mental problems arise when Acetic acid cases find that they are starting to lose weight and are easily exhausted, when they see that their appetite is diminishing. These observations make them feel that something is wrong with their health. The more they lose weight the more they think something serious is going on. If they should develop some kind of pain in the stomach - a definite probability in this remedy - they immediately become convinced they have cancer.

Actually this type of constitution can develop cancer of the stomach, and Acetic acid will help with the excruciating burning pains in cancer of the stomach in patients who are debilitated, waxy, lean and irritable.

They cannot get over the fact that something is wrong with their health, they worry and worry and complain about it in a negative and peevish way. If there is no problem, the Acetic acid case will discover one in order to complain.

They also start **worrying** about others, and particularly about their **own children**. The idea is : what will happen to the children if they themselves die. They become easily alarmed at everything that takes place around them. Their nervous system is on edge. They fear something bad will happen. They become very irritable and any emotional **excitement** makes them feel worse. There is no emotional stamina. Their memory weakens, and they cannot remember what has happened. They feel especially irritated if they have a headache.

Sexually, Acetic acid people are almost impotent, although they usually have a strong desire; the cause is sheer exhaustion and debility. Male patients' semen dribbles during stool.

They develop fears, especially fear of people, fear of strangers coming near them, fear that something calamitous will happen, fear of water. They may suffer from **attacks of anguish**, during which they feel **unable to breathe**. Sighing.

At other times Acetic acid cases may feel low, depressed, dull in their intellect; they cannot perform, they are averse to working mentally, their memory declines, they cannot remember persons, forget what has recently happened, make mistakes in speaking, at work.

Eventually they are short of ideas, the intellect feels clouded, they can hardly express themselves, a kind of confusion prevails, and then they become dull and

indifferent to everything.

This mental picture must be coupled with a general waxy appearance, a wasting of the flesh, debility etc.

In some cases you will observe a hysterical element coupled with weakness due to anemia; the person has easy and frequent fainting.

These patients will have consequences from **grief** and vexation.

In acute cases, in fever we may see a kind of confusion in which the patient may **not recognise anybody, not even their own children**. There is stupor which is interrupted only by delirious talking. You may have convulsions so severe that the patient jumps out of bed like a madman, and crawls on the ground, howling with pain.

Children are pining, without appetite, pale, irritable, they will not let you touch their head. They are peevish, complaining and want to be carried like *Chamomilla*.

Chronic diarrhea in children who are emaciated.

Generalities

This is definitely a hemorrhagic remedy, **hemorrhages** from nose, stomach, rectum, lungs, ulcers, therefore one that could be useful in tuberculosis.

Diabetes with or without sugar in the urine.

It is interesting also that Acetic acid does not develop a very high fever but rather a **hectic** one with coughing and night sweats pointing to a tubercular diathesis and of course to the Aids syndrome.

Excessive wasting and debility

Anemia with waxy pallor of face. Anemia of nursing women.

General aggravation from **cold** and **sleeping on his back**. Amelioration from lying on abdomen.

This remedy has an ability to affect the kidney and produce dropsical affections.

Burning in inner and outer parts.

It antidotes bad effects of chloroform - mother tincture rubbed in the mouth.

Effects from chloroform. Orgasm of blood with internal pulsations. Weakness after coition.

Head

Headache from abuse of narcotics, tobacco, coffee, alcohol but especially opium and chloroform.

Headaches that date since the time of narcosis.

A nervous annoying headache that **irritates** tremendously.

Shooting pains through the temples.

Child does not want its head touched.

Dull headache in forehead, in **right frontal eminence and then in left**.

Blood rushes to head during delirium.

Temporal vessels distended.

Red patches on scalp, crusts between hair.

Face

Pale, waxy, emaciated, with **bluish lips**, sometimes the face is cold on one side and hot on the other.

Eyes sunken, surrounded by dark rings.

Bright red flush on both cheeks and spots of perspiration on forehead. Epithelioma of lips.

Cheeks hot and flushed.

In convulsions the face has a wild expression and the pupils are dilated.

Eyes

Croupous inflammation of conjunctiva. Pupils dilated, great flow of tears.

Mouth

Tongue is discolored, pale and flabby with diminished appetite and no thirst.

Scorbutic ulcers on gums.

Pain across root of tongue.

Stomach

Extreme, insatiable, **burning thirst** but only for water, other kinds of drinks are repelled. Child shrieks at night calling for water.

Aversion to salty things. Aversion to **cold** drinks, if he does drink them he is much aggravated with heaviness in the stomach, oppression in chest or a feeling of a lump in the throat. Also they can produce a pressing pain in stomach. **Vegetables**, bread and butter also disagree.

Has the feeling that there is an extreme fermentation in stomach.

Vomits after every kind of food. Vomiting of blood with all the contents of the stomach.

Epigastric tenderness. Hot, sour eructations.

He fancies there is an ulcer in the stomach.

Cancer of stomach. Violent burning pain in stomach and chest, followed by coldness of skin and cold sweat on forehead.

Abdomen

Distension of abdomen with **flatulence and colicky** pains. Abdomen is sore to touch.

A sensation as if abdomen is sinking in while lying on back.

Ascites.

Rectum

Diarrhea with great thirst, they can drink apparently large quantities without side effects, but not cold water. Chronic diarrhea in patients with tubercular diathesis.

Chronic constipation. Ascarides

Hemorrhage from bowels, ulcerative colitis.

Urinary organs

Copious watery urine.

Genitalia - male

Sexual passion, but feeble erections.

Weakening emissions; semen passes at stool.

Male parts flush and sweat.

Genitalia - female

Menses excessive.

Hemorrhages after labor.

Breasts painfully enlarged, distended with milk. Milk impoverished, bluish, transparent, sour.

Anemia of nursing mothers.

Chest

Hoarseness with pale mucous membranes. Difficult breathing.

Chronic hacking cough in those tubercular patients with edema of the lower limbs, diarrhea and dyspnea.

Coughs when inhaling.

Membranous **croup**, hissing respiration with rattling in the throat; lining membranes of the windpipe is found covered with fibrinous membrane, exactly as in true croup. laryngeal diphtheria.

Children thirsty but swallow with some difficulty, even a teaspoonful of water.

Hemoptysis.

Back

Pain in back is ameliorated only by lying on **abdomen**.

Extremities

Weakness and lameness of the extremities. Impaired muscular power of the legs. Paralytic sensations in wrists and hands.

Convulsions in right leg. Swelling of foot, (phthisis). Emaciation.

Edema of feet and legs with diarrhea.

Sleep

Impossible to sleep on **back** because of a feeling as if abdomen is sinking in.

Fever

Hectic fever with emaciation, cough, night-sweats, diarrhea, dyspnea and troublesome swelling of the feet and legs.

Red spot on left cheek.

Profuse night sweat. Cold perspiration.

Skin

Waxy skin.

Flat condylomata.

Pale, waxy, edematous.

Burning, dry, hot skin or bathed in profuse sweat.

Clinical

Effects of chloroform, of narcotics. Anemia. Debility. Phthisis. Croup.

GASTROINTESTINAL

Diarrhea. Dyspepsia. Stomach cancer. Diabetes. Hemorrhages from nose, lungs, stomach, bowels and uterus.

Relationships

Compare: *Apis mellifica*, *Arsenicum*, *Ammon-acet.*, *Benzoin oderiferum*, *Carbolic acid*, *China*, *Digitalis*, *Lac-defloratum*, *Lactic acid*, *Liatris*, *Uranium nitricum*.

It complements *China*.

It aggravates the effects of *belladonna*, *Mercury*, *Arnica* and *Lachesis*.

It disagrees when given after *Borax*, *Causticum*, *Nux vomica*, *Ranunculus bulbosus*, *Sarsaparilla*.

Antidotes

It is antidoted by: *Magnesia* or *Calcareo* either as fluid magnesia or lime water.

It antidotes: *Anesthetics*, *Aconitum*, *Asarum*, *Coffea*, *Euphorbium*, *Ignatia*, *Natrum muriaticum*, *Opium*, *Plumbum* [colic], *Sepia*, *Stramonium*, *Tabacum*.

Dosage

From mother tincture to the highest potencies.

Acetanilidum

Antifebrinum. Acetanilid (formed from aniline). $\text{CH}_3 \text{CO NH C}_6 \text{H}_5$.

Exalgine is a derivative from this, Methylacetanilid, and has almost identical action.

Solution and trituration.

The essential features

This small remedy has sometimes helped me out of trouble, and though almost nothing is known about its mental/emotional pathology, it has a very definite picture that can guide you to its selection. We need to know much more about this remedy as I feel it is one that should be used more frequently.

The Acetanilidum patient will always will give you the impression that she is **very tired, with no stamina, no life in her**. She will come and sit down and tell you in a wearisome manner how **tired** she is, how weary and how indifferent. No real joy. It is not a depression per se but she will give you the impression that she is depressed because of the manner in which she speaks and acts.

They are persons who are **anemic**, pale, **exhausted**, with **low blood pressure**, **low rate of pulse** which can be irregular and imperceptible. The body **temperature** is **lower** than the norm and in general you will gain the impression that **the whole organism is functioning in a very low gear**. Due to anemia, the low key action of the heart, the low blood pressure etc., they have easy **fainting** spells. They get common colds easily and feel totally exhausted during the course of the cold. The symptoms of these patients will never be given in a vivid way of course but in a tired and lifeless manner.

Some general symptoms and keynotes

To understand this remedy rightly one should know something of its production and history. As can be recognized by the name, Acetanilid is a combination of acetic acid and aniline which are both in use in homeopathy. Although these three remedies - especially Anilinum and Acetanilidum - have many symptoms in common, they are nevertheless so different that they cannot be simply interchanged.

Acetanilid is an allopathic medicine that has been used in the past not only as a pain-killing drug (in headaches, migranes, dysmenorrhea, arthralgia, myalgia and similar disorders) but also against fever. Because of this effect it has been introduced into medicine at first under the name of antifebrin. (Also in the older homeopathic literature this remedy is mostly called *Antifebrium*.)

But very soon many poisoning symptoms became known which mainly occurred in those patients who had either taken too much of this medicine or had used it a very long time. Apart from that, a considerable individual susceptibility has also been observed: i.e. the dose which was toxic for one patient could be harmless for another. As far as I know homeopaths have never proved this remedy in a high potency. They have only adopted the observation of the allopathic drug picture as Acetanilidum almost exclusively consists of toxicological symptoms! That means that all the so-called side-effects of the allopathic medicine acetanilid are exactly those symptoms after which the homeopathic remedy Acetanilidum is prescribed.

I will give an example to clarify this. Cyanosis is a conspicuous symptom of an acetanilid poisoning. (Indeed, one should hesitate to make diagnosis of an acetanilid intoxication in the absence of this sign.) Nevertheless, according to the law of similars, a high potency of Acetanilidum can be of great service in some cyanotic patients. Another example: The allopathic medicine acetanilid can produce a collapse or shock syndrome. Therefore, homeopaths may use a high potency of Acetanilidum in collapsed patients, especially if they are cyanotic with at the same time a very low pulse rate.

Acetanilid and also some other chemical substances such as aniline and its derivatives can favour the conversion of hemoglobin to methemoglobin which has lost the ability of oxygen transference. The result is a **methemoglobinemia** (because of that, the blood may even be chocolate-colored in severe intoxication) and a more or less clear cyanosis. But this discoloration of the skin and of the mucous membranes may exist even when only a small amount of methemoglobin is detected in the blood.

The **cyanosis** has two peculiarities which have sometimes proven to be leading symptoms in the homeopathic description. Firstly, it is usually of a **greyish shade**, **grey-blue** or **grey-violet**, although it is sometimes also described only as livid, bluish or blue. And secondly this discoloration is, in the beginning, mostly only visible **on the peripheral parts of the body** especially on the fingers and fingernails, toes, ears, and nose. But it can also occur on the temporal regions, eyelids, cheeks, chin and lips and eventually on the whole surface of the body.

Anemia is another very important symptom. Because of the reduction in the amount of hemoglobin available for oxygen transport the methemoglobinemia causes a functional anemia. But acetanilid also has an hemolytic effect. It shortens the life span of the red blood cells (high concentrations of the drug may occasionally even cause their destruction) which sometimes results in an hemolytic anemia with all known symptoms.

One should even have in mind that a lot of symptoms of Acetanilidum, for example paleness, vertigo, weakness, dyspnea, palpitations, anginal pain, etc., can be traced back to continuously progressing anemia.

The acetanilid poisoning may be acute or chronic (the latter is the more frequent type) but in both cases the main effect is a **general depression and weakening**.

Acetanilidum patients are usually **very prostrated**, anemic, **pale**, or cyanotic and in chronic illnesses sometimes also without appetite, lean and emaciated.

They are **susceptible to cold** and even the **temperature** of their body may be below normal.

Frequently they complain of **shortness of breath** with rapid and shallow respiration, **difficulty in breathing**, especially during exertion and the dyspnea may even produce a feeling as of impending death.

The cardiovascular system of these patients is often disturbed/depressed as well. The **cardiac activity** may be **weakened**, in some cases the feet or ankles are oedematously swollen and the **blood pressure** is mostly very **low**. Together with the anemia that is one of the reasons why headaches, vertigo with ringing in the ears and throbbing in the temples, **weariness** and **powerlessness** occur so frequently. The pulse is usually rapid, weak and often irregular but particularly if the

dilatation of the blood vessels is marked and a shock-condition ensues, a very slow or not countable pulse may also be possible.

Fainting spells and especially **collapse** with coldness of the body, perspiration, paleness and the above described cyanosis are typical symptoms of Acetanilidum. In some cases the **renal function** is seriously **impaired**. The urine is sometimes brownish in color and may contain methemoglobin, albumin, casts, and red blood cells and hematuria, oliguria or anuria may ensue.

Also the **eyes** are sometimes affected. The pupils can be large or small although mydriasis seems to be more frequent. On the eyeground one sees in some cases a pale optic disc with shrinking retinal vessels and the visual field may be contracted.

Other possible symptoms are for example sleeplessness, lack of appetite, digestive disturbances and jaundice.

In severe intoxication excitement and delirium followed by depression, stupor, and somnolence may occur, even respiratory paralysis and terminal asphyxial convulsions have been observed. The death of the patient is usually preceded by a period of collapse and coma, and occurs suddenly or may be delayed for several days.

Until now, Acetanilidum has been used only extremely seldom. Many of its specific symptoms are almost unknown and also in homeopathic literature the description of this remedy is only very incomplete. Therefore it is certain

Other possible symptoms are for example sleeplessness, lack of appetite, digestive disturbances and jaundice.

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Until now, Acetanilidum has been used only extremely seldom. Many of its specific symptoms are almost unknown and also in homeopathic literature the description of this remedy is only very incomplete. Therefore it is certainly of service to report of some acute poisoning cases which have been caused by an overdose of *methylacetanilid* (exalgine), a derivative of acetanilid which has, according to J.H. Clarke, an almost identical action.

- >>...The first symptoms noticed were blueness of lips and cheeks, and small compressible pulse; she felt sick and giddy, sight was indistinct, and there was a feeling of weight at the epigastrium. Amyl nitrite was given by inhalation, but this increased the cyanosis. After five hours the patient vomited, followed by still a further increase of cyanosis and delirium, with frothy salivation. The temperature rose to 99.8F, pulse to 144, small and compressible, but regular....agg. (Brit. Med. journal, 1890)
- >>...she took a 7th dose, and in 15 minutes had a feeling of impending death, could not speak, gasped for breath, pallor intense, dilated pupils; limbs became quite rigid, heart palpitated; she felt utterly powerless, and broke into profuse perspiration. By aid of fresh air, stimulants, etc., the attack passed off in 15 minutes, leaving her very prostrate, with ringing sounds in ears. agg. (Lancet, 1891)
- >> she soon experienced a feeling of complete prostration, her limbs became powerless though not rigid, she felt as if she was sinking through the bed, and thought she was dying; there was a slight perspiration, breathing was faint and shallow and she was nearly pulseless. Mustard, heat and stimulants brought her around, but she was very weak for many days afterwards. agg. (Lancet, 1891)
- >>...a medical man took a gram of exalgine at 9:30 p.m. , and 3/4 hour later 2 grams more in a little whiskey. Shortly afterwards he complained of a little giddiness, and several times said that his head felt so large it seemed to occupy the whole room. He continued, however, playing cards until 11:00, when without warning, he collapsed in his arm-chair, prostrate, quite unable to speak or move, and gasping for breath. He continued in this state for over 1/2 hour, when he got slightly better, and said a few words between his gasps; he said he was not strong enough to move, and felt each breath a fearful effort. In this condition, he was carried up to his bedroom and laid down; but feeling unable to breathe lying down, was placed in an arm-chair well covered up before the fire. His respiration became painful to witness; he seized and clenched the hands of those around him, he was in many respects just like a man suffering from a bad attack of asthma. Respiration was 38, gasping and shallow; pulse quiet, rather weak; surface very cold, face pale but not cyanosed. Was relieved in 2 hours after vomiting a little whiskey, but remained sick, giddy and weak, and for an hour suffered from frequent and painful strangury. He then got to bed and slept well.....The day following he was slightly jaundiced. During the paroxysm, he felt no pain, but numbness all over, and as though diaphragm had stopped working, and he must go on breathing on his own account at any cost. He is not at all subject to asthma. agg. (Brit. Med. Journal, 1890)

Aconitum napellus

Aconitum caule simpliciter; Aconitum vulgare

English: Large blue wolfsbane, Monkshood, Aconite, Helmet flower, Friar's cap.

French: Aconit napel, Napel, Aconit.

German: Napel Sturmhut, Eisenhut, Blauer Sturmhut

Italian: Napello

Spanish: Napelo.

Dutch: Monnikskap

Danish: Dreumunke

Swedish: Stormbat

Russian: Borets

Natural order: Ranunculaceae

Family: Jussieu [vegetable substance] - Polyandria trigynia, L.

Mode of preparation: The juice of the fresh herb is prepared and mixed with equal parts of alcohol, yielding the mother tincture.

The essential features

In the beginning years of my practice I used Aconite only for acute inflammatory conditions, like everybody else in the homeopathic world, because of the wrong assumption that Aconite was indicated only in acute, febrile conditions. It was only later that I discovered that it was also very useful for what could be called chronic conditions, especially chronic phobic or anxiety states. Since that time we have been using it at the Center of Homeopathic Medicine in Athens quite frequently for such chronic conditions with very good results.

Actually Hahnemann had made a similar observation when he wrote: "Although aconite, on account of the short duration of its action, might seem to be useful **only** in acute diseases, yet it is an indispensable accessory remedy **in even the most obstinate chronic affections**, when the system requires a diminution of the so-called tension of the blood-vessels."

The causative factor

There are remedies for which the causative factor is of paramount importance in determining their indication; Aconitum is one of them.

The central theme that runs through Aconitum is an **excessive excitability in the nervous and vascular systems**. These systems can easily be upset by different stimuli. Modern civilization is rife with innumerable stresses -- disappointments, grief from loneliness, loss of a lover, child or parent, fears, frights, failure in work or on examinations, financial insecurities, financial ruin, stresses from the weather, chemical and medical stimuli, environmental pollution, etc. -- which, if sufficiently severe, can shock an individual. An Aconitum case will not develop from all of these stresses, only from some specific ones. Aconite, for instance, is well known for producing inflammatory conditions from **sudden exposure to cold, dry winds**, but it has become increasingly apparent that there is another stimulus, namely **sudden fright**, that can also produce an Aconite state.

It is, of course, not necessary to have a history of a sudden fright to prescribe Aconite, but, if such a causation exists in the case under study, then this remedy must be seriously considered. The rest of the symptomatology will, of course, affect the final decision.

During Kent's time Aconite individuals were typically vigorous and plethoric, and he vividly describes them as such. Today's typical Aconitum cases have changed to a great extent. Of course, some of them still fit his description. They are usually sympathetic, vital, and extroverted people, yet, despite the apparent robustness of their appearance, they are exquisitely sensitive to a mental shock.

Aconite individuals will not develop their symptomatology when the shock is caused by financial ruin, an exam failure, a grievous love affair, etc. They have a specific vulnerability to sudden stresses that can create a simultaneous overexcitement of both the circulatory and nervous systems. In simpler terms we can say that an Aconite state may develop if the organism is subjected to the shock of "**fright**" or of "**freezing**." "Frightful" shocks obviously affect or stimulate the nervous system first and, secondarily, the vascular system, while in "freezing" it is the vascular system that is primarily affected, through vessel contraction, and the nervous system that is secondarily affected or excited.

What is important in both cases is that the systems can easily be overexcited. This actually means that the person who develops a constitutional Aconitum state under such specific stresses must have certain inherent predispositions for weakness of the nervous and vascular systems imprinted in his DNA. Not everyone who

undergoes similar types of shocks will develop the same symptomatology, and, therefore, not everyone will need the same remedy.

The reactions of aconite

It must be understood that when we speak of an Aconite constitution being exposed to "sudden cold winds," we are referring to a sensation of being "**extremely chilled**;" he feels as if he has come very near death and reacts violently. Conversely, if an Aconitum constitution faces the possibility of dying, the experience is a "**chilling** death experience" for him. It is interesting here to note and understand the underlying mechanism that evokes an Aconitum state, the sudden mobilization of the vascular system -- sudden intense constriction or dilatation -- as a result of a strong stimulus.

The weakness of Aconitum lies in the **easy mobilization of these systems**, their predisposition to tumultuous upheaval. Such vascular systems, as Kent observed, are often encountered in plethoric or vigorous individuals; however, as I previously intimated, today's Aconitum patient is far less likely to possess such vigor. His robustness has been compromised by the hazards of modern civilization: poor diet, environmental pollution, constant use of chemical drugs, etc. As the plethoric Aconitum becomes more and more rare, we see fewer of the Aconitum febrile conditions of old, and instead are increasingly confronted with the mental and emotional disturbances characteristic of the newer Aconitum constitution.

Furthermore, we may, in general, say that whenever there is sudden exposure to cold and, at the same time, an immediate, violent inflammatory reaction in any system or organ, we should think of Aconitum. The poison is deadly, the effect immediate and the result violent -- such are the characteristics of Aconitum.

The fear of imminent death

The Aconitum picture seems to especially develop after **violent** events, events in which the patient experiences a **fear of imminent death**; such as, when someone is threatened with a pistol during a robbery.

Automobile accidents and earthquakes are other types of stresses that can especially provoke an Aconitum state. The 1982 earthquake in Athens provided ample example of this observation. There were many Aconitum cases seen after this earthquake whose fears reached panic proportions; these fears were accompanied by trembling, restlessness and exhaustion from the constant anticipation of another earthquake. Aconitum 30C provided quite a bit of relief for these individuals.

Other situations or types of stresses that can induce an Aconitum state are: entrapment in an elevator, riding on a train through a dark tunnel and suddenly experiencing an electrical blackout (The mere anticipation of such events may be sufficient stimulus.) Informing a patient prior to major surgery that it may end fatally for him, seeing one's child in a precarious position and sensing that death is near. This last causation is illustrated by the following case report.

"A little girl was accidentally wounded by a pistol. Her mother suffered mental shock, paleness and faintness, especially on attempting to sit up; great concern for the result. Relieved after a dose of Aconite." - J.C. Morgan, M.D.

The important element in all of these situations is the **sudden fear that death may come to the individual or to his beloved ones at any moment**. Aconitum contains this element strongly in its causation. In febrile states this very same idea overwhelms an Aconitum case. The fever is so severe, so sudden that the patient is convinced that he is not going to survive, that he will die soon.

In the acute state, as mentioned, the fear is that "**they will suddenly die at any moment**." In chronic states the fear is that death is nearing; it is a fear that death will occur within the next few months (up to a year or so). Only seldom will Aconite predict death at a precise moment; such as, "I am going to die when the clock strikes eight." They are absolutely sure that because of their condition they are not going to live very long. They make preparations for death, such as writing their will, etc. If one does not know that this element belongs to Aconitum pathology, one might think that the patient is just being prudent in making such preparations, but in such cases the driving force is the fear of dying, a fear which is not justified by the pathology of the case. This conviction of imminent death has nothing to do with reality and must be taken as a symptom.

The mental-emotional structure

Let us now review Aconitum as it is seen in the patient of today. Because Aconite cases of today so seldom present with the traditional physical inflammatory reactions of old, it is critically important to understand the remedy's inner mental-emotional structure that its current indications might be better recognized.

The shocks in an Aconitum case penetrate the entire body and mind and send the whole organism into a shudder, into extreme trembling with tremendous restlessness,

unrelieved by any change of position, and an agonizing **fear of death**. Phobias, especially of death, that persist for years can result. It produces a fear that **death will come on suddenly**, when least expected; this phobic state is not constant, but rather one that comes in fits. The fear is most accurately expressed as a "**fear of impending death**." We witness this kind of picture today in patients suffering from phobic neuroses. From time to time, with or without small provocations, acute states erupt with the above characteristics.

In the provings Aconitum has produced a **sudden tumultuous** stimulation of the vascular and nervous systems, bringing about fear, heat, flushing, strong palpitations or arrhythmias and eventually coldness - blueness, small pulse and death. Vertigo and, often, **one-sided numbness** of the face or body can result. The numbness can be severe or can resemble a tingling state; it may affect the whole body. Aconitum patients will suffer from **episodic spells** of any or all of the above symptoms; that is, the pathology takes the form of separate crises which last from but a few moments to a few hours.

The attacks are **not regular**, nor are they constant; they come in fits, in sudden acute crises and can come at any time and as a consequence of any stimulus. The most important point is that in almost all cases we see a tremendous fear of death, which sometimes reaches **panic** proportions, in addition to the feeling that **death is imminent**. A physician attending an Aconitum patient in a crisis may hear the patient saying that he has "come too late," that he will "die soon," this being another expression of the presentiment of death. The books say, "Predicts the time of death," and while it is not always expressed in exactly these words, the patient's comments will have the same implication. A similar **fear of death during pregnancy or during labor** can be seen and is a keynote for this remedy. In chronic conditions the patient will not make such specific predictions; he just has a general presentiment that death will come soon and suddenly. For instance, a woman may fear that she will die before she can bring up her children. This is an almost clairvoyant perception; in fact this remedy often has clairvoyant experiences and in particular clairvoyant dreams.

The Complaining, Reproaching and Wailing

Aconite patients have a disposition to weep; they moan, and complain bitterly, with fears, despair, and loud whining. Here are a few examples:

He has a feeling as if something is kicking in his heart and an overwhelming fear arises. In this state he does not want to do anything, and, if forced to do it, he will have the tendency to break the things he is handling. Any kind of outside pressure gives him the impression that he is going to have a brain stroke or heart attack. In the past she loved her family, children, husband, etc., but now she avoids them because they irritate her and she cannot tolerate any contradiction from them.

Anything that the husband does is wrong. She does not know why she is behaving like this, but she cannot avoid it. She tries to suppress her anger, but she feels such rage inside that she wants to kill somebody. Although she loves her husband, she wants to kill him.

The plethora

Here it should be noted that Aconitum patients have a desire to be the first in whatever they are doing; it is difficult to suppress this inclination. If they do try to suppress it, a boastful attitude usually results. A similar result - appearance of another deeper disturbance - applies when discharges are suppressed. The suppression of anger can also have adverse consequences. Also, if any of their desires are not appeased immediately, they fall to pieces. Great impatience is characteristic of the remedy; time seems to pass too slowly while waiting.

The anxiety attacks

Picturing an Aconitum individual with the intense fears, pounding tachycardias, arrhythmias, or other intense symptoms, one might expect to see a plethoric and intensely communicative patient in the consulting room, but this is not the case. When he is not in a crisis situation, he will be calm and quiet. He will appear fairly normal. Even his descriptions of the crises will not be very intense. However when the crisis comes, the violent intensity, panic, and fear surface to an unbelievable degree.

These sudden attacks of anxiety are of such an intensity and so overwhelming that they normally cannot be controlled at all. They are like a storm coming on, a storm which overcomes the psyche and produces a terrible state of panic-stricken fear. But despite their anxiety these patients will still try to control their fears, and if their efforts are successful a kind of internal trembling and shaking occurs sometimes, invisible to others. In this situation, even during the crisis, it is not necessary to see the patient restlessly running around or tossing about - it may be enough to perceive the sense of agony and despair exuding from such patients to prescribe this remedy.

Chronic Aconitum conditions are typified by intense exacerbations interspersed with completely normal intervals. It is as if Aconitum cannot go on having attacks all

the time because the attacks are too strong, too terrifying for the patient to survive a constant onslaught.

The anxiety state of *Aconitum* can be reflected in many symptoms/syndromes. Here are some examples:

Flickering before vision makes him anxious on the street, he thinks he constantly jostles the passers by.

He needs to press his heart and at the same time breathe deeply because he is afraid his heart will explode.

Inconsolable anxiety, sad wailing; peevish and impatient.

Anxiety is transiently ameliorated by drinking cold water; followed by apathy; with cold sweat.

Anxiety as though a great misfortune would happen to him.

Increased anxiety, followed by total apathy.

Anxiety which does not allow him to remain in one place, he must constantly walk about.

Anxiety and peevishness, with fine stitches in the side of the chest, then palpitation at the pit of the stomach, and pressive headache. Inconsolable anxiety and piteous howlings, with complaints and reproaches about unimportant matters.

Pitiful anxious complaints, with fears, despair, loud wailing, weeping, and bitter reproaches.

He cannot banish anxious apprehensive thoughts, even in gay company

Suddenly, as he is walking or sitting, a sudden feeling of faintness and intense weakness overtakes him that may last for one or two days.

The sadness and indifference

Aconitum can show a completely different picture which is far less known than the anxiety and restlessness. Many homeopaths would never think of *Aconitum* when they see a person who is very **sad** or apathetic and **indifferent** to everything.

In this particular state of mind he whines and howls piteously and weeps without cause. Music is unbearable to him because it makes him sadder. He desires to be left alone, shuns other people, does not want to talk and if someone asks a question he answers only with a yes or no. It is as if he has lost all affection for anybody and he becomes indifferent to his relations, friends and persons he normally loves. He sits buried in thought. He may even think about committing suicide by jumping from a high place or from a train.

This state of mind appears sometimes after a long period with very severe anxiety attacks. It seems to be a kind of reaction, as if he could not endure his panic anxiety any longer and therefore found an escape in a state of emotional indifference or a suicidal mood.

Here it is important to note the polarity that appears quite often in *Aconitum* cases. Most patients have fear of death and agonising restlessness, but a few will manifest the opposite extreme and actually desire death. Sometimes the two states alternate. A similar opposition can be seen in fevers. In such instances rather than the usual restlessness and fear that accompany high temperatures, we witness indifference, exhaustion and sleepiness or a stupid, groggy feeling.

All of the above symptoms do not necessarily have to be seen in one individual for him to be given *Aconitum*. Some people will have fear of death, vertigo, fear of fainting, and tachycardia; others may have trembling, arrhythmia, perspiration, unilateral numbness (e.g. numbness of half of the face,) etc.

Another group of patients may experience a type of extreme psychogenic dyspnea, similar to that of *Lobelia* but more intense, which causes them to inspire deeply, loudly and with great anxiety. We may also see flushes of heat involving parts of the body, especially the head. There are also allergic eruptions surfacing after flushes of heat. The time of aggravation in general is during the night, especially from midnight to 4 A.M. There is generally an aggravation from sudden changes of temperature. Once the chronic state of *Aconitum* has become established, the acute exacerbations or crises can be precipitated from either sudden dry cold, dry heat, overheating, or warm rooms.

The sympathetic element

These patients are very sympathetic. They need company and are usually extroverted, but they do not like consolation. They express their feelings easily. The sympathetic element leads to a state of anxiety about others. They are very concerned about their relatives and friends, and they react exaggeratedly when something happens to someone about whom they care. They erupt emotionally when they hear news of something bad happening to a friend. The reaction is out of proportion to the significance of the event. Because of that element, *Aconitum* patients do not like to hear bad news. One should not be misled into prescribing

Aconitum simply because a patient has such a symptom. The whole picture must be seen to justify the prescription of this remedy -- **the intense crises with panic, fear of death, tachycardia, perspiration, etc.**

Prescribing solely on a symptom such as "anxiety about others" is an example of "one-dimensional" prescribing which is not only misleading but erroneous. Even if only one symptom exists upon which to prescribe, it must be viewed in a three-dimensional context if there is to be any hope for success in keynote prescribing. To glean an impression of what is meant by three-dimensional prescribing let us consider the differential diagnosis of one symptom -- **anxiety about others** -- and the corresponding remedies:

The **Aconitum** sympathy is reactive. It consists of an emotional eruption or explosion; such as, " Oh, my God! What shall we do!" Such reaction arises especially when the patient is suddenly faced with a severe health problem or, even worse, an accident concerning one of his relatives. Aconitum is especially afraid of accidents and consequently over-reacts when hearing of one. The anxiety about others is very intense and disproportionate to the reality of the situation. Stoicism is not Aconitum's long suit; his reactions are immediate and exaggerated.

Sulphur will not show such anxiety. He will worry only in special situations. Sulphur is anxious about his children. It is very seldom that he worries about anybody else, being in essence quite self-centered. If his child is late coming home, he starts to worry. He will be unable to sleep, will walk up and down imagining that the child has had an accident or some other mishap. When his son or daughter drives into the driveway, all of his concerns evaporate and he goes back to sleep.

Phosphorus will have a completely different kind of anxiety. He shows great affection and concern for everybody, even recent acquaintances. He becomes especially concerned and attentive if he hears of their having a health problem. His involvement is genuine, his sympathy for them great. *Phosphorus* does not display the imaginative worry that *Sulphur* does; he suffers only when he actually encounters a situation in which another person is suffering, and then he empathizes intensely. A *Phosphorus* mother has to get up in the night to see whether her little baby is breathing, or is alive. A *Phosphorus* patient who is confined to the hospital will not be able to tolerate the pain of his roommate; he will persistently ask the nurse to do something to alleviate his pain. The same is true in *Causticum*, because of the extreme sympathy towards the pain of others that the two remedies have.

Arsenicum is also anxious about others. In this case it is an inner anxiety. The objects of his anxiety are those who are close to him-- father, mother, brother, etc. These people provide him with a sense of security; thus, he himself feels threatened when they are not well. It is a self-motivated anxiety for others; he wants them to be well so that they can help him.

Baryta carbonica has a sweet concern about the people who are looking after her. She is very concerned that something may happen to them though she feels completely inadequate in doing anything about the situation. *Baryta carbonica* will display a lot of silent sympathetic concern which others can feel, but underneath there is a terror that something may happen to the individuals that take care of them or protect them. This is a genuine concern but one arising from a feeling of insecurity, inferiority and helplessness. They fear that they will be left completely unprotected, unable to fend for themselves if something happens to their protector. They resist even thinking of such a possibility.

Cocculus has a passive anxiety about others -- a type of anxiety that makes him stay in the hospital the whole night, attending one of his relatives and not sleeping for an instant. His anxiety that this relative may die is so great that he does not allow himself to relax. *Cocculus* does not think; instead he acts almost instinctively when one of those he loves is in danger. He seems not to feel the tiredness while in the grip of his anxiety for others and their welfare. His anxiety, though, is limited to those he loves.

Causticum has a more general anxiety or rather compassion about others, that is so great that he suffers when he hears or he even reads that others are suffering, or are under a kind of suppression by authorities or injustice. It is enough for him to read in a newspaper or to see in television that people, even in a foreign country, are starving and he is affected so deeply that he has to weep and he gets extremely excited.

The fear of closed spaces

Aconitum also produces **claustrophobia**; it can arise in a crowd, a train, an airplane or a bus. If the weather is dark or cloudy, the claustrophobia will be aggravated and may eventuate in a panic attack. Fear of the **dark**, fear of suffocation and, especially, **fear of crowds** are characteristic of this remedy. Aconitum patients will not participate in a demonstration which would necessitate their being in close proximity with a large number of people. A characteristic case I once saw illustrates the possible intensity of the claustrophobia and the fear of crowds. The claustrophobia was so strong that with only six or seven people in the room this patient would have to leave the room. As a consequence, she could no longer invite all of her relatives to the house on the same day.

In theatres they may sit in the rear so their exit will be made easier if an emergency arises. There is also a fear of suffocation, especially in warm, closed places and when they are caught in traffic jams, where panic may overtake them and force them to leave their car or the underground train. Sometimes, interestingly enough,

one will encounter exactly the opposite sensation -- **a fear of open spaces**. They cannot drive on open highways, yet they will have no difficulty driving within the city. They are paralyzed with fear the minute they enter a highway. But they can also have a fear of going out of the house or crossing a street.

The fear of the dark

These patients often can not sleep with the lights off. Darkness is aggravating, producing a feeling of suffocation; there is also fear of ghosts. They will not go through tunnels (dark and closed places), nor will they take the elevator lest the electricity goes out, leaving them trapped in a "closed and dark place" where they might suffocate; they would rather walk up five stories than enter an elevator. The same fear precludes their riding in an airplane. A fear of accidents can be so prominent in Aconitum individuals that they refuse to drive an automobile alone; they need someone to accompany them.

The fear of diseases

They also have a fear of diseases, of impending disease, **brain stroke** and **heart disease** -- a fear that their heart will stop beating and that they will drop dead or that their heart will explode. It appears that these fears are usually dormant, but with the least provocation they surface with an impressive intensity. All such symptomatology surfaces quite readily in our modern cities with their inhuman aggressiveness and violence; consequently, this remedy will be required increasingly often.

Some Aconitum cases bear a strong resemblance to *Lachesis* by virtue of a peculiar nocturnal aggravation: after having gone to bed and having slept for ten or fifteen minutes, they suddenly awaken with tremendous fear and jump up in a panic. The difference is that with *Lachesis* the fear is not a fear of death; it is rather a fear of suffocation because they cannot breathe. It results from a momentary paralysis of the vagus nerve as they were falling asleep. Aconitum has a fear of death that occurs ten to fifteen minutes after falling asleep. Pay special attention to these differences because one can easily confuse remedies with similar symptomatology.

In Aconitum the subconscious fears surface as sleep removes the control of the logical mind. Aconitum has a subconscious mind loaded with fears. These fears surface suddenly with such an intensity that the person jumps up from bed "in a panic," trembling and anxious, feeling that he is about to die. Another possible explanation for this symptom is that since Aconitum has an aggravation from heat, the panic state is provoked as the person becomes warm in bed. Sometimes these fears will appear as nightmares -- awful nightmares -- instead of the symptom just described. Another condition that can be encountered in Aconitum is a state of paralysis on waking (*Phosphorus, Lachesis, Sulphur, Medorrhinum*); they are unable to move their extremities and subsequently become extremely panicky.

The fear of earthquakes

Aconitum is the remedy most affected by earthquakes, and it is an interesting and very apt simile that **the internal state of Aconitum is like that of an earthquake**. The internal circulatory system is in such a turmoil that it is as if an earthquake is occurring inside the body. Sometimes the sensation of an internal earthquake is so strong that these patients may wake up from sleep with a feeling that there is an actual earthquake taking place and that the ceiling may fall on them. There is a tremendous commotion inside these patients; it can be so intense in the chronic Aconitum patient that it becomes terrifying for the practitioner to behold.

The fear at twilight

I have seen Aconitum cases that have suffered a state of agony every evening at twilight. **They would experience intense fear and would sob so intensely that the sounds resembled the barking of a dog**. One case I encountered was so terrified that she was unable to voice any of her feelings during the crisis because of her anxiety; she could only sob and sobbed so loudly that she could be heard in the neighbors' apartments. One such crisis was actually witnessed as it occurred while her case was being taken; it was a terrifying experience. One of the times of aggravation for Aconitum patients is **twilight**, and the **aggravation may continue until midnight**.

The confusion

The Aconite patient will complain that ideas haunt him, and that he cannot get rid of them. His mind is very active, but he will say that his attention is distracted while reading, and that thought seems to cease. He cannot finish a half-written idea without great effort. On attempting to think of one thing, another intrudes, followed by another and so on. There may be a stupid feeling in the head, as if there were a board before the forehead; or he may say that he cannot think, that ideas seem to come from the stomach. Such patients suffer from diminished intellectual power, and cannot perform even light mental work. They can also suffer from weakness of memory. They may feel that what they have just done was a dream, and be scarcely able to recall what it was. The inability to continue long at one thing may be accompanied by impatience; the patient throws himself about, constantly changing position, unable to think or perform even the slightest mental labor, with an unusual distraction of ideas.

The alternating states

The Aconite mood can alternate between laughter and crying; at one time he is gay, at another gloomy; he may be excited, or sit buried in thought; at times he seems to weep, and at times he sings. Now he is perfectly conscious, now raving. There may be alternate attacks of opposite moral symptoms. The patient sometimes doubts he will recover, while at other times he is full of hope.

The delirium

In Aconite the delirium is characterized by worry, fear, raving, and sometimes unconsciousness. In this state the Aconite patient may cry out, with a staring look, with convulsive motions, with great heat in the face, dilated pupils or convulsions, speaking in a childish, nonsensical way and being extravagantly gay or talking about death. At night he raves, springs out of bed and may imagine that he is driving sheep. He may be quarrelsome, with constantly varying delirium, imagining his thoughts come from the stomach or that parts of his body are abnormally thick. There is the feeling that what has just been done was a dream. Insanity and maniacal delirium follow. During the convulsions there is loss of consciousness. The delirious patient lies in a stupid condition, with eyes closed and twitching of the facial muscles, while the mouth is tight, without power of speech. Comatose states may also be found in Aconite.

The irritability

The Aconite individual may have an angry disposition, be quarrelsome, morose and peevish and desire to be alone. She makes reproaches, takes every joke in bad part, is irascible and fretful, and inclined to be irritated over trivial matters. In this state she shuns people, dislikes to talk and answers laconically yes or no. She has no affection for anybody, is morose, misanthropic, peevish and of a malicious mood. Such an individual may also have anthropophobia.

The slightest noise is unbearable, and the irritability may be accompanied by over-sensitiveness to light and touch. For instance, in cases of otitis, the patient does not want to be touched. He screams with pain at slightest touch. In cases of depression the patient will not be touched or uncovered.

It is apparent that Aconitum states can include a wide range of symptomatology. Symptoms can vary from relatively mild tachycardias, arrhythmias, numbness, tinglings, etc. to fears, phobias, tremendous panic and, finally, coldness, extreme prostration and collapse with blueness and coldness of the whole body.

The aconite baby and child

A few observations about Aconitum children may prove helpful. They can be subject to sudden anger, fits of rage and nightly enuresis, this occurring if one or both of the parents behave aggressively or if the child has a fright.

Aconitum can also be helpful in convulsions after a sudden nervous shock or in convulsions of teething children with jerks and twitches of single muscles, high fever, hot and dry skin; the child gnaws its fists, frets and screams and cries violently, with convulsive twitching of the facial muscles

The remedy is often used in newborns for asphyxia, apoplectic symptoms, hot, purplish, pulseless breathlessness; icterus; ophthalmia; vomiting of blood, with bloody

stools; retention of urine from the shock of birth or the sudden coldness of the new external environment. When suffering painful affections, Aconitum children will feel the pain so intensely that they tend to protect the painful part with their hands. During a cystitis for instance the children reach with their hands to the genitals and cry out. The whole body is sensitive to touch; the child will not allow itself to be moved; it whines.

*It is important for the student of homeopathy to understand that a case that needs Aconitum will be cured in an impressive way only by this remedy alone; no other remedy can replace it, be it an acute or a chronic case. Do not hesitate to prescribe it if **the symptoms agree** in any case no matter how severe its pathology may appear to be. I repeat, the information given by old masters that Aconitum is indicated only in the beginning stages of acute conditions is totally misleading.*

Systems

Some general remarks: It is important to understand the remedies in their general action upon the human organism and apply this understanding to the diseases being treated. One should avoid the trap of getting stuck on little details and instead try to perceive the general image of the patient, then prescribe correspondingly.

The student of homeopathy should make sure that he knows a wide range of homeopathic remedies before attempting to make a differential diagnosis; otherwise he will tend to see in all of his patients the characteristics of the few remedies he knows.

Generalities

Physical and mental **restlessness**.

Most of the symptoms are accompanied by **shivering and anxiety**.

Nervous excitability.

Trembling and tendency to palpitation.

Aconite will be indicated in cases of **epilepsy or convulsions** when you see a picture like the following: loud lamentations; body rigid and bent backward; fists clenched across throat; gnashing of teeth; eyes drawn up spasmodically under lids; the limbs are distorted with spasms; jerks of left leg or arm, grinding teeth; comatose; restless, moaning.

Convulsions of whole body worse towards noon time.

Sudden and great sinking of strength.

Great muscular weakness, weariness, prostration, almost total inability to stand.

Feeling very drowsy, languid and unable to rise from couch; obliged to discontinue all work; system feels prostrated with sense of inward fever.

He loses his ability to stand, must sit down.

Numbness, tingling more on **left side**.

Numbness and tingling over the body.

Faintness on attempting to sit up.

Pains intolerable; more so at night.

Stitches in the forehead, back, sides of chest, back of hands, and other parts, **as if he stood on the isolated plate of an electrical machine, and one took sparks from him.**

Very fine stinging, or stinging burning pains in many parts, as if seated in the skin, sometimes combined with a sense of heaviness, numbness, or swelling.

Tearing, cutting, wandering pains.

Burning through all the mucous membranes.

Neuralgia with congestions, from dry cold air or checked sweat.

Pains are intolerable to the extent that they drive him crazy.

As if bruised or beaten in different parts.

Has but little effect on disorganized blood-globules, hence seldom useful in true typhoid states.

Acts more on arterial system.

Plethora; active capillary congestions (from overactive serous membranes).

Local congestions and inflammations.

Neuritis, with tingling.

Complaints in joints: shooting, cramp, cracking, loss of power; drawing in joints and aponeuroses.

Acute rheumatism, much fever, restlessness and anxiety; swellings of joints which are red and hot or pale; shifting from one point to another; especially if caused by suddenly checked sweat or by dry cold air or winds.

Common colds with high fever in the very beginning.

Muscular rheumatism with high fever.

Palpitation of the heart and anxiety, and increased heat of the body, especially in the face.

Palpitation of the heart with great anxiety; oppression of the breathing and great weariness in all the limbs; it rises from thence into the head, and she is as if stupefied from flying redness in the face.

Wounds painfully sensitive after surgical operations; fever.

Shock from injury or surgical operations.

Children's diseases; with high fever.

Contraindicated in fevers which bring out eruptions, unless there is agonizing tossing with dry skin.

Tendency to apoplectic congestion; plethora.

Sensitiveness to fresh air.

All the symptoms of having caught cold.

Remarkable degree of sensitiveness to the least draught of cold air.

From a fall or concussion; face pale or red, but no stupor.

Apoplexy or apoplectic congestions.

Head feels dull, stupefied.

Dull, stupid; pressure outwards, aggravated on sitting up; with anxiety and fear of death.

Alternate stupefaction and restlessness, with mild delirium twitchings, starts as in a fright, pulse frequent.

Stupor, with cold feet.

Aggravations and ameliorations:

Anxious restlessness, finding no comfort in any position.

Worse from **dry cold** or from becoming overheated. Worse from **motion**, like *Bryonia*, but in Aconitum the restlessness usually reigns and forces the patient to move despite the fact that he is aggravated by motion.

Better in open air; worse lying on affected side, from music, from tobacco-smoke.

Worse at **twilight** and in the hours following until 11 or 12 midnight; also worse from 10 P.M. until 4 A.M. Worse after **fright**.

Worse from **touch**, especially in fevers where the whole body is in pain. The patient has an aversion to being touched and is aggravated by touch because of the pain.

There is decided relief from any kind of discharge; such as, vomiting, diarrhea, perspiration, free flow of menses, leucorrhoea, etc.

Vertigo

Vertigo after fright; from congestion, as in sun; on stooping; staggers to right; as if drunk, with nausea, aggravated on rising from seat, ameliorated while walking, none while sitting; blackness before eyes when shaking head; with nosebleed; from sudden suppression of menses by cold.

On rising from a recumbent posture, red face becomes deathly pale, or he becomes dizzy and falls over, he fears to rise again; often accompanied by nausea, vanishing of sight or unconsciousness.

Vertigo, headache, nausea, gagging, coldness.

Turns suddenly red and falls unconscious.

Head

In the head there can be tormenting sensations -- tormenting headaches and vertigo.

The head in front is **as if nailed up**, when in a warm room.

Congestion, anxiety; face hot and red, or pale; carotids pulsate strongly; pulse full, strong, or small and quick; aggravated toward evening.

There is often congestion and fullness in the head, frequently accompanied by a sense of great heat and a feeling as if the head is enlarged.

Throbbing in temples.

Headache and roaring in ears.

Constant burning in forehead.

A very characteristic **sensation of boiling inside the head** is often encountered.

A fainting feeling, vertigo and paleness on attempting to sit up in bed are seen in this remedy.

Headaches can occur after fright or after exposure to cold, dry winds.

Squeezing in forehead above root of nose, feels as if she would lose her reason; aggravated on walking in open air.

Pressing shooting pain in forehead.

Pressive, stupefying headache; sleeplessness.

Shooting, pulsating headache, as if from an internal ulcer, sometimes prevents speaking.

Severe

blows in right side of forehead.

Sunstroke; especially from sleeping in sun's rays.

Headache, **as if brain was moved or raised**; aggravated during motion, drinking, talking or sunlight.

The headaches are most often located in the occiput and forehead.

They are usually accompanied by some kind of fear of death.

One-sided numbness of the face is common.

Head excessively hot.

Bends head far back.

Constantly tosses head about.

Sensation as if hair stood on end.

If he raises his head, he vomits phlegm or what he drank.

Constantly puts hand to head.

Cold sweat on forehead.

Aconitum will probably be indicated in severe cases of encephalitis and meningoencephalitis judging by the tremendous fear, upheaval and tormenting sensations felt inside the head, and the high fever, and severe headaches.

Eyes

Vision as if through a veil; difficult to distinguish faces; anxiety and vertigo.

An **anxious look** can be perceived in the eyes.

Staring, glaring eyes.

Eyes contorted.

Eyes excessively hot and dry; conjunctiva of lids very red, constant winking and closing of lids, could hardly force them open; temporary relief from cold water; asthenopia from straining eyes.

Severe conjunctivitis can occur from exposure to cold, dry winds.

The eye and eyelid inflammations of Aconitum may produce copious discharges. **Photophobia from sunlight.**

Desire for light; photomania.

Pupils contracted, then dilated.

Dilated pupils (immediately).

Eyeball feels enlarged, **as if coming out of socket.**

Sclerotica yellow.

Eyes bloodshot.

Eyes red, inflamed, vessels deep red; burning, pressive shooting pains.

Eyes dull, encircled by blue rings.

Sticking and tearing pains around eyes; aggravated at night.

Upper half of eyeball sore when moved; feels as if it would be forced out of orbit (better on stooping).

Profuse lachrymation with intense pain; tears flow, with or without local inflammation.

Inflammation extremely painful.

Aconitum has proved quite useful for injuries to the eyes, especially when there is severe sudden inflammation because of a foreign body injuring the sclera.

Acute aggravations of granulated lids and pannus of cornea, with excessive hyperemia, heat and dryness especially if induced by overheating from violent exercise, or by exposure to dry, cold air.

In earlier stages of violent acute inflammations of deep structures of ball, when it becomes sensitive to touch and feels as if it were protruding; rarely after exudation.

Sudden blindness resulting from exposure to excessively cold or hot weather or **from fright** is seen.

Ophthalmia neonatorum; in beginning.

Copious tears and red conjunctiva.

Lids feel dry, burn and are sensitive to air.

Lids hard, swollen, red, with a tense feeling; aggravated in the mornings.

Ears

Averse to noises, they startle him; they are intolerable.

Music goes through every limb; makes her sad.

Roaring in ears; humming; ringing.

Left ear deaf, with buzzing in whole head.

Tearing pain (left ear); pains in right ear.
Stinging in ear; meatus red and narrowed.
External ear hot and red; swollen, painfully sensitive, noise intolerable.

Nose

Sense of smell very acute, especially for unpleasant odors.
Great sensibility of the olfactory nerve; bad smells have a powerful effect.
Distressing cramp or pressure at root of nose.
Nosebleed; blood bright red.
Epistaxis.
Nosebleeding and headache.
Coryza : dry, with headache, roaring in ears, fever, thirst, sleeplessness, caused by cold, dry winds; checked with headache; ameliorated in open air, aggravated from talking; fluent, frequent sneezing; dropping of a clear, hot water; fluent mornings; inner nose red, swollen, interfering with breathing.
Mucous membrane dry, nose stopped up; dry or with but scanty watery coryza.
Marked pain between orbits at the base of nose.

Face

Anxious expression; frightened.
The face is usually hot and dry during fever.
In the nose there can be great heat with **fire-like burning in the nostrils** during catarrhal inflammations.
Facial flushing with a **sensation of enlargement of the face** is characteristic of the remedy.
Face pale, with restlessness and expression of anxiety;
Red cheeks with fear of death.
The face, red when lying, becomes deathly pale on rising up.
Between attacks, face pale; now and then flying heat.
Face and whole body pale.
Face dark red, lips blue.
Redness of one cheek with paleness of the other.
Numbness on one side of the face.
Neuralgia of trigeminus, left side; face red and hot; restlessness, anguish; rolling about, screaming.
Rheumatism in face and teeth.
Creeping pain in the cheeks.
Sensation as if cheeks were swollen to double their size.
There may be perspiration of the face occurring only on the side lain upon.
Lips: blue, dry, black, peeling off; swollen, inflamed.
Burning and numbness of lips and mouth; heat and tingling.
Burning of lips and tongue, as after eating pepper or smoking.
Mouth drawn to one side (right).
Lips on left side motionless, during breathing.

Trismus.

Constantly moving lower jaw, as in chewing.

Aconitum is the first remedy for facial paralysis after exposure to a cold, dry wind, especially when accompanied by numbness or tingling.

Mouth

Grinding teeth.

Trismus.

Toothache: even in sound teeth; with throbbing in one side of face, intense redness of one cheek, congestion to head, restlessness; most left-sided, or going from right to left.

Toothache caused by: dry, cold winds; taking cold in raw air; during pregnancy; especially in young, plethoric sedentary persons.

Sensibility of the teeth to open air.

Gums hot and inflamed.

There is a sensation of heat of the lips.

The mouth tastes bitter, and all but water tastes bitter.

Mouth as if filled with air tasting of rotten eggs.

Trembling and temporary stammering.

Speech imperfect, lisping.

Mouth dry.

Frothy salivation.

Saliva - copious, streaked red, sweet taste in mouth.

Accumulation of water in mouth.

Yellowish-white thick fur in mouth.

Sensations of numbness and tingling of lips and tongue.

There is great dryness in the centre of the tongue.

There is a sensation as if cold air were blowing on the tongue.

Tongue feels swollen, burning, prickling and tingling.

Tongue and lips swollen.

Burning on tip of tongue and lips.

Burning vesicles on tongue.

Tongue coated white or thick yellow-white.

Tongue dry, furred, white.

Tongue red, with great thirst.

Tongue dry, red on sides, centre thinly coated white.

Penetrating fine stitches in the tip of the tongue.

Chronic affections of tongue.

Throat

Red, dry, constricted, numb, with prickling, burning and stinging.

Redness of uvula and soft palate.

Uvula: swollen and elongated; feels as if elongated and coming in contact with tongue.

Feeling of dryness and as if something stuck in throat.

Acute inflammation of throat, palate, tonsils and fauces with high fever, dark redness of parts, burning and stinging in fauces.

Burning sensation in back of throat, causing him to hawk.

Burning and fine stinging pain in back of throat.

Severe sticking pains in posterior fauces.

Burning and numbness in throat; throat almost insensible.

Pricking, burning in throat and along eustachian tube.

Roof of mouth and fauces dotted with eruption.

Burning sensation in pharynx.

Swallowing: stinging choking in throat.

When swallowing food, it feels **as if it had lodged in cardiac region**.

Swallowing much impeded.

Muscles extremely sore in swallowing.

Almost entire inability to swallow.

Burning from mouth along esophagus to stomach.

Tingling in esophagus.

Stomach

Lively sensation of hunger, renewed soon after eating.

Excessive hunger and thirst, but eats slowly.

Thirst burning, unquenchable.

Excessive thirst, yet can retain nothing.

No appetite; loathing of food, qualmishness.

Desires: wine; brandy; beer; bitter drinks.

Violent pain in stomach on eating, with warmth and tenderness; hiccough; nausea (after meat broths).

Momentary relief from cold water.

Aconitum can often ameliorate a gastritis produced by drinking cold water when overheated.

Drinking ice water excites cough; generally better from cold drink, especially anxiety.

Worse from smoking.

Wine generally relieves, but sometimes brings on congestions, hemoptysis or palpitation, and augments rheumatic pains.

Painful hiccough.

Better from eructations.

Empty eructation.

Violent but ineffectual urging to vomit.

Gagging, retching, gasping for breath.

Vomiting: of lumbrici; of bile; of green masses, with diarrhea of same appearance; of mucus; of blood, of bloody mucus; of what has been drunk, followed by thirst.

Vomiting with anxiety, heat, thirst, profuse sweat and increased micturition.

Green vomit.

Vomiting, meteorism and inability to make water.

On sitting up, vomits clear water.

Inclination to vomit, just as if he had eaten something disgustingly sweet or greasy.

Cholera.

Vomits sour phlegm.

Nausea, vomiting, thirst, general heat and profuse sweat with flow of urine.

Region of pit of stomach sore to touch and meteoristic.

Burning from stomach up through esophagus to mouth.

Sudden excruciating pain, with gagging, retching, vomiting blood, gasping; cold sweat on forehead; congestion of mucous lining of stomach.

When breathing, pit of stomach is drawn to spine.

Pressure in stomach and pit of stomach, as from a weight or hard stone.

Tensive pressive pain, as from fulness or a weight pressing in the stomach and hypochondria.

Stitch-like, burning, pressing pain in pit of stomach, with fear of death.

Pressure as from a stone in pit of stomach going through to the back, with a squeezing sensation as from a strain, like stiffness.

Abdomen

In the abdomen there are pains which extend to the chest.

Burning, stinging, hepatic pains.

Hot, tense swelling under right short ribs.

Pressure and constriction in hepatic region, with obstruction of breathing.

Pressive pain, as from a weight in the hypochondria.

Feeling of violent constriction in the hypochondria.

Acute hepatitis, with violent fever.

Tension and heaviness in hypochondria.

Agony, has to sit straight up, can hardly breathe, pulse thread-like, vomituration, sweats with anxiety; abdomen swollen, particularly under short ribs.

Stitches in region of liver taking the breath.

Severe and constant pain in epigastrium, pressing outward.

Stitches and heat in diaphragm.

Pain going to umbilicus, or changing from stomach to liver.

In acute infections of the intestinal tract characterized by stools which are green and watery or which consist of green masses like spinach, violent tenesmus, and severe colicky pains that are relieved only after stool, nothing else will relieve.

Colic forces him double, yet relieved in no position.

Colic involving bladder, contraction of hypogastrum in region of bladder; constant ineffectual urging to urinate.

Flatulent colic in the hypogastrum as if he had taken a flatus-producing purgative.

Burning in umbilical region.

Burning in abdomen.

Umbilical region hard, swollen, like ascites.

Great swelling of abdomen, which is painful to touch.

Meteorism, vomiting, inability to urinate.

Abdomen burning hot, tense, tympanitic, sensitive to least touch, cutting pains, fever, anguish.

Abdomen puffed and hard.

A feeling of weight, as if a heavy load were resting on abdomen and bearing one down.

Hernia, recent and small, also incarcerated with bilious vomiting and cold sweat; burning as from coals of fire.

Sensitiveness of lower abdomen to touch.

Sensitiveness of abdomen to touch, as from slight peritoneal inflammation.

Pain in loins, as if bruised.

Aconitum is in general **ameliorated by evacuating the alimentary canal**, either through vomiting or diarrhea.

Aconitum has to be thought of in **jaundice of the newborn**.

Jaundice: during pregnancy, liver atrophied; after fright; from a cold, with catarrh of small intestines.

Splenitis with inflammatory fever.

Rectum

Diarrhea: watery; frequent small stools; like chopped spinach (summer complaint); bilious, of infants, with colic, which no position relieves; from getting wet; slimy, bloody, violent pains in bowels; tenesmus, also between discharges.

Scanty, loose, frequent, with tenesmus; small, brown, painful; at last bloody.

Pure blood passes without feces.

Urging; slimy stools; intolerable nightly tingling, itching at anus.

Dysentery or inflammatory diarrhea during hot days and cold nights.

Cutting, griping, followed by frequent urging to stool, after anger or fright.

Pain in the rectum.

Shooting and aching in the anus.

Hemorrhage from bowels bright red, in streams.

Alternate slimy stools and constipation.

Constipation; clay-colored stools.

Stool and urine suppressed.

Stool white, with dark red urine.

Stool white, with saffron-colored urine.

Cholera, congestive stage; stage of reaction.

Bleeding piles; stinging and pressure in anus, burning and heat in piles.

Urinary organs

Stinging and pressing pains in region of kidneys.

Renal region sensitive, with shooting pains.

Violent burning in bladder.

Inflammation of bladder; constant urging, water passes in drops, with burning, admixed with blood; tension, heat and tenderness over pubes.

Painful anxious urging to urinate.

Children reach with hands to genitals and cry out.

Burning in urethra when urinating.

Must rise each night between 12 and 3 A.M. to urinate.

Dysuria during pregnancy.

Urine scanty, red and hot.

Urine: hot, dark colored; red, with white feces; red and clear.

Urine dark brown, frothy or yellow.

Urine turbid.

Urine yellow-red and no sediment.

Ischuria.

Involuntary urination.

Enuresis, with thirst.

Diuresis, with headache and profuse sweat.

Retention or suppression of urine, with pressure in bladder or stitches in region of kidneys.

Retention from cold, especially in children, with much crying and restlessness.

Hematuria, with hemorrhoids of anus or bladder; burning distress in urethra.

There may be retention of urine after a fright. **Aconitum is very often used in newborns who suffer urinary retention** subsequent to the fright of birth.

Tenesmus of the neck of the bladder.

Genitalia - male

Increased sexual desire; lascivious dreams; fits of lasciviousness.

Testicles feel swollen and hard, as if surcharged with semen.

Bruised pain in testicles.

Simple pain in the testicles, like that caused by a bruise.

Violent, sudden orchitis.

Gonorrhoea, first stage.

Genitalia - female

Stitching pains, more to right of fundus uteri; sharp, shooting pains, abdomen exceedingly sensitive.

Sudden inflammation of the ovaries in cases of **suppressed menstruation**.

Prolapsus uteri, occurring suddenly, with inflammation, bitter vomit, cold sweat, or dry, hot skin; with or without hemorrhage.

Labor-like pressing in womb; has to bend double, but relieved in no position.

Uterine hemorrhage, active, much excitability, giddy, cannot sit up, fear of death.

Menses too late, diminished and protracted; plethoric females, who lead a sedentary life.

Menses profuse in plethoric women.

Suppressed or painful menstruation after exposure to cold or after a fright, by getting feet wet, or by a cold bath.

Amenorrhoea during puberty; nosebleed; palpitation; congestions.

Restores menses of plethoric women, after their suppression from any cause.

Inflammation of genitals.

Vagina dry, hot, sensitive.

Leucorrhoea copious, tenacious, yellow.

During pregnancy; restlessness; fear of death, predicts time of death; jaundice; blood-spitting; disturbed between 12 and 3 o'clock at night, compelled to get up to urinate; has no affection for anybody.

Impending abortion from fright, with vexation; circulation excited, rapid breathing.

Pains of labor: distressing; vagina hot, dry, tender and undilatable; violent, following in rapid succession, particularly with a large child (head seems immovable), contractions insufficient, pains overwhelming; shrieking; red, sweating face; thirsty; head and hands glowing, pulse hard, skin scarcely moist, increased action of heart; ineffectual from defective position of child.

Puerperal convulsions, cerebral congestion, hot, dry skin, thirst, restlessness and fear of death.

After tedious and difficult parturition.

After-pains too painful, too long-lasting.

After-pains, with fear and restlessness.

Milk-fever with delirium; mammae hot, hard, tense, with scanty milk.

Lochia offensive, bloody, slimy.

Return of lochial discharge, when women commence going about after confinement.

Childbed fever after suppression of lochia; mammae lax, no milk; dry, hot skin; hard, frequent pulse, or tensive, contracted; fearful, wild, staring, glittering eyes; dry tongue, great thirst; inflated abdomen, sensitive to slightest touch.

Chest

Larynx and Trachea - Hoarseness, with pain when talking.

Voice crowing, croupy.

Voice husky, can scarcely speak, points to larynx, wants to cough, but cannot.

Tickling in the larynx provoking cough.

Larynx sensitive to touch and to inspired air, **as if raw**.

Laryngitis, with inflammatory fever; also with suffocative spasms (spasms of glottis).

Laryngeal complaints after straining voice.

Dryness in windpipe causing a frequent little cough.

Croup: awaking in first sleep; child in agony, impatient, tosses about; dry, short cough, but not much wheezing nor sawing breathing; cough and loud breathing during expiration; every expiration ending with a hoarse, hacking cough; after exposure to dry, cold winds.

Burning low down in larynx.

Pain in larynx on coughing.

Respiration - Fetid breath.

Breath cold.

Breath hot.

Inspiration through the nose impeded, especially in sleep.

Breathing: short, in sleep, after 12 P.M. ; labored, anxious or quick, and superficial; deep, slow, sighing; difficult, must breathe deeply; slow, rattling (apoplexy), whistling (croup in old age), short, when raising one's self.

Asthma from active hyperemia of lungs and brain; face red, eyes staring; after emotions; can talk but little at a time.

Asthma after suppression of acute rash; feeling of band around chest; muscles of chest rigid; occasionally vomiting; urine scanty, dark; after paroxysm, sputa yellow or blood-streaked.

Agony, sits up straight, can hardly breathe; pulse like a thread, vomituration; sweat, with anxiety; swelling under short ribs.

Oppression of chest when moving fast or ascending.

Oppressed respiration, dry hacking, much thirst and chilliness.

Inhalation difficult and noisy.

Worse during inspiration; better during expiration.

Constant short, dry cough, with feeling of suffocation, which increases with every inspiration.

Difficult breathing.

Breathes only with diaphragm.

Cannot breathe freely from a sensation as if lungs would not expand; frequently takes deep breaths.

Fear of suffocation.

Dyspnea from fear in hysterical women.

Dyspnea from cardiac excitement in plethoric persons.

Dyspnea in chest affections -- has to sit erect to breathe.

Cough - Clear ringing or whistling cough, caused by burning, pricking in larynx or trachea.

Cough short, dry, forcible, excited by scratching in throat.

Short cough after 12 P.M. , from tickling in larynx; the more he attempts to repress it, the more severe it becomes.

Dry hoarse, barking cough.

Dry cough, with shooting in chest; with raw pain in chest, caused by change of temperature.

Frequent dry cough, with occasional expectoration of bright red blood.

Dry, whistling cough; beginning of pertussis; feverish, anxious, restless.

Wants to cough, but cannot.

Cough hollow, hoarse, choking, causing blueness of face.

Violent hollow cough at night; shorter and more panting during day. Cough awakens him from sleep, is dry, croupy, suffocating; great anxiety.

Cough better lying on back; aggravated on side.

Cough with nervous excitability.

Cough with viscid mucous expectoration.

Cough after drinking, sputum thin, frothy, blood- streaked; burning, shooting in chest; dulness on percussion.

Cough worse: after eating or drinking; lying, must sit up from a constrictive feeling and suffocation (tracheitis) until 3 A.M. ; evening, night, more after 12 P.M. ; from tobacco smoke; during sleep; **from vexation, especially fright**; when overheated; from dry, cold winds, or currents of air; from walking in open air; when assuming an upright position; from deep inspiration; from speaking.

Expectoration - Hemoptysis: blood comes up with an easy hawking, hemming or slight cough; expression of anxiety; great fear of death; palpitation, quick pulse, stitches in chest; caused by mental excitement; exposure to dry, cold air, or after taking wine.

Sputa: absent; thin, gelatinous, more mornings and during day; scanty, falls in round lumps, dark cherry-red (pneumonia); bloody or blood-streaked; bright red blood.

Expectoration of thin, frothy, white mucus, mixed with streaks of bright red blood.

Expectoration brownish-red, rust-colored; cough frequent, with severe pains from shock through chest.

Expectoration of blood and mucus, with raw sensation behind the sternum.

Heart - Palpitation of the heart accompanied by **great anxiety and fear of death**.

Tachycardia.

Palpitation, anxiety, restlessness; aggravated lying; face pale, anxious.

Palpitation, with anxiety, fainting, and tingling in fingers.

Palpitation and anxiety, with increased heat, especially of the face.

Palpitation of the heart, with great anxiety and restlessness, and pressive pain in the cardiac region.

Palpitation; feeling **as if boiling water was poured into chest**.

Hyperemia of lungs, violent palpitation of heart; face red; spitting of blood.

Oppression about heart, burning flushes along back.

Oppressive feeling in the heart region, **as if heart will explode**.

Inward pressing pain in region of heart.

Anxiety about praecordia, heart beats quicker and stronger; fear of death.

Anxiety, difficulty of breathing, flying heat in face, **sensation of something rushing into head**.

Anxiety in cardiac region, and oppression of chest, with contracted pulse and constriction of the chest, when sitting after much motion.

Inflammations of the heart -- pericarditis, endocarditis -- with severe shooting and stitching pains, obliging the person to shout.

Sudden attacks of pain in the heart with dyspnea.

Sudden violent cardiac irritation with fluttering pulse; has to sit up in bed; grasps the throat with anxiety or even anguish.

Feeling of fulness; pulse hard, strong, contracted; stitches at heart; lies on back, with raised shoulders; constriction of chest.

Slight stitches in cardiac region.

Uncomplicated cardiac hypertrophy; especially with numbness in left arm and tingling in fingers.

Great agitation of heart, anxiety.

Intense pains in all directions, especially down left arm, with numbness and tingling; anxiety, fear of death, coldness, cold sweat; feeble pulse.

Fainting, with tingling.

Pulse quicker than beat of heart; during three beats apex strikes only once.

Pulse strong, full, hard.

Full, strong, hard pulse, with heat and thirst.

Short, small, quick pulse with flushed face.

Pulse: small, intermitting, irregular (asthma); accelerated, with heat of skin (jaundice); contracted, full, powerful, over 100 per minute; full, powerful, intermitting every six beats with cardiac heaviness; slow, intermittent; slow, feeble, weak and small; like a thread, with anxiety; quick, hard and small (peritonitis).

Pulse strong, full and quick.

The heart beats quickly while the pulse was slow, apparently intermitting with attacks of powerlessness.

Pulse full, hard; tense and bounding; sometimes intermits.

Toward evening the pulse became full and quick; he felt the beating of the temporal and carotid arteries, while sitting.

Carotids beat violently.

Beat of heart powerful; pulse full, hard and strong, moderately frequent.

Inner and Outer Chest - Tightness of chest.

Oppression of chest, feeling of great weight, must breathe deeply, with anxiety.

Constrictive sticking pain in sides of chest.

Pressure, weight and burning under sternum.

Pressive tight pain in side of chest.

Pressure, especially on right side of chest.

Heaviness on the chest.

Pain in middle of chest drawing toward back, aggravated with every motion of body.

Squeezing pain in the chest.

A creeping pain in the chest.

Stitches in right side of chest, but only when lying on that side. Stitches: when breathing; with cough; from lowest rib, right side, through lung to apex of scapula; at every inspiration; in left chest; last rib, right side, through to back; transient, now here, now there; aggravated bending sideways; between scapulae, on deep breathing; and burning shooting in chest.

Anxiety in the chest, and oppression on the right side, afterward in the whole chest.

Cannot lie on right side, only on back.

Lancinating through chest, with dry heat, difficult breathing, often violent chill.

Painful shocks in left chest superiorly, especially on taking a deep breath.

Synochal fever, hot sweat, oppression; children have rattling in chest; sensation of fulness in chest; must lie on back.

Heat in lungs.

Rush of blood to lungs.

Pleurisy with stabbing, stitching, severe pains that are aggravated by the least motion, coughing, laughing or even yawning.

Veins of throat expanded.

Chest muscles rigid.

Back

Neck sore and painful; glands swollen.

Tearing in nape of neck.

Drawings in muscles of throat and neck.

Rheumatic pain in the nape only observed on moving the neck.

Painful stiff neck, aggravated on moving neck; pains down neck to right shoulder.

Cutting pains extending in a circle from spine to abdomen.

Crawling in spine, **as from beetles**; formication.

After injury or checked sweat.

Numbness of small of back, extending into lower limbs.

Violent, shooting, digging pain all down the left side of the spine to

the sacrum, which was so much increased by inspiration that tears came repeatedly into the eyes, for four hours.

Pain as if bruised in the articulation of the lowest lumbar vertebra with the sacrum; **the sacrum feels hacked off**.

Bruised pain between the shoulders.

Pain as if from a bruise, from the loins through the back into the nape of the neck.

Extremities

Coldness of extremities.

Hands icy cold; cold, sweaty palms.

Coldness of feet and ankles; soles and toes cold and sweaty.

Hot palms.

Drawing, tearing pains in limbs.

All the joints are painful.

Affections with associated numbness and tingling of the extremities.

Trembling and tingling in limbs, accompanied by shooting pains.

Convulsive trembling of limbs.

Convulsive contraction of limbs.

Slight starting of limbs, alternating with trembling.

Limbs feel weak, heavy and painful.

Limbs feel tired during repose.

Weakness and laxity of the ligaments of all the joints.

Automatic motion of left hand; he strikes his face.

Trembling of hands.

Creeping pain in fingers.

Creeping in fingers, also while writing.

Twitching of fingers and toes.

Formication in arms, hands and fingers.

Arms hang powerless, as if paralyzed by blows.

Numbness of left arm; can scarcely move hand; tingling of fingers.

Numb, tingling sensations in arms and hands, **as though the poles of a galvanic battery were being held.**

Numbness in gouty limb.

Legs almost powerless; after sitting, numbness.

Legs and feet feel numb; tingling, commencing in feet and spreading upward.

Ankles feel as if tied with a ligature.

Hot pricking in toes; they "go to sleep" while walking.

Lameness and numb feeling in affected parts; pain intolerable.

Numbness, icy coldness and insensibility of hands and feet.

Aconitum is indicated in cases of functional paralysis, **especially after an exposure to very cold winds while being warm**, and for paralysis that ensues from a sudden frightful experience, a form of **hysterical paralysis**.

Paralysis of wrists.

Acute rheumatism with excruciating pains, restlessness, congestion and heat of the affected joint and a **feeling of enlargement of the inflamed part**.

Rheumatic inflammation of joints, aggravated evening and night; intense, bright red, shining swelling of parts; sensitive to least contact, with high fever.

Red pimples on back of hands; stinging itching.

Bright red hypothenar eminences on both hands.

Hip and hip-joint (left) swollen, hot and exceedingly painful to touch; feverish, thirsty, anxious.

Drawing tearing in left hip-joint on moving.

Thighs when walking feel **as if tightly bandaged**.

Lower limbs sore.

Shooting, tearing pains in legs, knees, ankles, toes, etc.

Shootings in the left knee.

Unsteadiness of knees; bend while standing or walking.

Knees swollen; painful, throbbing, cutting, stinging pains; cannot sleep, had to sit up.

Knifelike pains in knee joint.

Shooting, tearing, erratic; in arms, forearms, wrists and finger-joints.

Icy coldness of the knee alternating with flying shootings.

Legs stiff when moved, after taking cold.

Cramps in calves, also in feet.

Sleep

Passed a restless night, body very hot, tossed about much, and had excessively vivid dreams.

Light sleep (from 1 to 5 h.).

On going to sleep; fever becomes intolerable; jerks; restless tossing.

Somnolency, eyes closed; in a little child.

Senseless; snoring.

During sleep: delirium; starts; profuse sweat; hot, restless and talking;

slow breathing.

Restless nights; must walk or move about; alternately cold and hot, partial sweat.

Excessive wakefulness; nervous sleeplessness.

Sleeplessness after midnight with anxiety, restlessness, continual

tossing about; eyes closed.

Sleeplessness caused by fear, fright or anxiety, with fear of future.

Yawns often, without being sleepy.

Vivid dreams of day's occurrences.

At night anxious dreams, several times waking with start.

Long dreams with anxiety in chest, taking away breath and causing him to awaken.

Anxious heavy dreams with oppression of chest.

Awakened: by asthma; by nightmare; with starts; by cough.

He starts up in a fright, moves much and talks in his sleep.

Fever

Aconitum is indicated in all inflammatory conditions with the following characteristics: congestions, especially when the skin is dry and hot, great thirst, intense suffering and pain, restlessness that can find no solace in any position, anxiety and fear.

In some cases of fever a different situation will be encountered: sudden, continuous **very high fever** with no apparent causation nor apparent localized site of inflammation, without thirst, without restlessness or anxiety or other specifics; the only complaint is that of being very tired, and these patients look sleepy, groggy and stupid.

The fever is of very sudden onset and is so high that the patient (often a child) literally seems to be burning up. Such cases bear resemblance to *Ferrum phosphoricum*, but in Aconitum the fever is much higher, more sudden in onset, and the patient more tired and sleepy.

Aconitum is used in infectious diseases, especially measles.

Chill: anxious; on slightest movement; being uncovered or touched; ascends from feet to chest; with formication between shoulders and down back; finger tips cold, nails blue, aggravated in a warm room.

Shuddering on lying down at night. Skin cool, dry or cold and viscous; or cold to touch, but patient feels as if burning.

Whole body stiff and cold.

Rigors and vomiting.

Frequent shudders.

Cold crawls over back, with hot skin.

Sudden chill in evening, followed by heat.

After a violent chill, dry heat with difficult breathing and lancinating pain through chest.

With chill, internal heat, anxiety, red cheeks; body chilly, hot forehead and ears, internal heat.

Chill at beginning violent, more in evening after lying down, often with one hot cheek and contracted pupils.

Cold waves pass through him.

Alternate heat and chill all night; restless, wants to uncover, yet chilly therefrom.

Face hot, hands and feet cold; face flushes, with cold hands and feet, mostly evenings.

Skin hot and dry, with anxious tossing about.

Heat with thirst, hard, full and frequent pulse, anxious impatience, inappeasable, beside himself, tossing about with agony.

Dry, burning heat, generally extending from head and face, with much thirst for cold drinks.

Toward evening burning heat in the head and face, with redness of the cheeks and outpressing headache; at the same time rigor over the whole body and thirst.

Heat, with inclination to uncover; fever unbearable towards evening and after getting into bed.

Heat, with chilliness at same time.

Red cheeks, with obstinacy, complaining mood; burning in region of navel and pressive headache.

Redness of the cheeks and heat of the head; shuddering all over the body, with proper taste in the mouth. Or along with redness of the cheeks, rigors, with weeping and pressive headache.

Heat in the head; forehead hot to the touch, with rigor over the body on the slightest movement.

Thirst for beer during heat.

Drinks little during the heat, yet has dry lips.

Free sweat.

Profuse sweat during sleep, even in consumptives; sweat after 12 P.M.

Long continued, general sweat, of a somewhat sour odor.

Affected parts and covered parts sweat; likes to be uncovered.

Worse while sweating; better afterward.

Profuse sweat relieves rheumatic pains.

Bad effects of suppressed sweat: catarrhs; fever; local inflammations, etc.

Cold sweat.

Slight perspiration all over the body.

Skin

Skin dry; absence of sweat.

Tingling over whole surface.

Red, shining, hot swellings; violent pains.

Fine prickings, as from needles, here and there.

Spots like flea-bites; itching unchanged by scratching.

Formication and biting, especially on the hairy parts of the body, with the exception of the head, as if from fleas, making him scratch.

Erythema from sun's rays; papular erythema.

Erysipelas, smooth skin; violent fever.

Yellow skin.

Red rash all over, except on abdomen.

Purpura miliaris.

Measles: dry, barking cough; painful hoarseness; eyes red; cannot bear light; tongue red; jerks of left leg or arm, or grinding of teeth; restless moaning and lamenting; lying in a comatose state; pains in joints; free sweat.

In red miliary fever: increasing restlessness, agonizing anxiety and heat of body.

Rash of children.

Seldom in scarlatina, except as specified below or during desquamation.

Scarlet rash, with high fever.

Scarlet fever, with dry skin and very great restlessness and distress; must frequently sit erect in bed in consequence of dyspnea.

Clinical

Anxiety states. Common colds. **Inflammatory conditions.** Measles.

Encephalitis. Meningoencephalitis. Endocarditis. Pericarditis. Acute arthritis.

Neuritis. Pneumonia. Peritonitis. Pleurisy. Gastritis. **Conjunctivitis.**

Causation

Fear. Fright. Chill. Cold, dry winds. Heat, especially of sun. Injury. Surgical operation. Shock.

Relationships

Compare Aconitum with *belladonna*, *Coffea* and *Lachesis*. Compare also with: *Aconitine* - Heavy feeling as of lead; pains in supraorbital nerve; ice-cold sensations creep up; hydrophobia symptoms. Tinnitus aurium 3x. Tingling sensation. *Aconitum Lycotonum* - Great yellow wolfsbane. Swelling of glands; Hodgkin's disease. Diarrhea after eating pork. Itching of nose, eyes, anus and vulva. Skin of nose cracked; taste of blood. *Aconitum Cammarum* - Headache with vertigo and tinnitus. Cataleptic symptoms. Formication of tongue, lips and face. *Aconitum ferox* - Indian Aconite. Rather more violent in its actions than *A. nappellus*. It is more diuretic and less antipyretic. It has proved valuable in cardiac dyspnea, neuralgia, and acute gout. Dyspnea. Must sit up. Rapid respiration. Anxiety, with suffocation from feeling of paralysis in respiratory muscles. Cheynes-stokes breathing. *Eranthis hymnalis* - Winter Aconite. Acts on solar plexus and works upwards causing dyspnea. Pain in occiput and neck.

It is complementary to *Arnica*, *Coffea* and Sulphur. *Arnica* can complement its action, especially in injuries.

Similar to *belladonna*, which can be antidoted by Aconitum, if one is not careful.

It is often indicated after: *Arnica*, *Coffea*, *Sulphur*, *Veratrum album*, *Abrotanum*, *Arsenicum album*, *belladonna*, *Bryonia*, *Cactus grandiflorus*, *Cantharis*, *Hepar*, *Ipecacuanha*, *Kali bromatum*, *Mercury*, *Pulsatilla*, *Rhus toxicodendron*, *Sepia*, *Spigelia*, *Spongia*, *Sulphur*, *Silica*.

Antidotes

When taking Aconitum, vegetable acids and wines, as well as other alcoholic stimulants, should be avoided.

It is antidoted by *Acetic acidum*, *Alcohol*, *Paris quadrifolium*, *belladonna*, *Berberis*, *Coffea*, *Nux vomica*, *Sulphur* and *Vinum*.

It antidotes *belladonna*, *Chamomilla*, *Coffea*, *Nux vomica*, *Petroleum*, *Sepia*, *Spongia* and *Sulphur*.

Dosage

Aconitum seems to be active in all the potencies from the very low to the very high. In the Centre of Homeopathic Medicine in Athens experience has shown that the very high potencies act well and for long periods of time, especially in chronic cases and cases of anxiety neurosis.

According to Hahnemann: "In measles, in purpura miliaris, and in the acute pleuritic fevers, &c., its curative power is marvellous, when, the patient being kept rather cool, it is given alone, all other medicinal substances, even vegetable acids, being avoided, in the dose of a thousandth part of a drop of the decillionth development of power.

It is seldom that a second similar dose is required thirty-six or forty-eight hours after the first."

Actaea spicata

Baneberry. Herb Christopher.

N.O. Ranunculaceae.

Tincture of root obtained in autumn.

The essential features

Actea spicata is a neglected remedy, often overlooked in favour of other remedies such as *Caulophyllum*, *Sabina*, *Viola odorata*, *Bryonia*, *Sticta* etc.

It has come down to us as a rheumatic remedy but is also indicated in facial or teeth neuralgias, in stomach affections, including cancer, in gout, in headaches, in anxieties etc. Its "female" counterpart is *Actea racemosa*, which is better known to homeopaths as *Cimicifuga*. *Actea spicata* is indicated mostly in men while *Actea racemosa* (*cimicifuga*) is mostly indicated in women.

It affects principally the **small joints** with a preference for the **wrists**, where tearing pains and sudden enormous swellings develop. Gout.

This remedy is very much **aggravated from fatigue**. A man may go out feeling well for a tennis match and after a comparatively small amount of exertion start having pains and swellings in the joints. He will then probably be forced to give up the game and take some rest, because as the swelling progresses any kind of movement is intolerable. He feels a paralytic pain especially when the hands are affected.

A constitutional *Actea spicata* is particularly interesting from the point of view of the mental/emotional structure. Here we have persons who have an inflated idea about themselves, who are always trying to be the centre of interest in a group, and who must constantly have somebody to talk to about themselves. They can establish easy and good contact especially with the opposite sex. But they are people who are easily frightened and the fright has a deep effect upon them. They may startle very easily, especially if alone and some sudden noise occurs.

They feel definitely **better in company**, they look happy and satisfied, but as soon as they are alone their problems start. They hate solitude, they do not like to stay by themselves because their mental problems are exaggerated. They develop a **constant** state of **apprehension** and fear, and not only are they easily prone to be frightened but their symptomatology can be greatly **aggravated by fear or fright**. The swellings and the pains can become worse from fright, while in the women we may see suppression of menses from fear or fright. These easy going people hate exertion, physical, mental or even emotional, and if things do not go their own way become angry, irritable, obstinate and are prone to lament.

Actea spicata men, due to the fact that they can have good and easy contact with the opposite sex, are prone to flirt with and go after women, thus becoming womanisers, which soon degenerates to a type of debauch. It is in this state that they may develop **self deception**, a false esteem about their own self and their abilities, and become egocentric and egotistical.

Due to their egotism they usually establish a rather superficial contact in their relationships, they act in a **capricious** way, they are **inconsistent** and unreliable. This type of person enjoys the good things in life without much effort and without much thought. They actually have an **aversion to thinking**, to tackling problems. Any exertion of mind makes them feel worse. They are **easily fatigued** physically, emotionally and mentally.

An interesting keynote of this remedy is that, after an enjoyable day, an *Actea spicata* person may go back home to rest, but as soon as he **lies down** there emerges a kind of **anxiety** that will force him to get up and move about in order to be relieved (like *Mag-m.*) **because motion ameliorates the anxiety**. Actually during the **night** and especially if they are sleeping alone they suffer from a **fear of dying** that keeps them awake. And in the morning after they have slept they hear a murmuring in the ears which is clearly aggravated by their anxiety.

As the pathology progresses they feel that their mind slows down and works with difficulty. They feel confused, unable to make decisions even as to small things, their memory fails them, they become **absent minded**, unobservant and their judgement is **perplexed**. They begin to feel that they do not have the capacity to clarify anything in their mind, they feel **bewildered**, and then the thought comes that they are going crazy. It is not a real fear of insanity but a thought that crosses their mind due to the way they feel mentally.

Eventually they may become convinced that whatever they undertake is **doomed to failure**. They may be overcome with **hopelessness**, and have outbursts of sighing. During this period any exertion, any fatigue or any fright will make things worse.

Eventually *Actea spicata* cases can go into a state of depression, of gloom, dissatisfaction or despondency and later on loathing of life. They feel that they cannot bear their pains and swellings, that they have to live a very restricted life which to them is unbearable.

During fever they may succumb to bouts of furious raging delirium and eventually they may lose consciousness.

Some general symptoms and keynotes

Actea spicata people are in general **aggravated by cold**, cold air, change of temperature or weather.

They are **easily exhausted**. A sudden, unforeseen debility or lassitude overcomes them while walking in the open air. Also after a change of temperature their legs and knees become weary and even after eating or much talking they may feel tired and weak.

A slight exertion of body or mind often causes a cold, viscid perspiration but if the sweat becomes suppressed they get a rheumatic attack. This remedy has a special affinity for the **small joints** of the **wrist** and of the **fingers** (in particular the index finger) but also for the ankles, feet and toes. The pains often have a tearing and drawing character and the painful joints are **aggravated by motion**, by pressure or touch and sometimes at night. (But remember that their anxiety is ameliorated by motion.)

It is very characteristic of this remedy that even **after a slight exertion** or fatigue the **joints become painful and swell**. He goes out feeling tolerably comfortable but after he has walked for a while or has done some little work or exercise his joints begin to ache and swell.

The swelling and the pain of the right wrist for instance may become so intolerable that he cannot move his hand and the slightest pressure on the palm of the hand near the little finger causes him to cry out. These symptoms may occur together with a lame feeling of the right arm and a paralytic weakness of the painful hands. The fingers are sometimes discolored, cold and numb.

(*Actea spicata* has also been prescribed for the deforming, climacteric arthropathy of the finger joints.)

Other symptoms which have been observed in rheumatic patients are impatience and restlessness with an accelerated pulse or a brick-dust sediment in the urine. A good combination is also rheumatism associated with a decided gastric derangement like disgust for food, nausea, sour vomiting etc.

In the region of the **head** many symptoms occur: Vertigo with dim vision or darkness before the eyes, giddiness and reeling especially in the open air together with a feeling as if drunk or an empty feeling in the forehead when stooping.

The headaches are often periodical and aggravated at night or by walking. After he has been in the sun or just from the broad daylight he feels a pressure in the forehead. The headache may be so severe that he is full of despair especially if he has racking pains in the vertex extending to the eyebrows.

"Ebullition of blood to head excited by drinking coffee" is a symptom from Boericke, but on this point I must make a note. According to the experience of some French homeopaths *Actea spicata* is one of the few remedies whose headache is better after drinking coffee.

They also may have a kind of rheumatism or neuralgia of the face: Pulling, tearing pains originating from a decayed tooth going up to the temples worse from slightest touch and movement of muscles.

The same capriciousness that we see in the character of the patient is also noticeable in the **stomach**: Hunger with aversion to food or hunger with lack of appetite or an empty, weak feeling in the stomach without hunger.

He has a disgust for food, shudders after drinking and his stomach gets disordered after he has eaten salt meat or fruits. Also beer and smoking cigarettes do not agree with him.

Cramp-like pains in the stomach with difficult breathing. Stitches or a painful shock in epigastrium during deep inspiration. Tearing, darting pains in epigastrium with vomiting. Nausea and sour vomiting.

All these symptoms indicate that the remedy will be of service to cancer of the stomach.

Actea spicata has further peculiar symptoms not mentioned so far:

- Sensation of goose-flesh on scalp.
- Warm sweat on head, especially on forehead.
- Sweating on cheek lain on.
- Objects seem colored blue.
- Urging sensation in heart towards abdomen and region of liver with great anxiety at night.
- Throbbing, pulsation in tight hypochondria or in region of kidneys.
- Bruised pain in sacral region when lying on side.

Please notice how many symptoms are aggravated by motion, slight exertion or walking although the patients often have a great desire to work and even enjoy exercising.

Adonis vernalis

Adonis vernalis.

N.O. Ranunculaceae.

Infusion or tincture of fresh plant; an extract, Adonidin.

The essential features

This is a remedy that you will need to use mostly when you have a medium-grave or even gross **pathology of the heart** and especially if such pathology is connected or implicated **with kidney problems** or **rheumatic conditions** that have involved the heart. Pericarditis, myocarditis, endocarditis, mitral and aortic regurgitation, cardiac asthma, chronic aortitis, etc. are the special sphere of action of this remedy.

It is especially indicated in cases where the **myocardium** has been **weakened**, and no longer has the natural force to contract, and as a result of which cardiac dropsy, cardiac asthma, heart enlargement etc. may develop. It may also be indicated in cases where the valves are at fault with mitral or aortic regurgitation.

Heart diseases that originate after rheumatism, influenza or Bright's disease.

You will need this remedy when you have tried other remedies and failed, where you see that the heart is in a precarious state with **arrhythmia**, **feeble** and **rapid pulse**, where there is **precordial pain or feeling of oppression on chest, that causes a kind of dyspnea** and the patient is obliged to draw **long deep breaths**. Eventually you may see cardiac asthma.

"Hale reports of a beautiful cure in a labourer suffering from chronic valvular disease of the heart with dilatation under the action of Adonis. The heart became diminished in size, the congestion of the lungs disappeared, the edema of the legs vanished, the palpitation of the heart and the dyspnea stopped." (N.M. Choudhuri)

"Cash gave great relief to a "water-logged patient of seventy-four" with mitral regurgitation, with one-grain doses of Adonidin at eight-hour intervals, after failure of Arsenicum and Digitalis." (J.H. Clarke)

The general state of the patient is one of **great weakness** and you have obvious reasons to believe that the heart is giving up. The person wakes up in the morning with **swollen extremities**, is already **exhausted**, the **pulse is weak, feeble** and **rapid** in most of the cases (though sometimes we may see slow pulse as well) there is retention of fluids, the kidneys are disfunctioning, there is albumin in the urine with casts, and the patient is exhausted **anxious and restless**. The patient is either sleepless because of rambling thoughts or his sleep is disturbed by horrible dreams.

In such cases it is only **after exerting** themselves that the patients start feeling **better**. Actually Adonis Vernalis feels **worse when resting**, when lying down; it seems that the heart enters a state of stalemate and needs some stimulation in order to function better. With all these irregularities of the heart there is vertigo which is worse on rising from bed, on turning the head suddenly and on lying down. The patient feels better if he goes for a walk in the open air.

Together with such symptomatology you will find a kind of **fainting feeling** in the epigastrium, as if the life force is seeping away through the stomach. Sometimes with the adynamic state, and the feeble and fast pulse, there comes an indescribable anxiety which seems to arise from the stomach. This feeling is usually connected with a dysfunctioning of the heart. When the pathology of the heart progresses there is also depression and the mind seems to work very slowly. A feeling as if intoxicated.

Some general symptoms and keynotes

Although Adonis vernalis has been used for quite a long time in homeopathy, it is actually rather a phytotherapeutic than a homeopathic remedy. It is one of the many "heart remedies" which homeopaths have at least partly taken over from herbal medicine, like, for example, *Apocynum*, *Crataegus*, *Convallaria*, *Digitalis*, *Leonurus cardiaca*, *Lycopus virginicus*, *Oleander*, *Scilla*, *Spartium scoparium*, *Strophantus*, etc. Many of these remedies - just like Adonis - are mainly prescribed in very low potencies, or in the mother tincture. But nevertheless each plant has its own peculiarities which one should take into account even when "only herbal tinctures" are given.

One of the main indications of Adonis is a **weak heart**, a medium grave **insufficiency of the heart** with early stages of cardiac decompensation. But it can also be of great service in really grave weakness of the myocard by relieving the condition of the patient although it is usually not sufficient to heal such an advanced stage.

An albumen containing urine and in particular a very **scanty urinary secretion** with the **tendency to cardiac dropsy**, anasarca and edemas are very typical for the cases which Adonis can help. The **edemas** can develop everywhere: swellings of the extremities especially of the legs, collection of fluid in the chest (hydrothorax), in abdomen (ascites) and because of the strong relation to the kidneys probably also in the face. Adonis not only **strengthens the myocardium**, increases the cardiac contractions and the arterial tension, but it has also a strong **diuretic effect**. It is sometimes astonishing how fast the effect sets in, much faster than in *Digitalis* for instance. But it is usually not very long lasting and it may be necessary to repeat the remedy quite frequently. (By the way in contrast to *Digitalis* Adonis has the great advantage that it almost does not cumulate.)

Another characteristic of this remedy is usually an accelerated, **rapid but feeble pulse**. The weakened heart tries to increase the output of blood but because of the

weakness of its contractive force it can only raise the number of the heartbeats, resulting in a rapid but feeble pulse which is additionally often irregular. In contrast to some other "heart remedies" **insufficiency of the heart with scanty urine, edemas, tachycardia and arrhythmia** are very characteristic for Adonis. The weakness of the heart and the tachycardia can have many different **causes**: valvular heart defects with stenosis or insufficiency of the mitral and aortic valves as a consequence of rheumatic fever, for instance; inflammation of the myocardium or a kind of toxic damage of the heart after an infectious disease, influenza, pneumonia, nephritis etc.

Apart from these indications Adonis also has a kind of **sedative effect** in double respect. It not only calms down **nervous heart complaints** with tachycardia, arrhythmia and extrasystoles but it also has an effect on the **apprehension, anxiety, and restlessness** which are so often associated with many patients suffering from a heart condition. For this reason it is also used in hyperthyreotic patients with nervous disorders of the heart. (*Leonurus, Lycopus, etc.*)

Besides it may perhaps be helpful in Angina pectoris because of its dilative effect on the coronary vessels.

Almost all other symptoms in the different regions of the body are more or less connected with the heart.

For example, the **vertigo** which usually occurs with palpitation and gets **worse by motion** e.g. on rising, turning the head quickly or on lying down. In addition it is often connected with a faint feeling in the epigastrium and ameliorates out of doors, in the open air. Adonis also has a characteristic headache, namely an **aching from occiput around temples to the eyes**.

The respiratory symptoms are mostly caused by a heart disease.

The patient may have a dry, tickling, cardiac cough or a **cardiac asthma** with the feeling of a weight on the chest and frequent desire to take a deep breath. The **dyspnea** which often occurs in connection with praecardial pains and palpitation is in a peculiar way **worse if someone touches the back**.

In the region of the abdomen there is still another peculiar symptom. It is the feeling **as if the bowels were breaking**, especially **while bending forward**.

As already mentioned above the most important symptoms of the **kidneys** are a scanty, sometimes albuminous urine and the tendency to edemas. The increased quantity of urine after Adonis has been given is not only caused/produced by the amelioration of the weakness of the heart but also by a direct effect on the kidneys. Apart from that an oily pellicle on the surface of the urine may be visible in some cases.

Additional symptoms which perhaps help to differentiate Adonis from other "heart remedies" are for example a tight feeling of the scalp, a sore as if scalded tongue, a stiff spine and a painful, tired back.

Generalities

There is a predominance of symptoms on the left side.

The patient is aggravated by cold and while lying and ameliorated by eating, pressure, exerting himself and taking a walk in the open air.

Wandering rheumatic pains that end up affecting the heart.

Vertigo

Vertigo while lying; while turning or moving the head quickly; on rising.

Head

Feels light.

Headache from occiput extending to temples and eyes.

Constriction, tension.

Scalp feels tight.

Mouth

Tongue dirty yellow, sore, feels scalded.

Stomach

Gnawing hunger. Heavy weight felt on stomach.

Faint feeling in epigastrium with vertigo which is better on going for a walk in the open air.

Abdomen

There is a peculiar symptom on the abdomen where the patient feels as if the **bowels are breaking** and this feeling is worse on bending forward.

Urinary organs

Oily pellicle on urine

Scanty, albuminous with casts.

Chest

Frequent desire to take a long breath

Feeling of weight on chest. Precordial pain, palpitation and dyspnea.

Dyspnea which is **worse if somebody is touching her back**.

Mitral and aortic regurgitation. Chronic aortitis. Fatty heart pericarditis.

Rheumatic endocarditis. Cardiac asthma.

Myocarditis with arrhythmia, constriction and vertigo.

Pulse rapid and irregular.

Extremities

Swelling of extremities in heart disease.

Sleep

Dozing as soon as eyes are closed.

Restless sleep.

Sleeplessness; from palpitation.

Frightful dreams.

Clinical

Heart affections like: pericarditis, myocarditis, endocarditis, mitral and aortic regurgitation, cardiac asthma, cardiac dropsy, chronic aortitis.

Albuminuria

Causation

Rheumatic fever, influenza.

Relationships

Compare: *Digitalis*, *Crataegus*, *Convallaria majalis*, *Strophantus hispidus*,

Antidotes

Coffee

Dosage

Very low potencies.

Adrenalinum

Adrenalin is also called Epinephrine. It is a sarcode and it is obtained as an extract from the adrenal or suprarenal glands. In Homeopathy we use the tincture or trituration. Practitioners should take special care when using this extract, to find out the exact composition origin of the remedy used by the pharmacy.

Physiological action

Adrenalin or epinephrine is a 3, 4 - dihydroxy- α -(methylaminomethyl) benzyl alcohol. It is a catecholamine and the chief neurohormone or neurotransmitter of the adrenal medulla. It has a sympathomimetic action on adrenergic α and β receptors resulting in increased heart rate and contraction, vasoconstriction or vasodilation, relaxation of bronchiolar and intestinal smooth muscle while corresponding sphincters are stimulated, lipolysis, etc. Epinephrine and generally catecholamines increase metabolic rate, and stimulate the breakdown of stored fuel with the production of substrate for local consumption; for example glycogenolysis in the heart. It also contributes to the regulation of the volume and composition of extracellular fluid, promoting cellular uptake of potassium in the renal tubule. Epinephrine along with the other catecholamines - norepinephrine and dopamine, also influence the secretion of renin, insulin, glucagon, calcitonin, parathormone and possibly testosterone.

In the viscera, especially the stomach and intestines and less so in the uterus and skin, Adrenalin causes constriction of the peripheral arterioles resulting in a rise in blood pressure. It also increases glandular activity, promotes glycosuria, depresses the respiratory center, and promotes contraction of muscular tissue of the eye, uterus and vagina while relaxing the muscular tissue of the stomach, intestines and bladder.

In classical medicine it is used in the treatment of bronchial asthma [status asthmaticus], acute allergic disorders, open-angle glaucoma and heart block and as a local vasoconstrictor.

The essential features

This remedy - when properly proved and understood - will, I believe, become one of our major assets in combating contemporary diseases such as hypertension, diabetes, paroxysmal tachycardia with anxiety, arteriosclerosis and in general diseases that have come about because of the stresses of contemporary life. It is a remedy

from which we could learn a lot, should we be able to test it in high potencies on animals or humans under stress, in order to ascertain how far it could counteract such stress.

In the few cases where I have made use of Adrenalin, it was always in connection with **underlying stress and high blood pressure**. They were cases that looked very much like *belladonna* patients, with throbbing paroxysmal headaches, with hot body and cold extremities, with flushed face, tachycardia and generally a strong and full pulse, and on whom *belladonna* had an insignificant effect.

Since almost everybody today is under "**a stress syndrome**" I believe this remedy will be very frequently indicated, either to complete a cure or to open a case. I believe that Adrenalin will be a specific when the stress is of an emotional, psychological nature and is connected with continuous **subconscious** stress which has as a first indication the elevation of the blood pressure. Selye has also demonstrated through his theory of the "general adaptation syndrome" the direct relation between stress and production of adrenalin and noradrenalin.

It is more than clear that the production of these two medulla hormones is directly connected with the defence system of the body. Their characteristic is that they are excreted in great quantities under stress and are retracted equally easily. Their amount in the bloodstream therefore varies widely under different circumstances.

Most of my cases in which Adrenalin has shown some effect were in men with high blood pressure whose extra-marital affairs were of a complicated nature that caused them a lot of distress and inner **unexpressed** anxiety.

The extreme explosion of the "idiopathic blood pressure syndrome" in our modern times seems to be related to a great extent to an abnormal production of Adrenalin caused by such stresses. From this logical sequence it will appear that the role of Adrenalin in treating this type of diseases with high potencies will be great in the near future.

Adrenalin should be effective for instance in cases of paroxysmal tachycardia with **high blood pressure**. It will also be needed in cases of **diabetes melitus where it is preceded by a history of hypertension** and a life of constant and unresolved stress. Due to long term pressure on blood vessels and the increase of lipids in the blood the manifestation of arteriosclerosis, with cardiac distress, or even cardiac asthma, will also come under the action of the remedy.

Other pathological conditions which we may think of for Adrenalin are: **Pheochromocytoma**, renal insufficiency, eclampsia, **malignant hypertension with arteriosclerosis**. It is indicated in cases of cardiac infarction or angina with severe **constriction across the chest, anguish, vertigo, nausea and vomiting, hyperthyroidism**. It is useful in **congestion** of the lungs, especially because of heart failure,

and in cases where we may have **sudden hemorrhages** from all parts of the body, ie. nose, throat, larynx, stomach, rectum, uterus, bladder etc. Clarke says "it has cured a case of haematuria accompanied by pain in the adrenal region".

There is progressive **loss of strength and loss of weight** and eventually emaciation. The pulse is **very rapid and strong**.

In violent paroxysmal tachycardia with fear of dying and high blood pressure it is almost a specific. It causes constricting pains in the intestines with anxiety and tachycardia; metrorrhagia during and after labor in hypertensive women.

Paroxysmal pulsating headaches with perspiration. Feeling of strong pulsation in the abdomen or in the whole body. **Headaches** during **hypertensive** crisis.

The similarity of pheochromocytoma headaches and *belladonna* is striking. I quote from Harrison's Principles of Internal medicines: "Tumors that produce **epinephrine** predominantly are associated with prominent sweating, palpitations, nervousness, tremor, weight loss, pallor followed by flushing, heat intolerance, and rarely with hypotension.....Particular attention should be given to the three most common symptoms, headache, excessive sweating and palpitations, since at least one of these symptoms is almost always present. Headache is the most common. The headaches are abrupt in onset, severe, throbbing, generalised, and relatively short in duration..." We could not have a better description of *belladonna* headaches.

Clinical

Hypertension. Arteriosclerosis. Angina pectoris. Hemorrhages. Hyperemia.
Hemophilia. Acute congestion of lungs. Asthma. Hay fever

Relationships

Antidotes: Coffee

Dosage

From 6x up to 200.

Aesculus hippocastanum

Hippocastanum vulgare. Horse chestnut

Natural order: Sapindaceae.

Homeopathic preparation: Tincture of the ripe, fresh nut.

The essential features

Aesculus has established a wonderful reputation, and rightly so, for painful **and enormously** protruding **hemorrhoids, purple** in colour, that have a reflex action upon the **sacral, the lumbo-sacral or the sacro-iliac regions** with excruciating pains. These two areas, the rectum and the sacral region, can be affected in sequence, either the sacral area is affected first and then the hemorrhoids appear or the painful hemorrhoids protrude first and then there is a reflex pain in the sacral area. Bleeding is not common but if it occurs it relieves the pain somewhat.

The above is the "keynote syndrome" on which you may prescribe the remedy with a lot of confidence, but Aesculus can cure much more than this.

It has, like every other remedy in our Materia Medica a concrete, definite and singular action upon the constitution that can be expressed by the words **venous stasis with venous engorgement**. The venous system is in a state of flabbiness, of stagnation, of sluggishness, of laziness that permeates the whole organism. We can say without exaggeration that this remedy is full of "hemorrhoidal" veins that are flabby, **full of blood and engorged**. The rectum and the portal system are especially sensitive to the effect of this remedy in cases of congestion of the liver, in which the liver feels full and has slowed down in its function, being sluggish and painful.

This sluggishness, this fullness and stagnation affect the functioning of the eyes, stomach, bowels, rectum and heart, as well as that of the mind and emotions. There is a general state of venous stagnation.

It is wonderful to observe how these individuals, after lying down to rest and sleep for several hours, wake up in a **dazed** state, in total confusion, where they do not know **where they are**, they cannot recognise the environment, they do not perceive what is going on, unless some considerable time passes and after having moved about quite a lot. They wake up from a dream and are so lost that they do not know whether they are still in the dream or not. They wake up in the middle of the night with a feeling of fear, an indescribable apprehension for no apparent reason. **Sleep is an aggravating factor** for this lazy vascular system which slows down and stagnates further, and therefore is worse **during and after sleep**.

This aggravation is observed in acute as well as in chronic conditions. In acute conditions with fever the patient will wake up in a torpor, unable to recognise anyone in the room, with **delusions** that **he is lost**, not knowing where he is, and then he may want to escape from the window. The element of disorientation is very strong in Aesculus.

Lying down promotes the venous stasis, the **vascular laziness**. With Aesculus there is a vicious circle: the more he **lies down** (something that he desires) **the more lazy his body, mind and emotions become**. He knows that the best for him is to stimulate his physical body with vigorous exercises and his mind with intense thinking. The more violent the exercise the better he feels. Actually he is at his best when engaged in a vivid conversation in a congenial atmosphere or if stimulated mentally. Then he may find himself having a lot of ideas, his mind becomes lucid and active, he is pleasant with others and feels happy and content. But if the opposite occurs, if he gives in to his "stasis", to his sluggishness and laziness then his mind becomes more and more dull; he feels stupid, discontent, miserable and cross at the same time. The Aesculus hippo. case is especially **cross if he does not agree with something you are doing** or something that he does not want you to do. If he should become cross he can be violent and it will take him a long time to recover.

Eventually he develops a definite aversion to doing any mental or physical work, preferring to remain lazy and inactive, and the more he is in that state the more he sinks into depression. He loses his joy of life and the tranquility which are strong elements within this remedy. Eventually sadness, despondency and depression lead to the confusion of mind which is found in the final state.

Aesculus patients are very difficult people to persuade to do physical exercise, in spite of the fact that they know that if they force themselves to perform such physical exercises they will feel much better in the end. Usually they feel that they cannot be bothered, that it takes too much of an effort to exercise, they know that they are lazy! They are intelligent and nice people with a lot of good humor but if their back starts hurting they give up, they want just to lie down and rest, they feel that they **do not want to go to work** or attend to their business and the vicious circle starts.

After a disappointment they easily become indolent, indifferent for their work or even their appearance. They start being absent minded, cannot pay attention, could not care less; their **memory weakens** rapidly, they become dull and at the same time cross, irritable and miserable because they do not like themselves at these moments. They are in a dazed state and may mistake one locality for another. Difficulty in orientating themselves.

You will have to imagine these plethoric individuals, with vivid mind and ideas, active and engaging, afflicted suddenly with hemorrhoids, with engorged purple huge veins with excruciating pains. It is a stasis where nothing moves. Then the backache starts and they feel miserable, they lose their temper very easily, especially in uncongenial environments, and stay in this cross state for a long time, unable to fix their attention, to think clearly. In this stage they have something like a feeling of death. It is not a fear of dying but a sensation as if death is near, although not at a specific time like *Agnus castus* or *Arg-nitr*.

Generalities

In general we can say that this remedy has **congestion of blood vessels** with a **feeling of fullness** internally and a **feeling of heaviness** externally.

Symptoms may appear in the afternoon at 4 P. M and in this respect will resemble *Lyc*. as the liver is one of the main seats of trouble for both.

Aesculus is one of those remedies that are aggravated by both warmth and cold, depending on the kind of pains or affections. The superficial pains of Aesculus are **aggravated in winter**, from cold bathing, cold air, and **ameliorated in the summer**. But deeper affections are ameliorated by cold and this is in accord with the nature of the remedy.

There is also a general **amelioration from violent motion** or exercise while slow motion may aggravate the pains on the extremities.

Aggravation **during and after sleep**, while lying, on stooping, after stool.

It is important for the student of homeopathy not to take in a mechanical way certain local or general symptoms like "worse in cold" or "better in warm weather" but rather to pay attention to the nature of the remedy and discover all its hidden sides. I get impatient in my lectures when a student ignores in his analysis of the case a bunch of symptoms peculiar to the remedy and pays attention to a minor detail, especially if it is not written in the books in the same way as the patient expresses it.

Aesculus has flying, shooting pains on the surface to a certain extent.

Splinter-like pains.

Pains along the course of the nerves.

Other pains are deep, drawing, lancinating, causing lameness.

Hot perspiration with flushes of heat going **downwards**.

Clonic convulsions after shock.

Stretching before chill.

Formication all over the body, in different parts, mostly scalp.

Head

Taking into consideration the general nature of the remedy, which is stagnation of blood and engorgement of veins, we can expect a lot of headaches. The headaches are often accompanied by, or alternate with, abdominal, hemorrhoidal, rectal, or sacral symptoms.

In most of its headaches there is a **feeling of fullness**, a pressure from inside out as if the **brain would burst**.

The pains are felt especially in the back of the head, as if the head is being crushed.

Congestion of head with beating of temporal arteries.

Feeling as if he had a board over the head. Dull weight in forehead.

Most of the headaches are **centered on forehead and occiput**. Heaviness in occiput.

Confused feeling in head with giddiness.

Dull pain in forehead, in occiput. Dull pain in occiput extending to ears.

Dull pain in occiput, with flushes of heat over occiput, neck and shoulders, and lame feeling in small of back.

Headache in temples and occiput as if the head is being crushed.

Headache **alternating** with pain in abdomen. For instance there may be stitching, flying pains from right to left in forehead and once this kind of pain subsides flying pains appear in abdomen. Or headaches which are connected with the liver, or with hemorrhoids, or back pain in sacral area. Dull pressure, in forehead, with slight feeling of nausea in stomach, followed immediately by stitches in the right hypochondrium.

Headache as if he had a cold.

Vertigo in the afternoon when sitting or walking. Formication in scalp, in temples and shoulders.

Frequent flying pains through temples and forehead. Pulsating, beating, throbbing headache in right temple; right; frontal eminence of forehead.

Eyes

Kent writes concerning the action of Aesculus upon the eye: "Aesculus is a wonderful eye remedy, especially when the eyes have "**hemorrhoids.**" Does that convey any idea to you? By that I mean particularly enlarged blood vessels. Great redness of the eyes, with lachrymation, burning eyeballs and vascular appearance. This increased determination of blood is more or less painful"

This is the kind of symptom we are looking for in a case. This type of symptom belongs to the **nature of the remedy** and will give you a good hint if you are observant enough and you evaluate correctly what you are seeing. Yet in our texts of *Materia Medica* you may never find such a symptom as the one Kent gives here.

Weight in eyes; they feel heavy and dull.

Sharp shooting in left eyeball, sometimes through left ear. Stinging pain about the eyes.

Ears

Fulness in ears.

Pains in the head move from one side to the other, and so it is with the pains in the ears: first one is affected, and then the other.

Burning in the ears.

The remedy is suited to mastoiditis with paroxysmal pain behind ear.

ringing in right ear.

Nose

Dryness of posterior nares and throat.

Dry feeling and sensation of heat especially on tip of nose.

Burning and rawness in the nose sensitive to inhaling cold air. Feeling of coldness inside the nose on inhaling air.

Severe fluent coryza.

Nose feels raw during inspiration and this brings on a kind of coryza with sneezing. Congestive catarrh.

Sense of fullness in root of nose.

Violent formication of the nose.

Drawing pain in right side.

Rawness after blowing, during coryza.

Pain in right nasal bone.

Face

The face has a bewildered and miserable expression.

The face looks congested and red after washing it. Red spots on forehead and **swelling** after washing.

Face is red on left side.

Lips feel heated.

Mouth

Viscid yellow mucus, with **yellow** coating of tongue.

Stitching pain in palate.

Metallic taste. Bitter taste. Sweetish taste. Oily taste of saliva.

Sensation of spasmodic contraction of mouth. Cannot control tongue so as to form words correctly. Unable to articulate long words distinctly.

Difficulty in moving tongue.

Mouth feels burning, as if scalded, raw and smarting, and this sensation is extended to stomach.

Tip of tongue sore, as if ulcerated.

Excessive salivation.

Cold water ameliorates toothache.

Throat

Here again the key-words are congestion, fullness, distended veins.

Varicose veins of pharynx. Throat looks dark, red. Dark, congested fauces with a full feeling.

The throat and pharynx feel dry and rough as if he had a cold.

All the throat feels excoriated and **constricted**.

Choking, constricting in esophagus.

Burning and stinging pain in throat when swallowing. A feeling as if something had lodged in fauces that causes constant swallowing. Throat feels sore in the forenoon.

Sensation of coldness, as from cold air.

Soreness of cervical glands.

Mucus secreted becomes thinner, watery.

Rawness in larynx.

Pressure in throat-pit.

Stomach

Dull distressing pains are characteristic.

Constant burning aching distress in the epigastric region with constant dull, aching pains in the right hypochondrium. Dull pain in stomach giving a distress very hard to endure. Constant pain in the stomach with severe pain in lumbar region.

There is a feeling of **emptiness**, weak feeling, faintness, goneness, in the morning, **before breakfast** but after eating there are also a lot of problems : eructations, heaviness, heartburn etc..

Heartburn and gulping up all food after eating. Eructations : frequent, of wind, sour, greasy, bitter. Eructations that taste of the food with nausea.

Flying pains in stomach after headache.

Pressure as from a stone in pit of stomach. A great deal of distress in the stomach.

Heartburn and feeling of **weight as if from a stone**, after eating.
Nausea and also a general aggravation after drinking tea.
Violent retching and vomiting, with burning in the stomach.
Pain in stomach extending downwards.
Trembling of stomach when coughing.
Stomach feels as if will fall down into the intestines.
Distension. Stomach feels dull, as if walls were thickened after eating.

Abdomen

Again in abdomen symptoms are characterised by fullness, congestion and **dull** pains. Kent writes: "If we read the symptoms of the right hypochondrium, of the abdomen and of the rectum, we shall see from the study of these that there must be a marked portal stasis."
Abdomen and liver region sensitive to touch.
A great deal of distress in **liver and epigastrium** due to a dull, aching pain.
There is a reflex dull pain in the whole of the abdomen from hemorrhoids. It has most troublesome hemorrhoids with fullness of the right hypochondrium.
Constant, dull, aching distress in the umbilical region.
Another characteristic is a **dull pain** in right hypochondrium **extending to back** or to the scapula or under the scapula, felt also on inspiration. (Farrington says that he has never gone outside of three remedies *Aesculus*, *Chelidonium* and *Kali-c.* in order to cure this syndrome.)
Dull pain in region of umbilicus at night.
Dull pain in region of umbilicus after stool.
Throbbing in abdomen during menses.
Throbbing in pelvic cavity and hypogastrium.
Rumbling in hypogastrium.
Swelling of mesenteric glands, liver.
Ulcers about the umbilicus.
Inguinal hernia.

Rectum

It is in the rectum that we have the most prominent symptomatology in *Aesculus* and the symptoms are in accordance with the nature of the remedy: There is **dragging, heaviness, weight** in rectum, great **fullness** especially after stool. Constipation from portal stasis with as a result blind, **bluish, external, large hemorrhoids**
Dry, uncomfortable feeling in rectum, as if it were filled with small sticks. Dryness, the rectum feels raw, the pain of the hemorrhoids is excruciating, sticking, stinging, stitching burning pain **extending to the back**. Wiping after stool aggravates hemorrhoids. **Standing aggravates** the hemorrhoids and the pain and there is also an aggravation during straining and after stool. Lying down aggravates the pain.
Kneeling ameliorates the pain.
appearance of the hemorrhoids like **groundnuts, of a purple colour, very painful**, and with sensation of burning. The hemorrhoidal veins are distended and ulcerate.
Internal, strangulated hemorrhoids. Hemorrhoids during pregnancy.
Has sensation of prolapsus and actual prolapsus of rectum after stool.
Hemorrhoids that do not bleed are also indicated in certain cases.
Swelling of anus or a sensation of swelling of anus. Fullness after walking.
Impossible to walk because the hemorrhoids are so painful and the back aches tremendously. Walking or standing are very painful.
Another characteristic that you have to remember in this remedy is the fact that hemorrhoids have an effect upon different other parts of the body, like the head, the abdomen, the back but mostly upon the sacral, lumbosacral and sacroiliac regions. Kent says "It is a very common thing for patients suffering from hemorrhoids to

have pain in the back of the neck and base of the brain, basilar headaches."

Chilliness during stool.

Formication in anus.

Itching. Itching while walking.

Dark stool followed by white one, showing the liver is involved.

The stool becomes jammed in the rectum.

Diarrhea during hectic fever.

Open anus.

Stool flat, mushy brown, white, milk-like, chyle-like stool.

Urinary organs

Desire to pass water but little at a time. Scanty urine in daytime.

Terrible pain in region of kidneys aggravated by motion.

Stitching, stinging, sticking, shooting pain ascending length of ureters.

Pain in urethra during urination.

Urine scanty and of a dark yellow color.

Urine dark and muddy and passed with much pain.

Brown dark sediment in urine.

Urine scanty and of a mahogany color and as it passed through the urethra burned like hot water.

Genitalia - male

Amorous dreams and seminal emissions. Drawing pain in left testes.

Drawing pain in testes extending towards the spermatic cord.

Dull and heavy shooting pain through penis.

Genitalia - female

Dark colored leucorrhoea aggravated by walking. Walking aggravates an albuminous leucorrhoea.

Uterine soreness with throbbing in hypogastrium. Constant pulsation behind pubes. Pulsating uterus.

Leucorrhoea with weakness.

Pain in left ovary extending to abdomen and small of back.

Leucorrhoea while standing.

Pain in ovaries extending to back.

Chest

This remedy is suited also to all kinds of chest complaints, from bronchitis to tuberculosis. We observe a lot of pains across the chest.

Tightness of the chest.

Raw feeling in chest. On the right side of chest, when breathing, feels the chest painfully moving up and down.

Pain in chest alternating with pain in abdomen.

Pain in sides of chest on respiration. Stitching pain on right side of lower ribs.
Stitching pain in left side extending to right side. Crampy pain in forenoon.
Short cough on deep breathing.
Dry short cough increased from swallowing.
Spitting of blood in the morning on rising.
Twitching over the region of heart.
The heart is affected and again we see fullness in the heart.
Cutting pain in heart.
Twitching of muscles in heart region.
Stitching pain in heart on inspiration.
Burning pain in heart region. Frequent stitches in the heart region.
Deep inspiration aggravates stitching pain in heart. Periodic palpitation of heart.
Neuralgic pain so severe as to arrest breathing.
Urination ameliorates stitching pain on lower left side of chest.

Back

As we said before the back, and especially the lumbo-sacral region, is one of the main seats of action of Aesculus. The **sacral**, **the sacroiliac** and the **lumbo-sacral** areas are very sensitive. The pains are excruciating forcing the patient to bend and are mostly apparent when in **motion**, on **rising**, from sitting. He cannot raise his body and has to walk bending. Pains **on stooping, walking**. Feels as if the back would break, as if sacrum is broken.
We may also have pain in these areas at the stage **before chill**, from **suppressed menses** and after stool.
Pains in sacral area **extending to hips**.
Lameness on walking, in sacral region.
Pain in cervical region on moving head.
Pain in lumbar region extending to hip. Pain in lumbar region after stool.
Drawing pain in cervical region. Pain between shoulder blades.
Weakness in cervical region and in lumbar region.
Chill extending up and down back; in sacral region.
Flushes of heat in cervical region.
Pain in sacral region after stool.
Rheumatic pain in right scapula; on breathing.

Extremities

Sensation of paralysis and weakness of upper limbs while writing and lower limbs on walking; foot turns inside. Power of direction is impaired in hands when trying to write.
Strange trembling of muscles of left shoulder, continuing for two hours and followed by a sensation of soreness.
Shooting pains from the shoulder extending down the arm into the **wrist** and thumb.
Arthritic nodosities in finger joints.
Rheumatic pain in upper limbs on left side.
Rheumatic pain in joints of fingers, in forearm.
Wandering pain in lower limbs.
Shooting pain in thigh extending downward; in leg.

Stiffness and swelling in the knee in the morning on rising.
Varicose; blue areolae ulcers in lower limbs.
Hands are blue. Chapped hands. Blue nails.
Hands are cold during menses.
Jerking of upper limbs on right side.
Tingling, prickling in hand after washing.
Numbness and tingling in the forearm and hand on the side lain on.

Clinical

GENITOURINARY

Affection of anus. Prostate gland affections. Prolapse of uterus.

GASTROINTESTINAL Constipation. **Hemorrhoids**. Liver affections. Throat affections.

MUSCULOSKELETAL

Lumbago. Pain in **sacrum**. Back affections.

RESPIRATORY

Cough. Headache. Hernia. Intermittents.

Relationships

Compare: *Aesculus glabra*, *Aloe*, *Collinsonia canadensis*, *Mercurius vivus*, *Nux vomica*, *Polophyllum*, *Sulphur*. *Nux vomica* antidotes the pile symptoms.

It follows well: *Collinsonia canadensis*, *Nux vomica*, *Sulphur*

Compare also: *Kali bichromicum* [throat; but *Aesculus hippocastanum* hasn't the stringy mucus]; *Phytolacca* [follicular pharyngitis].

Antidotes

It is antidoted by *Nux vomica*, coffee.

Foods inimical to it: Tea.

Dosage

From 12c to 10m or higher.

Aethusa cynapium

Aethusa cynapium. Fool's Parsley.

N.O. Umbelliferae.

Tincture of whole flowering plant.

The essential features

Unfortunately, nowhere in our homeopathic literature do we find a clear description of the chronic conditions of the remedy *Aethusa*. The remedy has been considered

mainly for acute conditions. Of course, Kent has beautifully described the acute picture of the remedy: aggressive gastric and intestinal conditions where "The child has the appearance as if it were dying, pale hippocratic face..." However, certain clues, which appear in the *Materia Medica*, the *Repertory* and other sources, when combined with information gleaned from clinical cases, have helped establish a picture of the chronic state of Aethusa.

With regard to the mental-emotional characteristics, we frequently find that the Aethusa individual remains separate from others -- **a man apart**. He is withdrawn, but in a very singular way. Inside he experiences very **deep, intense emotions, yet he does not communicate these emotions** to other people. He may be moved to tears, but tears do not come. He may feel friendly, but he appears aloof.

It seems that at a certain point in the psychopathological development of the Aethusa individual **he has decided to refrain from communicating with other people**.

The emotional injury or disappointment which provokes this withdrawal may be surprisingly mild. We do not find in Aethusa a prolonged history of many bitter disappointments and griefs which can account for such introversion or withdrawal. Usually there is some past stress which does not seem very significant. The patient may say, "I didn't grow up in a happy family" or some other such vague statement, but nothing definite seems to have occurred to explain this decided withdrawal. This lack of a definitive and sufficient causation and its strange effect is a peculiarity of this remedy.

In other cases we find instead a slow-growing disillusionment, a sense that no one has fully understood or responded to the patient's intense emotions. Thus the patient may feel that communicating with other people simply is not worthwhile, not worth the effort. Some patients may experience a sense of alienation. They feel that no real outlet exists for their emotions, that no other person could truly understand the strong feelings they have inside. Consequently, in the interview they may say something such as, "I am different from other people."

Thus, the Aethusa person becomes a **loner**. It is not a matter of his being unable to communicate; in fact, during the interview he may be quite communicative. He is neither insecure with others nor fearful of their reaction to him; rather he appears to have adopted a fundamental conviction that communication with other human beings is practically impossible on a deeper level.

Aethusa should not be confused with certain other closed personality types, such as *Ignatia* and *Natrum muriaticum*. These latter types are highly refined, oversensitive, almost hysterical people in whom hurts and griefs produce a type of emotional cramping or hardening. The Aethusa type is not hypersensitive, not so refined, not hysterical. He has intense feelings which are more robust, more primal -- like a child's emotions. The emotions are too vital to become cramped in Aethusa; embitterment is unlikely, and the fragile, hysterical elements of *Ignatia* and *Natrum muriaticum* are not found in this remedy.

Such intense emotions, however, must find expression, and the Aethusa person seems drawn to one singular outlet: **animals**. This person who does not want to communicate with other human beings may have **extraordinary communication with animals**. He may develop an exaggerated attachment to animals and communicate all his pent-up emotions to his pets. From our earlier comparison of the primal emotions of Aethusa to those of a child we can understand this love for animals by recalling the love certain children develop for a pet. The Aethusa person may love animals more than he loves any human being. The patient actually may say, "**I am not interested in the love of human beings, only the love of animals.**" He converses with animals as if they were human, and he derives great emotional satisfaction from this communication. In some cases he may even collect dozens of animals; he becomes an **animal protector**. If someone were to throw a rock at one of his pets, he could become livid and literally have the urge to kill the offender. The attachment can be so extreme that the patient may even consider bequeathing his estate to his animals.

It is interesting that in the provings as well in Kent's *Repertory* Aethusa is mentioned in the rubric "delusions of animals." *Some patients may see non-existing cats and dogs for instance or a woman gets it fixed in her head that a rat or mouse is running across the room.*

Such delusions suggest that even when the logical mind is no longer operative, there remains **a deep subconscious connection with animals**. In these advanced mental states or deliriums there is no fear of the animals seen in the hallucinations; the subconscious mind merely projects animal images.

One might argue that a love for animals is natural, and, indeed, this is true, but Aethusa's love is exaggerated. After treatment with Aethusa these animal collectors begin to give away their animals; their degree of attachment returns to a normal level. This change of behavior demonstrates the pathological nature of the attachment to animals. The Aethusa patient may, after treatment, feel as if his departure from his withdrawn state is like emerging from a dream.

There is an alternative path for the release of the emotional energy; the patient may become extremely involved with **social work**. There is something quite similar here to the tendency to care for animals. Through social work he expresses love, but without the need to directly communicate about his feelings to another individual. The patient may paradoxically state in the interview, "I have finished with human beings." However, at another point he may say that he has moments when he "...wants to embrace the whole world." He is capable of feeling great love. It is exactly this discrepancy that characterizes the Aethusa case.

Now, it is easy to imagine that if insufficient outlets are found for this intense emotionality, if the feelings remain withheld, the emotions can overload the subconscious mind. This overloading sets the stage for much of the pathology of Aethusa. As the brimming subconscious mind overflows, we may often see the patient begin to **talk to himself**. He may not even notice people around him as he voices his thoughts out loud. It is a "pouring out" -- symbolically, a verbal equivalent of the

vomiting and diarrhea of this remedy. *Staphisagria* may also talk to himself; he is very emotional and needs emotional communication but when something a little bit aggressive is said to him, he withdraws at once, goes home and talks to his mirror.

Persons with a saturation of the subconscious mind, such as is the case with *Aethusa*, tend to manifest a host of symptoms at night and especially before falling asleep.

The *Aethusa* person is aggravated by the dark. The darkness seems to permeate his being producing a heavy sensation in his chest. He fears **suffocation in the dark** and, as a consequence, is forced to turn on a light and open a window. He also **fears death**; this fear in *Aethusa* is especially peculiar and striking in that it tends to occur **just at the moment** when the patient is **falling asleep**, startling him to wakefulness. It seems that as the patient relinquishes rational control of his mind, the force of his loaded subconscious mind asserts itself in its entirety. Just as he begins to fall asleep subliminal, tumultuous emotions force themselves into his awareness, threatening to overwhelm him, and he starts with a marked fear of death.

In the Repertory *Aethusa* is the only remedy listed under the rubric "**Fear of sleep -- fears to close his eyes lest he should never wake**," a very impressive and highly characteristic fear of this remedy. In many cases the *Aethusa* patient does not want to sleep. He is afraid to go to sleep, fearing that somehow he will die during his sleep. A corollary to this fear is a **fear of surgery**; the patient fears that he will not awaken from the anesthesia -- an expression of the combination of the fear of suffocation and the fear to go to sleep. When he finally does drop off to sleep, the sleep is restless **and often interrupted by frequent startings**; he talks in his sleep and may even be prone to somnambulism.

There is another peculiar fear seen in *Aethusa*. As previously mentioned, the *Aethusa* person has very deep emotions, and although he does not express it, he may feel a very strong attachment to his family. He may **dread the thought of a family member dying**. The emotions that he invests in his family may be so intense that he literally feels that he would be unable to cope with such an eventuality. He fears that such a grief will cause him to lose his emotional control, that he may go insane. **However, despite such a strong attachment to his relatives, direct emotional contact between himself and his family is almost non-existent.**

In a similar fashion, the patient is unable to tolerate other situations which may stimulate his emotions. He may say, for instance, "I cannot go into a doctor's office when there are many sick patients there. I cannot bear to see that someone is suffering." The *Aethusa* patient may appear sympathetic, but will never show it in a direct way, rather he will **remain aloof, hiding the intensity of his emotions**.

The *Aethusa* emotional sphere is like a volcano, the surging activity within portending eruption, yet it never does erupt. Instead it finds other outlets, outlets in the physical body, most notably through vomiting or diarrhea. The **vomiting** and **diarrhea** of *Aethusa* possess an extreme intensity, bordering on **violence**, a violence most probably proportional to the unexpressed intensity of the emotional level.

It is interesting to observe the violence with which food, especially milk, that was recently ingested is forcibly ejected. The organism quickly deteriorates to an almost deathly state, so serious is the vomiting. One intuitively has a sense that a similar emotional purging could take place in the patient, a purging that could be so violent as to threaten self-annihilation -- death.

When the emotions remain controlled and without outlets for a considerable time, irritability may arise, and can reach the dimensions of fury. Women may, with the approach of menses, display a steady increase in irritability. Tremendous irritability can occur from two days before until two days after the onset of the menses. As the menstrual flow begins to taper off the whole system begins to relax. Some women may say that they experience great sexual desire as this relaxation occurs. As the month progresses the sexual desire diminishes until, with the approach of the next menstrual cycle, it is entirely absent.

The lives of *Aethusa* patients are usually relatively devoid of sexual concerns. It is not that they are asexual, rather they just do not consider sex, do not think about it any more. Sexual activity has disappeared from their lives **gradually** in the same way that "communication" with other human beings has gradually subsided. It is as if they have sublimated their sexual energy and directed it instead into their social work or their love for animals. Such sublimation does not take place dramatically; it is instead a gradual, almost unconscious process, a process which may follow a serious love disappointment. Usually, rather than suffering an immediate big reaction to their disillusionment, these patients seem to become resigned to a life devoid of sex in consequence of a series of small but cumulative disappointments. The withholding of their sexuality makes these persons appear to others as rather serious and unhappy individuals. There may even be a total aversion to sex. One woman said, "In the beginning I had a strong desire for sex, but my husband was not so interested, and so I developed an aversion to sex eventually."

Generally speaking, however, there is a strong sexual desire, but, just as there is a withholding of other forms of communication, there can also be a **withholding of sexual feelings**. As a consequence, these patients may become quite agitated or perturbed when they hear a ribald or risqué joke. They cannot tolerate anything which excites their already intense inner emotional state.

The *Aethusa* patient seems to be too serious. He will give you the impression of one who seriously meditates all the time. This strong meditative inclination is depicted in the **linea nasalis** which are deep and well-marked, giving the impression of an older age and a kind of wisdom. The *Aethusa* face is an old wise face with deep furrows.

A good homeopath should take all such observations into consideration because they will sometimes help him make a "unique" prescription. Once I had under my care an Indian philosopher who had been around the world to see the best homeopaths of the time. According to his own estimation, nobody was ever able to help him substantially. I was a young homeopath when he invited me to treat him. He was taking a lot of allopathic medicine at the time. He told me his medical history, and I could not make head nor tail of it. However, I noticed that his face resembled the description of *Aethusa*; then I looked carefully at the tip of his nose, and I there saw an eruption that was similar to the typical nasal eruption of the remedy. Consequently I was able to correctly begin the case and successfully treat his chronic bronchitis, as well as a host of other quite bothersome symptomatology.

Aethusa benumbs the mind and makes it feel empty and incapable of perceiving, retaining and processing information. Schoolboys or students cannot concentrate their mind on their work. It seems to them that is an utter impossibility to prepare for an examination because they are unable to read anything; **unable to think or to fix their attention**. Their head is confused and sometimes they feel a kind of stupefaction as if a barrier were erected between their organs of sense and the external objects. This state arises especially after having become overtaxed from mental exertion. I used to almost always give *Picric acid* to such cases until I witnessed the results *Aethusa* could achieve. The effort these people make while being so intellectually compromised leaves them looking extremely tired and exhausted. *Aethusa* children may resemble *Calcareo phosphorica* as both remedies can present headaches coupled with inability to focus the mind and learn. The mind of *Aethusa* becomes weak and seems to have abandoned all efforts to operate effectively in much the same way that the emotions and sexual desire have been relinquished with no considerable resistance. The idea is that with relatively little provocation the organism gives up. *Aethusa* would most likely be indicated when the student tells you that he cannot continue studying despite the fact that, according to his estimation, he has not overexerted himself tremendously. There is a peculiar anxiety and restlessness that sets in as the mind seems to be giving up; then a form of sleeplessness ensues with the peculiar fear that he may not wake up if he goes to sleep. The patient is exhausted, and yet sleep does not come. During the day he may display reactive episodes of extreme fury which arise and subside quickly. His irritability is aggravated especially when walking outside in the open air; when indoors, he feels better.

Generalities

General weakness, especially in children: tired in body and mind, aversion to milk and a tendency to vomit easily.

Violent convulsions; epilepsy with eyes turned down, flushed face, foam from mouth, pupils dilated and thumbs clenched.

The time of aggravation for *Aethusa* is three to four in the morning.

Vertigo with sleepiness.

Face

The face has several very characteristic symptoms. There is on occasion a peculiar flushing of the face. The face becomes red and drawn, giving it a rather wild look.

The patient may during the interview complain of having noticed this wild, red face at times when looking in the mirror. Other cases may demonstrate the chronic analogue to the "Hippocratic" face which Kent describes. Here the face becomes deeply furrowed and makes the person appear very old, ancient. It is a disturbing face to behold, and it convinces one that the patient is seriously ill, perhaps approaching death.

Another prominent characteristic of this remedy is a herpetic-like or eczematous **eruption on the nose**. **This eruption is frequently but not exclusively on the tip of the nose** (*Causticum*); it may be around the nostrils or near the septum.

Mouth

Salivation during sleep may be present.

Stomach/abdomen/rectum

In acute enterocolitis, or cholera infantum, we have one of our best remedies in *Aethusa*. As Kent describes superbly: "It applies to the cases that come on very

suddenly in hot weather, in infancy, with extreme prostration. The mother does not suspect the child is sick and she takes it from the crib; only a few hours before it was well; but when cholera infantum is prevalent in hot weather, this little one fills its stomach with milk and almost before it has had time to coagulate or form, the milk comes up partly in curds and partly liquid, and accompanying the vomiting there is a thin yellow, greenish, slimy stool. The child has the appearance as if it were dying, pale Hippocratic face, there is a whitish blue pallor around the lips, the eyes are sunken and there is a sunken condition around the nose. The mother is astonished and sends for the doctor hurriedly. The child sinks into an exhausted sleep. It awakens and again fills the stomach with milk which comes up again in a few minutes, partly in curd and partly liquid, and again there is an awful exhaustion, deathly appearance and prolonged sleep. Without Aethusa, in two or three days the undertaker gets the child. This is nearly the whole story of Aethusa."Colitis is a common chronic condition of Aethusa. There is often distention of the abdomen, especially when irritated or after overeating. Sometimes these patients will be compelled to induce vomiting because of this uncomfortable sensation. There is a desire for cheese, farinaceous foods and salt. There may be an aversion to fat. Most characteristic, however, is a **marked aversion to milk**. Rarely, there may be a craving for milk, but with either the desire or the aversion there is invariably an **intolerance to milk**. In some cases milk is not digested; it curdles in the stomach and induces vomiting of curds. In other cases reactions can range from general indigestion to abdominal cramping and diarrhea.

Genitalia

There can be a marked yellowish vaginal discharge. Aethusa should be added to the rubric, "Yellow leucorrhoea, stains linen."

In summarizing the salient points of Aethusa, the following deserve emphasis:

- 1) **An isolated person -- a loner.**
- 2) **An unwillingness to communicate or express deep emotions** (often without any apparent justifying cause).
- 3) A strong attachment to animals.
- 4) The emotional energy may be directed into social work.
- 5) Fear of going to sleep. Starting with fright on falling asleep.
- 6) Skin eruption on the nose.
- 7) Aversion to or aggravation from milk.

Agaricus muscarius

Amanita muscaria. Agaricus imperialis.

English: Bug agaric

French: Agaric moucheté, Champignon rouge

German: Fliegenschwamm, Fliegenpilz

Italian: Amanita

Russian: Moucho-more

N.O. Fungi; Class I. Thallogens

Vegetable family [Jussieu]: Cryptogamia

Preparation: Agaricus is collected in the hottest months and hung up by a string in the air to dry; some dry of themselves on the ground and are said to be far more narcotic than those artificially preserved. To render it proper for homeopathic usage, the stalk and the cap are cleaned, and after the epidermis is removed, it is cut into small pieces, on which an equal quantity of alcohol is poured. From the tincture thus prepared the alcoholic attenuations are produced.

The essential features

Agaricus is a remedy which is needed more often in our times than in the past since its psychological picture corresponds closely to many of the contemporary anxiety states encountered with increasing frequency today.

The psychological pathology of Agaricus typically manifests in **dependent, weak-willed individuals**. These persons have from an early age established a pattern of **seeking the guidance and domination of a stronger person**. This desired dependence originates from an inability or a refusal to act with initiative or to accept responsibility. It is as if there is a paresis of the will and of the power to think; these patients cannot summon enough will power to confront life situations. Instead they will attempt, by lavishing great love and devotion upon their mentor or protector, to seduce this stronger person into making and accepting responsibility for the difficult decisions in their lives. A man, for instance, may depend upon and obey with almost complete fealty his mother and, later in life, his girlfriend or wife. He is a weak willed individual who asks everybody for advice: "what shall I do?"

It is also frequently observed in these cases that angry emotions against others are readily repressed because of a fear of the consequences of showing "muscle." Agaricus persons may display considerable aggressiveness after they have been treated correctly with the remedy. It seems as if all those years during which they were under the influence of Agaricus and did not have the power or the will to express anger, the suppressed anger lay dormant and deeply hidden within the subconscious mind. It is really amazing to see how much ridicule these persons can take from their parents, wives, superiors, teachers, etc. without being able to voice objection or anger. Their sweet, suppressed, non-aggressive manner bears resemblance to that of *Staphysagria* and *Baryta carbonica*. In fact, the practitioner will sometimes find himself thinking about such a patient, "What a nice man!"

Instead of showing their anger, the **muscles of their face twitch**; they can also develop choreic movements and involuntary muscle spasms. Anxiety about their health, constipation, hay fever, as well as other symptomatology can also result.

Many times, in their weakness, they will seek out a scapegoat whom they can blame for any future difficulties they may encounter. They constantly seek to avoid responsibility. They are pampered people, living lives as sheltered and comfortable as their social environment will allow. Nonetheless, the side effects of their abrogation of responsibility always catch up with them on some level or another. Though the impact of life's many stresses may not penetrate their psyche, it more than likely will be felt on the level of the peripheral or central nervous system.

Despite leading sheltered lives, the impact of stress is unavoidable. At some point these people are confronted with a death, either of someone in their immediate environment or of a family member, but they are unprepared to face such an event and may, as a consequence, become overwhelmed by the fear that a similar tragedy may befall themselves. They are especially sensitive to premature, sudden death and death from cancer. The idea of death and decay intrudes upon their convenient, easy life. Eventually they become preoccupied with thoughts of death and disease, with morbid ideas. They lack the will power to push such thoughts from their mind. It is as if the mind has become "anemic."

Agaricus patients are frequently troubled by an extreme anxiety about their health or, at other times, by a preoccupation with the diseases of those around them. The Agaricus anxiety about health is centered around a **tremendous fear of cancer**. They will go through sleepless nights thinking about the possibility of having cancer. The intensity of this fear can lead to the mistaken prescription of such remedies as *Nitric acid*, *Arsenicum album*, *Phosphorus* or *Kali arsenicosum* with little or no amelioration. The fear is so overwhelming that they feel that it may drive them mad. There is hardly any moment during the day or night that they do not think about this possibility. This extreme anxiety is usually triggered by very mild pains and will provoke the patients to complain in a very exaggerated fashion. They may have so trivial a complaint that the physician has difficulty understanding why they are making such a fuss about it. What is even more amazing is the fact that one may see Agaricus patients with a knowledge of medicine equivalent to that of a medical doctor who, despite their knowledge, will persistently pester the practitioner with anxious inquiries as to whether or not their symptoms suggest cancer. The symptom that they have may be so trivial that another person would not be bothered at all.

They complain with such unbelievable intensity that the physician is certain to comprehend how serious they believe their problem to be. They have already arrived at the conclusion, which they may or may not express, that their symptoms are the result of some form of cancer. Consequently, one may see a patient with but a mild case of lumbago, for example, who will sob pitifully, "You can't know how much I'm suffering. Why am I in pain? Why does my back hurt? Why can't any doctor find out what's causing it? I just don't want to live any longer!" During the interview they may cry and cry due to the anxiety they feel. Their fear of cancer causes them to weep even with the smallest amount of pain. These performances readily evoke the image of a "cry baby;" they are amazing displays designed to convey the patients' certainty that their disease is serious as well as to make the physician feel responsible for them. These patients are not demanding of relief in the manner of *Kali arsenicosum*, *Nitric acid*, and *Arsenicum album*, rather they will tend to sob self-pityingly, often unable to voice their fear that they have cancer, but with an agony which is explicitly depicted in their face. At home Agaricus patients can make everyone's life miserable because of their constant worrying, complaining and moaning. Often almost everyone in the immediate neighborhood is aware of an Agaricus patient's suffering, so vocal is the complaining. One Agaricus woman put it succinctly, "I feel my husband has had enough of me; I have made his life and the life of my children miserable by my constant complaining."

Perhaps a patient has only a small hemorrhoid that has produced some bleeding two or three times. Suddenly an overwhelming fear that he has cancer of the rectum seizes the patient. The doctor examines and reassures the patient, advising him that he has only a simple hemorrhoid and recommending frequent sitz baths.

However, as soon as there is a recurrence of the bleeding, he is unable to resist his fear. "Now I am lost. There's no hope; surely this is cancer!" he thinks. He is overwhelmed by a tremendous fear of cancer. It is strange that the fear centers almost exclusively around cancer unlike other remedies which may fear a variety of diseases (*Ars.*, *Kali ars.*, *Nit-ac.*).

Another patient, a woman, will excessively complain of a pain in her breast. She presses the breast repeatedly, and it is evident that she cannot stop touching it or thinking about it. She touches and checks it for lumps so often that she irritates the tissue and creates actual pain in the area. She may have been examined by another physician, but despite the fact that all tests and perhaps even biopsies were normal, she remains fearful. The idea that she could develop cancer remains implanted in her mind. During the course of interacting with such a patient, the practitioner will sense a prevailing selfishness; she will give the impression that she cares only about herself and constantly thinks only of her own condition.

At other times these patients may be obsessed with the sufferings of people around them. They seem to collect information on all varieties of accidents and tragedies, especially cases of cancer. Thus, during the interview these patients will give endless accounts of such cases: "I have a friend who was in a car wreck and had to have both legs amputated... There's a boy in our neighborhood who was just diagnosed as having cancer of the colon... My friend's girlfriend, who is only thirty, is dying from cancer of the uterus.... etc." It is difficult to determine how these patients could possibly know so many people with such horrible conditions, and, in fact, the "friendships" to which they allude in this context may have no substance beyond the patients' preoccupation with the "friend's" disease. After listening to these people for a while, one is struck by the fact that they speak of nothing but tragedies. Agaricus patients seem to be preoccupied with these horrible events. They pay such inordinate attention to these tragedies because, most probably, they fear subconsciously that a similar tragedy might befall them as well.

However, unlike other remedy types who also have anxiety about their health, Agaricus patients, despite their fear, do not have an aversion to visiting or even helping patients who are dying or very ill with severe disfiguring or horrifying conditions. Quite the contrary, Agaricus patients seem to be able to cope with horrible diseases and will even go to the home of a suffering person to help with his care. They display a peculiar sort of courage in such situations. Their fear is of "cancer" -- its "finality," not other diseases. They may visit an elderly dying person who has been abandoned by everyone else in a dirty disgusting environment or situation. They do not shirk such activities as bathing patients with foul ulcerations, changing soiled sheets, emptying bedpans, etc. Admittedly there is an idealistic element to such work, a desire to help and also an element of courage; however, there may be an ulterior motive involved. Agaricus patients may feel a certain desire to do "good deeds" as a means of achieving a form of insurance, so to speak, for the afterlife. The effort put forth in performing good deeds may be intended to counteract a vague superstitious fear of hell, a fear some of these patients may have.

During the interview they may describe in a rather whining and disgusted tone these nursing experiences in elaborate detail. Though they feel disgust, their disgust does not hamper their almost infallible instinct for seeking out the most desperate terminal cancer patients; such cases seem to stimulate their anxieties and become the central focus of their thoughts. As soon as one case fades from their mind another case appears.

This preoccupation with death and disease has another facet, namely an **absorption in morbid thoughts**. The Agaricus mind easily turns to such topics as death, ghosts, tombs and graveyards. One may encounter a woman who has a "spooky" quality about her. While on vacation she may, upon seeing her hotel bed, become disturbed; something about the lighting or the bed's position upsets her. "The bed looks like a tomb," she states. Perhaps she may speak of ghosts or evil spirits as if they were familiar to her. At times the morbid quality can be expressed more subtly. For example, a patient who has been told that she has sinusitis with pus in the sinus may let her imagination lead her into thinking that she has something rotten in her sinus that is decomposing and stinking.

Another aspect of this spookiness is that these patients possess a striking tendency for "out-of-the-body" experiences. In contradistinction to other remedies which also have this tendency and develop a tremendous fear of dying during the experience, Agaricus patients may actually enjoy these conditions and even try to provoke them. (*Cannabis indica* can also enjoy their out-of-the-body experiences, but most of the time they are tremendously afraid either of death or of becoming insane.) In fact, they often find that their general psychological state is ameliorated after out-of-the-body experiences. To this group of symptoms belongs easy, hysterical fainting, which can occur after orgasm, especially in young hysterical women.

There are periods when the Agaricus anxiety can subside and an **extreme euphoria and cheerfulness** can take its place. This euphoria can be a very powerful experience which the patients themselves recognize to be abnormal. They feel abnormally strong with a sense they can do anything. At times these ecstatic moments may be alluded to as being indicative of spiritual attainment. Even during these episodes the feeling that something is wrong persists, and eventually the anxiety returns. Alternating states of cheerfulness and depression are also seen.

On another level, an advanced mental derangement can occur which is characterized by an excessive loquacity. In such a case the patient, engrossed in his own world, talks constantly; his jabbering is incoherent and spontaneous. There is no contact with the practitioner, and if asked questions, he will not answer, yet he will keep on talking, changing from one subject to another. His is a state of silly hilarity; he sings and laughs without reason. He embraces people and kisses their hands in a ridiculous manner. He sings or whistles quite inappropriately while in this gay state; in his elation he creates verses and makes prophecies. In general his manner of

expression is peculiar in the sense that he seems to be overstating his point, overstretching it, or overstepping the bounds of reason. A crazy fearlessness prevails at times where danger is not perceived or recognized, resulting in a feeling of extreme mental and physical power.

People who have eaten Agaricus mushrooms can also have strange experiences which remind one of a hallucinogenic drug. Here are some examples from old literature :"

Imagines himself at the gate of hell and that the mushroom tells him to fall on his knees and confess his sins, which he does. Phantasy that he saw his dead sister in heaven. Calling for his hatchet alternately with religious excitement. Takes long steps and jumps over small objects as if over trunks of trees. A small hole seems like a frightful chasm and a spoonful of water an immense lake."

In fever states we observe either a state of raging delirium or mental sluggishness. The delirium is full of fury and mania, a frenzy that causes the patient to try to injure himself -- he may want to rip out his bowels, for instance, he throws his medicine to his nurse. When mentally sluggish, the patient can reach a state in which he looks almost stupid and is indifferent to his surroundings. From this state he can easily proceed into a gay, loquacious delirium. His whole condition suggests a state of inebriation and therefore this remedy has been prescribed with success in delirium tremens.

These unusual characteristics complete the peculiar nexus of symptomatology that characterizes many Agaricus patients. An interesting observation is that the typical anxious and depressed psychological state of Agaricus may at certain moments disappear; this alteration occurs when some aspect of physical pathology becomes accentuated. For instance, when the pain of lumbago becomes especially pronounced, the pre-existing fear of cancer is minimized. This alternation of physical and mental symptoms is similar to that seen in *Platina* and *Cimicifuga*. (In *Cimicifuga* one may see lumbago or sciatica alternate with depression.) The disease appears to temporarily move more peripherally as the physical pain intensifies and the internal psychological state becomes calmer.

The agaricus child

Agaricus children are slow in walking, talking and learning. Their mind seems to develop slowly, which is why they make mistakes in speaking and writing later. They have a bad memory. They are also slow in comprehending and have difficulty in making decisions. They feel weak and are very attached to and dependent upon their parents.

This is the reason why they may develop **chorea** or **convulsions** if they have been badly offended or reprimanded by their parents or teachers.

These children are clumsy, awkward, timid and look a bit backwards. They are prone to redness of the nose and to chilblains in the ears with occasional twitchings of the face. There is a tendency to convulsions. In meningitis these children **roll their head and bite themselves** or otherwise try to hurt themselves.

M. Tyler describes the child with chorea in a picturesque way: "*The child gets scolded for making faces; then it gets smacked for dropping and breaking cups and saucers; then at last it dawns on the most unobservant that it is no case of original sin but St. Vitus Dance...*"

Another aspect of Agaricus children is described by J. Metzger in his *Materia Medica*: "*Nervous excessive liveliness of children with mental and motoric restlessness, they laugh, sing, dance and run about in a boisterous manner... With their great restlessness and fidgety nature these children become a real trial for their parent's patience. When playing they are wild, boisterous and incredibly agile; in spite of the talent they possess, they are poor achievers at school due to their flightiness. These children have no perseverance due to their mental and physical restlessness, they slip from one thing to the next and show no concentration whatsoever. Because of their fidgeting they are clumsy with their hands and drop things. When lying in bed they move their bottom rhythmically or roll their head. In the treatment of chorea I always found Agaricus the most reliable remedy. Agaricus children are frequently subject to bed-wetting, particularly after lively play or excitement...*"

Generalities

Here again the **aggravation** of Agaricus, in the form of general debility and symptoms of the nervous system, **after coition** and sexual excesses should be stressed. Aggravation from cold. Red patches result from exposure to cold, most notably on the face and hands; this happens even though the extremities that are covered may sweat profusely.

Symptoms appear diagonally.

Convulsions after coition and excitement, after fright, from suppressed eruptions, and from suppressed milk in nursing women. Epileptiform convulsions in hysterical women with frothing at the mouth and an aura consisting of the sensation of **cold air spreading over the whole body** or the spine.

Aggravation from motion, especially beginning motion, pressure, even touch.

Chorea that establishes its full severity slowly over the years. First seen is the twitching, the clumsy dropping of things, and/or the stumbling; later the jerky

movements of the face or grimacing occur; and finally the full manifestation of chorea presents itself. It may take several years for this progression to complete itself. The choreic movements may occur with such violence that they literally throw the patient off the bed.

Worse in the morning: he feels heavy, sluggish, stupid, dissatisfied; he complains a lot, moans about different things. In the evening he feels livelier, brighter and more able to work.

Head

Pains in the head as if cold needles were piercing it or as if sharp pieces of ice were touching it. **Coldness of head, especially after scratching**, is a keynote for Agaricus. **Coldness of forehead though the forehead feels hot to the touch.**

Headaches coupled with twitchings or spasms in different parts of the body, most specifically the face. Icy coldness of the whole scalp or of certain localities (vertex) (*Calcarea phosphorica*, *Veratrum album*). Headache after excessive masturbation, coition (*Calcarea carbonica*, *Sepia*, *Silica*), alcohol (*Lachesis*, *Nux vomica*, *Ranunculus bulbosus*). **Pain on the right side of head as from a nail, worse sitting quietly, better walking about.**

Convulsive motion of the head as from chorea. A feeling as if the head is enlarged.

Vertigo while walking in the open air (*Pulsatilla*, *Sulphur*). Vertigo from exposure to sun and heat, with a tendency to fall backwards (*Rhus toxicodendron*).

Eyes

Convulsive involuntary movements of the eyes; the movements are pendulum-like, from side to side. This symptom is a great keynote of Agaricus.

The eyelids tremble, **quiver** (*belladonna*, *Calcarea carbonica*, *Cicuta*) or **twitch** (*Physostigma*, *Rheum*, *Sulphur*); if this happens **before a thunderstorm**, it becomes a strong keynote. The twitching is better during sleep.

Redness of canthi (*Argentum nitricum*, *Sulphur*).

Delusions of colors and figures in front of the eyes.

Ears

Chillblains are often noted in the ears, a key characteristic of this remedy, especially if these **chillblains come during menses**.

There is **redness in areas comprised of cartilaginous tissue; e.g. , the ears and tip of the nose.**

The ears feel frozen, as if frostbitten (*Petroleum*, *Pulsatilla*).

External and internal itching in the ears; **extreme itching which feels like burning** (*Arsenicum*, *Bryonia*, *Petroleum*).

Burning pain in ears during menses.

Nose

Tip of nose red. The nose is red with a bluish discoloration, as if frostbitten. **Pain in the nose, especially the root of the nose, during headache is a keynote.**

It is the leading remedy indicated when prolonged coughing ends in sneezing. Paroxysmal sneezing.

Chronic catarrh with dryness and crusts.

Intense itching in nose and ears as in hay fever.

Epistaxis, especially in old people (*Secale*).

Face

The expression of the face is idiotic, stupid. The face takes on a stupid, puzzled expression if they were asked a question that they do not understand.

A lot of twitchings are seen, especially of the left side of the face. A few muscle fibers quiver quite frequently and change place quickly, driving the patient crazy. Even more characteristic, however, are **the involuntary grimaces where several bundles of facial muscles participate in creating jerking movements**. There is repetitive blinking of the eyes or stretching of the mouth to the left and right in a jerking motion. It appears as though a facial twitch or jerk occurs with every stressful thought the individual experiences, a kind of spasmodic conversion that leaves him psychologically unaffected. All of this activity of the muscles and fibers subsides completely during sleep. Trigeminal neuralgia of the right side of the face where the pain feels like cold needles piercing the nerves; pains as if frostbitten. **The feeling that the painful part is affected by frost; the pain felt is similar to that of frostbite: this is actually a more general characteristic of Agaricus**. At times there is stiffness of the facial muscles during headache.

Mouth

Trembling and severe quivering of the tongue that affects speech. Thus, speech becomes jerky. This is especially seen in chorea. At times articulation of words is difficult. Offensive breath, like horseradish. Teeth feel very long and sensitive to touch.

Stomach

Excessive thirst and appetite that feels unnatural. No appetite at all after coition. **Empty eructations alternating with hiccough**. Eructations tasting like apples or rotten eggs. Gnawing in stomach as if from hunger without desire to eat. A feeling of a lump in epigastrium. Aversion to bread, meat and wine. Agaricus can have a desire for eggs (as opposed to *Nitric acid*, a remedy which can appear very similar to Agaricus, which has an aversion to eggs) and a strong desire for salt and salty things. Worse with cold food and cold drinks.

Abdomen

Distension of abdomen, especially in the morning after breakfast. Around this time, **before and after breakfast**, there is a general aggravation with flatulence and gurgling. It affects the liver and the spleen, and it is especially curative for the pain in those organs that frequently troubles those who jog. Agaricus is indicated in liver affections such as hepatitis when associated with **quivering or twitchings of the abdominal muscles, especially in the evening in bed**, together with distension, rumbling and flatulence around breakfast time. A feeling of tension in the inguinal region which is ameliorated by walking. Rumbling after stool (*Jatropha*), **worse from pressure. Pain in the umbilicus in the morning on waking**. Diarrhea after rising in the morning and after eating, with much flatus. Strong tenesmus before, during and **after stool**. Sometimes severe constipation which may resemble that of *Alumina*, with a lot of straining without result. Rectum feels unable to expel contents. Constipation during pregnancy.

Urinary organs

Urine feels cold on passing. **Milky urine in the afternoon**. Urinary urgency -- a feeling that she must run to the toilet or she will lose urine.

Much painful urging; **dysuria with a painful coldness and twitching along the left leg.**

Urine is scanty in hysterical women.

Genitalia

Sexually Agaricus is rather overactive, intense, easily excitable, and enjoys sex to a great degree. As a result of this overexcitation trembling and ultimately fainting may occur in women after coition. Agaricus is known for having a **general aggravation of its symptoms after coition.** The symptoms which are most aggravated are those belonging to the peripheral nervous system. The mental symptoms of extreme anxiety and fear, however, are actually ameliorated for sometime after sexual intercourse.

Sometimes the anxiety state can be so great that Agaricus women will have no interest in having intercourse, or, if they force themselves to have intercourse, they will feel depressed afterwards.

Quite a lot of masturbation, with a heavy reliance on pornographic magazines or films to stimulate sexual excitement, may be seen in both sexes. This desire is very strong in Agaricus and is in keeping with the general character of the remedy -- the search for easy pleasure without much responsibility. These patients, despite the fact that they may feel rotten after coition on a physical or mental level, are not much bothered by masturbation. The women are many times driven to masturbation by a voluptuous itching of the clitoris.

The Agaricus leucorrhoea is copious, dark, bloody and acrid.

The male genitalia are cold, the testes retracted and painful.

Chest

Agaricus is a strong tubercular remedy and can follow and complement *Tuberculinum*. In bronchitis or pneumonia there is convulsive cough with anxious, profuse night sweats or **paroxysmal coughing ending in sneezing.** The coughing and sneezing occur with such intensity and rapidity that the patient does not know whether he is coughing or sneezing.

There are not many peculiar symptoms with regard to the respiratory system; the decision to give the remedy should be determined from the generals and mentals. Suffocation; a feeling of tightness; chest feels too narrow.

Oppression of the cardiac region.

Expectoration in the shape of balls.

Palpitation with redness of the face. **Palpitations are worse in the evening and after stool.**

Severe pain and anxiety in heart cases; the patient's countenance is changed as a consequence, but he will not admit his pain and anxiety when questioned, or, at the least, he will take a long time before he decides to do so.

Disappearance of milk in nursing women with the subsequent appearance of nervous system (central or peripheral) disorders.

General symptom metastasis after the disappearance of milk (i.e. ; new symptoms erupt elsewhere in the organism).

Back

In the back the usual characteristic of **coldness** appears in different areas; the back feels very cold, **as if water were poured on different areas, especially between and beneath the scapulae.** Coldness descending down and through the back.

The back is a sensitive area for Agaricus and touching it, especially between the scapulae and cervical region, is aggravating.

Formication of the spine (*Aconite*).

In Agaricus we meet a lot of lumbago and sciatica cases where the main characteristics are: **worse from motion** in general, but especially when rising from a sitting position, and, more specifically, **when trying to raise the thigh while sitting; better lying down,** especially when the pain is located in the sacral region.

The pains are so severe that the patient **has to lie down** and finds it **almost impossible to raise himself from the bed;** the back feels tremendously stiff and painful. One of the worst positions for Agaricus is sitting, especially for the sacrum. **A feeling of tension in the back made worse by standing, stretching and touch.**

Twitchings of the back, worse in the evening.

Extremities

As a general remark we can say that Agaricus has **difficulty in coordinating the movements of the extremities**. He may overstretch his legs, reaching too far or too high with irregular angular motions, when ascending or descending stairs; he is clumsy and awkward when handling things; he stumbles when walking. His fingers may fly open spasmodically for no apparent reason, causing him to drop whatever he is holding. (Women that easily break all their breakable utensils will primarily need either *Apis*, *Natrum muriaticum*, *Bovista*, or Agaricus.) All of the above is characteristic of the spasmodic and paralytic nature of the remedy.

Paralytic weakness of the lower limbs during pregnancy.

Trembling and twitchings in different parts of the extremities; **twitchings in the nates** is a keynote.

Jerking of muscles on falling asleep, especially of the toes.

Another characteristic that has to be stressed is the sensation of coldness, especially the sensation of coldness in spots; if such a **cold spot is felt in the elbow**, it is especially characteristic of Agaricus.

Chilblains in feet, toes and hands.

Symptoms of frostbite: skin looks bluish-red in spots.

Eruptions like pimples (miliary) on the back of the hand.

Burning and itching of the extremities, especially after coition.

Sleep

Ineffectual, frequent yawning followed by nervous laughter.

Starting on falling asleep; twitching all over that keeps him awake.

Skin

Burning and itching are most characteristic of Agaricus skin eruptions, together with coldness in spots and the sensation as if frostbitten.

Easy ecchymosis.

Angioneurotic edema with burning, itching and redness.

Causation

Agaricus is sensitive to - and its symptomatology can be triggered by - the following:

Depletion of energy as a consequence of **sexual excesses**, masturbation, coitus, etc.

Fear originating from death of loved ones, grief, vexation.

Overexcitement and overexertion.

Alcoholism. Frost. Sun. Fright. Mental application or excitement. Blood poisoning.

Clinical

The nosological entities which may require Agaricus include neurological disorders characterized by **twitching, jerking** and **trembling** (fasciculation, myoclonus, tremor and convulsions); such as, multiple sclerosis, convulsive disorders, epileptiform convulsions, amyotrophic lateral sclerosis, **chorea**, facial paralyzes (such as Bell's palsy, in which there is accompanying twitching), etc.. However, in our times, Agaricus is most frequently indicated for either such physical complaints as hay fever,

lumbago and sciatica or such psychological conditions as the intense phobic or anxiety neuroses described above. A more complete listing follows:
Chronic conditions: Anxiety and phobic states, chorea, *chorea in children*, convulsions, epilepsy, hay fever, delirium tremens, paralysis, sciatica, spastic colitis, rheumatic affections, nystagmus, *cramp*, general paralysis, *tremors*, blepharospasm, *lumbago*, neuralgia, rheumatism, *pains in sacrum*.

Relationships

It follows well: *belladonna*, *Calcarea carbonica*, *Mercurius*, *Opium*, *Pulsatilla*, *Rhus toxicodendron*, *Silicea*, *Tuberculinum*.

It is followed well by: *Tuberculinum*, *Tarentula hispanica*, *Calcarea carbonica*

Antidotes

It is antidoted by: charcoal, coffee, wine, brandy, camphor, fat or oil, and the remedies: *Calcarea carbonica*, *Pulsatilla*, *Rhus toxicodendron*, *Vinum*.

Dosage

For anxiety states the very high potencies have proved of service and yield good results. The remedy can be used from the lower (12C) to the highest potencies.

Agnus castus

Vitex agnus castus

English: Chaste tree

French: Gattilier commun

German: Keusch-lamm

N.O. Gattiliers or Verbenaceae, Vitices

Family: Jussieu [vegetable substance] - Didymia angiospermia

Mode of preparation: The juice of the ripe berries, leaves and flowers are mixed with equal parts of alcohol.

History: Agnus castus means chaste lamb, and its name hints at the remedy's special action. The leaves of this plant were used to adorn the beds of Greek women during the absence of their husbands so as to prevent any impure thoughts from entering their minds and also by medieval monks to repress sexual desire. In the actual provings the remedy has shown that it does repress sexual instinct and desire.

The essential features

Agnus castus is a remedy which, I believe, will be increasingly needed in modern societies, especially by the younger generation and especially by homosexuals. It is a remedy that first **excites the sexual sphere to the point of perversion** and **eventually depresses it**, resulting in a decline in sexual power and joy and a depletion of bodily fluids. The individual feels that he has squandered his vital fluids, that he has nothing more to give, that he is dried up, totally empty inside; he feels as if he almost does not exist and has the impression that death is fast approaching.

The Agnus patient becomes prey to perverted desires and later on finds himself incapable of having normal sexual intercourse. Coupled with this incapability is a lack of enjoyment of life, dejection, depression, discouragement -- all this plus a feeling of tiredness and of having wasted the best years of his life.

The remedy is indicated **after all kinds of self-abuse** common among many young people today, especially homosexuals; such as, sexual excesses, the use of psychoactive drugs, loss of sleep, constant excitement, improper nutrition, etc. Such people are easily excitable and indulge in many of these activities intensely over a lengthy period of time. Subsequently they become pale, anaemic, lose weight, are easily enervated, and become absent-minded; this general deterioration leads to **a sense that death is near**. The picture of Agnus in its end pathology looks similar to the picture of AIDS, but to justify the prescription of this remedy, the

peculiarities attributed to it should be present.

Eventually these people begin to realize that their whole constitution is deteriorating. They develop the fear that within a few years or a few months they are going to die. They feel that they have overexerted themselves and dissipated their life energies to the point that their whole system has become rotten. Such young people reach a stage at which they are unable to concentrate on their studies or their daily tasks. To remember something they are reading they must read and re-read it again and again. They are **unable to fix their attention** on their reading (*Phosphoric acid*). They feel a kind of dullness in the head. They feel old in their mind and body. In addition, they become **impotent** and suffer great preoccupation with this problem. They become convinced that they are about to have a nervous breakdown or that their vital organs are about to fail. This concern in *Agnus castus* becomes so great as to assume the proportions of significant **anxiety about health**, and, at times, hypochondriasis. In my experience, *Agnus castus* should be added to the Repertory under the rubrics "Anxiety about health" and "Hypochondriacal anxiety." In this state they close up in themselves, they do not want to talk, they feel totally insecure in everything and develop a kind of indecision.

The sexual sphere is, of course, the most important area of action in *Agnus castus*. As their constitutions break down after numerous excesses, these people become sexually impotent; however, they continue to entertain **very exciting sexual fantasies**. Consequently they resort to masturbation either as their sole sexual outlet or in addition to other sexual activities. The *Agnus castus* man may become simultaneously so sexually weak and so excessively excited that he has a **seminal emission merely upon embracing a woman**. As the impotency deepens, he develops voluptuous fantasies but without any erection. In other cases, there may be early ejaculation without erection. There is a point in the beginning of their impotency where they are so frightened that will try to masturbate to see if they still have an erection, but the results of masturbation are devastating, they feel totally exhausted. Finally, such men may lose their sexual desire altogether. They become incapable of arousal. This last condition is seen especially in marriage; after many years of abuse, he finally marries a beautiful woman but finds himself completely impotent (*Lycopodium*). The genitalia seem cold and relaxed, as if the natural circulation is lacking. This is a condition not uncommonly encountered in older men who have overindulged throughout their lives.

So, in *Agnus castus* we have an excitable and easily arousable individual who overindulges sexually and then breaks down, first into having voluptuous fantasies without erection, and finally into complete loss of sexual desire. Also seen is excessive desire with lascivious thoughts on rising in the morning and, later on in the day, impotency.

It is interesting to note here that the Greek meaning of *Agnus castus* is of somebody who is **pure** and **chaste**! Was it possible that the ancients who coined its name had found out that if promiscuous people ate its berries they would become chaste again? Is it possible that the remedy was used to suppress sexual desire? From its name and the historical accounts of this remedy such usage is not only plausible but well supported.

Here it might be of interest to quote the following.

"In order to pass childless married life, a man took for three months m. and e. twelve seeds of *Agnus castus*, thereby so weakened that he not only felt an obstacle to erections of penis, but - as he wished - he lost his semen entirely and never begot children" (LINDROW *Venuspiegel*, p.119) from *Cyclopedia of drug pathogenesis* by Hughes and Dake p. 203

Agnus castus is indicated for promiscuous young people who have abused their sexual energies through either homosexual or heterosexual multiple contacts and who have contracted repeated venereal infections, especially gonorrhea. They eventually lose their sexual power, lose the ability to ejaculate; instead their semen **dribbles away** as their desire for sex increases. These people become absent-minded and weak; they despair, cannot concentrate, cannot remember things and feel that **death is approaching at great speed**. [In acute conditions, such as during fever, the patient **will repeat** over and over again that he is **going to die** soon and there is no use in trying to do anything to save him (*Argentum nitricum*).]

Sometimes the loss of sexual power comes slowly over a period of time without previous sexual abuses. In such cases the constitution is weak genetically. These are peevish, weak individuals who are sad, easily discouraged and who suffer a sense of worthlessness. They look and act older than their age, hence the appropriateness of this remedy for complaints of the elderly.

Women may also need *Agnus castus*, but to a lesser degree than men. In such cases the women are very lascivious, almost hysterical in their desire for sex. Incapable of being satisfied by normal relationships, they resort to their fancies and excessive masturbation. And, interestingly, if they eventually marry, they become depressed and frigid, completely lacking in sexual interest.

This remedy is for young people who are weak and impotent, who look degenerated with a pale countenance, who sometimes look prematurely old and who try to cover their weaknesses and impotency with **eccentric behavior**-- an air of **superiority** and haughtiness when with others. But these same people, as soon as they are alone, will think about their vices, the masturbation towards which they are extremely prone, and will become dissatisfied, discontented, and despise themselves.

It also happens that the *Agnus castus* patient breaks down in another manner: he feels that he is worthless, that he is absolutely useless. A deep passive depression

emerges, a feeling as if he is nobody and nothing exists around him. This feeling of non-existence is so bad, so intense that he will admit that he would rather be dead. And then, after an interval, a different phase arises -- at this time he has an illusion that he is a very great man, that he is somebody quite special, very wealthy for instance. His sense of self-importance swells considerably, and his energy increases a great deal. These two states may alternate, hence its usefulness in manic-depressive states.

Another variation of this manic-depressive state is a condition of total indifference, extreme apathy (*Phosphoric acid*) in which the individual feels as if nothing has ever existed. In this state he has no initiative and is very discouraged; he stays at home doing nothing and **lacks the energy** to even dress and go out for a walk (*Muriatic acid*). Eventually he emerges from this condition and proceeds to a state of extreme cheerfulness and exaltation, something resembling a state of ecstasy that is not justified by the circumstances.

Agnus castus patients tend to appear pale, anemic, fatigued, anxious, and as if lacking in courage. They look prematurely old because of their past sexual abuses. Their eyes are sensitive to light and their pupils dilated. Their stomachs are easily disordered by food that is the least bit heavy.

Generalities

General **weakness** as a result of violent anguish, from depression, while at the same time there is a drying up of vital fluids, the semen is very little or very thin, watery or lacking, the milk in nursing women is dried up etc. This dried up feeling is similar to *Sepia*.

The general modalities of pain resemble those of *Bryonia*: **worse motion, better rest**. Often there is a sense of inner trembling and coldness -- an inner chill; this occurs even though the body itself may feel warm. In fever there is constant trembling of the whole body from **internal chilliness** while the body itself feels warm to the touch. There is chilliness alternating with heat.

There is a kind of **relaxation of internal organs** (*Sepia*); one may see prolapsus and a feeling of weakness in the abdominal area. The sensation is more one of weakness than of pressing down. This same weakness can also lead to *Silica*-like constipation: the stools come out in pieces and they sometimes recede.

Bruised feeling all over the body.

Head

Headaches in general are worse from motion and are very much **affected by the motion of the eyes** (*Bryonia, Ruta*).

Constriction and tension in the forehead **while reading**. Heaviness in the head while **looking sideways**.

Tearing headache in the forehead or over the eyes, worse with the motion of the eyes.

Headache which is ameliorated by **immobilizing the eyes** and by looking fixedly at an object.

Tearing with pressure, in the temples and forehead, in the brain; more violent during motion.

Headache on the vertex or of the whole head which feels as if the patient had stayed for a long time in a stuffy room. Headache over the right eye and temple; soreness as if he had received a blow which is worse on touch, worse on motion and which recurs every evening for several days.

Eyes

Pupils widely dilated.

Photophobia.

Moving the eyes seems to bring on headache (see Head).

Dim vision before menses.

Pain in the right eye towards the temple as if he had received a blow.

Itching about eyes. Itching in the upper eyelids.

Ears

Hardness of hearing.

Roaring noises.

Considerable heat in the left external ear.

Nose

Illusions of **imaginary odors**, as of herring, fishbrine, fermented beer or agreeable odors like musk.

Hard aching pain in dorsum of nose, as if a stone was pressing there, ameliorated by pressure.

Face

Itching in different parts of the face, **especially on falling asleep**. Drawing pain in left parotid gland. Tearing pain in right lower jaw.

Mouth

Metallic taste, coppery, bitter.

Tongue is coated white.

Ulcers in the mouth and gums.

Viscid saliva which can be drawn out in threads; sensation of tenacious mucus in throat, as if a piece of cloth were hanging in the throat.

Teeth painful when touched by warm food or drink.

Throat

Sensation as if tenacious mucus is lodged in the throat and cannot be expectorated.

His voice sounds as if passing through wool; it has no characteristic tone.

Stomach

Nausea in the pit of the stomach while standing.

Increased hunger, but the food he likes causes discomfort and general weakness.

Desires sweets.

Thirsty.

Pinching, griping, constricting pain while sitting in a bent position.

Abdomen

Loud rumbling in the abdomen during sleep. A sensation as if the intestines were sinking down with nausea; wants to support bowels with the hands.

Rectum

Difficulty on expelling the stool, even that which is not hard; stool tends to recede.

Frequent diarrheic stool.

Offensive flatus having **ammonia-like odor** or smelling like old urine.

Deep rhagades or fissures of the anus, often with pain when walking.

Urinary organs

Frequent urination with copious dark urine.

A disagreeable sensation in the posterior urethra after urination.

Gleety, yellow or chronic white discharge from the urethra, after (suppressed) gonorrhoea, with impotence and no desire for sex.

Genitalia - male

Coldness of the genitalia with weakness, loss of sexual desire, loss of erections and decreased amount of semen. **Testes cold**, swollen, hard and painful. Testes **objectively cold** at night.

Impotence, wanting erections, **penis small and cold**. Incomplete erections with strong desire. Impotence after gonorrhoea or after continuous discharge from the urethra.

Violent erections with excessive sexual desire when rising in the morning. Semen dribbles out instead of being ejaculated during orgasm.

Odorless ejaculation. Penis is so relaxed that it cannot be excited with any sexual stimulation, be it real or imaginary.

Emission of prostatic fluid while fondling women or walking. Emission of prostatic fluid while straining at stool.

Old men suffer from constant dribbling of semen.

Genitalia - female

In puerperal mania there is depression and fear that death is near.

Agalactia in nursing women with great sadness and aversion to coition. Milk scanty, disappearing or suppressed.

Sterility with no sexual desire. Sterility with suppressed menses.

Protracted menses that last 12 to 18 days.

Leucorrhoea transparent or albuminous; staining linen; passes imperceptibly from the relaxed genitals.

Menses too **late, scanty, absent or suppressed**.

Metrorrhagia, uterine hemorrhages.

Here it is interesting to mention that that R. F. Weiß, Germany's best known phytotherapist, writes about *Agnus castus*:..."*many recent investigations have been made of agnus castus which have proved that it has an inhibitory effect on the anterior lobe of the pituitary gland, the organ which controls the production of hormones in the gonads. To-day Agnus castus is employed for cases of excessive or too frequent menstruation and seems to be particularly indicated for the kinds of disturbance (such as headache, feeling of tension in the breasts, depression, swelling of the lower legs, etc.) that many women experience from the middle of the cycle until the actual onset of menstruation. Agnus also increases the production of milk in nursing mothers ; ..*"

In Germany *Agnus castus* in the form of "Agnolut" is frequently prescribed for menstrual problems by allopathic physicians.

Agnus has also shown to have an effect in bleeding myoma, and will probably be of help in cases of premenstrual syndrome where hormonal imbalance is the main cause.

Extremities

Agnus castus is indicated when there is a tendency to easy sprains and dislocations and for the long-lasting consequences of such sprains (overlifting, turning the foot inward while walking, etc.).

Rheumatic swelling of single joints, monoarthritis.

Gout.

Some peculiar symptoms in the upper extremities are:

Pressure in right axilla and upper arm, worse from touch and motion.

Tearing pain in the right shoulder joint, worse on motion and on inspiration.

Swelling of the finger joints with tearing pains in gouty or arthritic nodes.

Perspiration almost only on hands, when walking in the open air (*Thuja*)

In lower extremities:

Coldness of the knees, worse in the evening.

Stitching pain in the hollow of the knee while in motion and while standing. Shooting pain in the bend of the knee while standing.

Twitchings of the leg on touch and also while walking.

Weakness of the ankle in the morning, while walking

Tearing pain in the foot, walking aggravates.

Heaviness of the right foot as from a weight. Rheumatic pain in left big toe; stitching pain causing the leg to jerk.

Swelling of the thigh in the evening.

Sleep

Restless sleep with constant dreams. Voluptuous dreams.

Lies on his left side preferably.

Wakes up unrefreshed.

Perspiration during sleep.

Clinical

Impotency. Non-specific urethritis with impotency. Swelling of testicles; induration. Agalactia. Sterility. Leucorrhoea. Mouth ulcers. Dislocations. Gouty joints.

Rheumatic pains, monoarthritis. Chronic effects of sprains. Toothache.

Causation

Sexual excesses and drug abuse. Repeated attacks of gonorrhoea. Sprains, dislocations from overlifting.

Relationships

It is followed well by: *Arsenicum album*, *Bryonia*, *Ignatia*, *Lycopodium*, *Pulsatilla*, *Sulphur*, *Selenium*.

Antidotes

It is antidoted by: *Camphor*, *Natrum muriaticum*; strong solutions of table salt, coffee.

Inimical to it: warm food.

Dosage

From 30 C upwards.

Ailanthus glandulosa

Ailanthus glandulosa. Chinese sumach. Tree of Heaven.

N.O. Simarubaceae.

Family: Jussieu [vegetable substance]

Mode of preparation: For Homeopathic use we use the tincture from the fresh shoots, leaves and blossoms.

The essential features

Ailanthus has come down to us with a reputation for **malignant scarlatina**, where the normal rash of the disease does not appear but instead we see sparse patches of a dark bluish colour, like mahogany and symptoms of cerebral intoxication. But this remedy, like every one of our remedies, is indicated in both chronic and acute conditions as long as the general picture agrees. It is very unfortunate that the old masters left none of their personal experience of the action of the remedies apart from those indications that have always been in our books. In my understanding *Ailanthus* is a remedy that could easily be confused with *Baptisia* in acute cases and with *Lachesis* in chronic cases.

We shall speak about the chronic conditions first, after which we will consider its action upon the acute diseases. *Ailanthus* is a remedy that you need to think about in cases of congestive headaches, hay fever, thyroid problems, high blood pressure, brain stroke, allergic skin conditions, acne, chronic abscesses etc., where you have a stout and robust patient with a feeling of fullness and heat in the head; an "apoplectic fullness" as described in the books where the face is besotted, dark red, or has a bluish discoloration; it may be mottled or you may find patches of bluish red colour, whether due to a mistreated skin eruption, an allergic skin condition or a simple discoloration. It is a remedy that should be remembered in cases of Alzheimer's disease where we have an appearance of the type of *Ailanthus* with high blood pressure.

It is the face that you see in those suffering with chronic hypertension or those that are about to have a brain stroke. They complain of a severe internal fullness with **extreme diminution of their mental faculties**.

Their mind becomes dull, stupid, sluggish and they start having difficulties in comprehending a discussion, difficulty in thinking. They cannot make simple calculations as they used to, it is very difficult for them to concentrate and do calculations. They will answer incorrectly. They develop an aversion to mental work, even to thinking. They feel prostrated, mentally exhausted, and eventually **mentally confused**. This may be characterized by a feeling as if they were drunk, which causes everything to seem unreal and dreamlike.

Ailanthus' **memory decreases** rapidly; what happened yesterday is forgotten, they may not recognise persons they were supposed to know, and forget what they have just said, etc.. " *All past events are forgotten. Past events are forgotten or remembered as belonging to someone else, or as matters read.*"

In a similar way the **senses are blunted** and lose their acuity. In such patients you will notice an anxiety depicted in the face, a kind of obvious distress. There is an aggravation which starts before going to bed and lasts until sleep takes over, which reappears on awakening after a little sleep, and continues for some time after rising in the morning. The aggravation of their symptoms is coupled with an acute anxiety. Symptoms are also **aggravated if they lie on their left side**, so in all these symptoms we see the resemblance to *Lachesis*. Epileptic convulsions very early in the morning with extremely distressed breathing.

Ailanthus cases have a desire to weep all the time for no reason as they are acutely troubled by all this mental confusion and deterioration.

Eventually they fall into depression, low spirits, or a state of indifference or apathy with **constant sighing**.

I should like to note here that you should not always give *Ignatia* for grief and sighing, since other remedies, like *Ailanthus*, also have **sighing after grief**. In order however to prescribe *Ailanthus* you need to have the mental picture as well, the stupefaction of the brain, the dark redness of the face, the fullness in the head etc.

It is important for the student of homeopathy to realise the particular effect that each remedy has upon the different systems or organs, and prescribe accordingly.

In this remedy we have a specific effect upon the brain that the student of homeopathy must perceive clearly before he can prescribe it to the sick with some

accuracy.

There are some peculiar symptoms in Ailanthus, one of them being **electric currents**, which may also be described as an electrical **thrill**, going through the body starting from the head and ending in the finger tips. These symptoms in the provings suggest that the remedy may be of use in convulsions or epileptic fits. Another symptom is a crawling feeling especially on legs where the sensation is as if some **small animal is crawling upwards**. In the fever these sensations become illusions. His sleep is restless and there is a lot of moaning and groaning during sleep as well as **much talking**. I have observed that patients with progressed arteriosclerosis talk very loudly in their sleep in response to vivid images they see in their dreams. Do not forget that it is a remedy that can easily deteriorate into a state of delirium.

Pediatricians or general practitioners should make a special study of Ailanthus in acute conditions, as it corresponds to **severe cases of zymotic fevers**, like blood poisoning, epidemic diseases, especially malignant scarlatina, meningitis, follicular tonsillitis and diphtheria. Ailanthus is also indicated in typhoid, glandular fever, puerpural fever, septicemia, etc., as well as in cases where there is an eruption which is in appearance like measles or scarlatina, but is partially suppressed for one or another reason.

Kent writes: "*This remedy is especially suitable in the low zymotic forms of sickness such as we find in diphtheria and scarlet fever.....where the rash does not come out, but in its place red spots, roseola like, make their appearance; the usual uniform spread of the eruption has failed, or has been suppressed, and there is bleeding from the gums and nose, and dreadful tumefaction in the throat... There is an appearance of great prostration but it is really stupefaction; he seems stupid and benumbed. If you look at the throat you see it is covered with little purple patches, intermingled with an oedematus appearance similar to that found in Baptisia. The blood that oozes is black. The child enters a state of stupor and it is with difficulty that he can be aroused. Sometimes blisters are formed on the end of the fingers, or here and there over the body. From the mouth and nose come fetid odours. The child is going as rapidly as possible into a form of malignant disease. Sometimes the disease comes on as a light febrile attack, but from taking cold and suppressing some of the natural manifestations the case takes on a low typhoid form. Whereas you had at first only a simple remittent, the case has now assumed a state of prostration with a very rapid heart, foetor, purple or blueness, a passive congestion with purple blotches of the skin, causing a mottled appearance. When a disease turns so suddenly it is due to blood poisoning and a symptomatic typhoid state appears.*"

N.M. Choudhuri describes the acute throat condition in an excellent way:

"It is very helpful in some of those obstinate cases of malignant sore throat accompanying scarlatina, measles and other eruptive diseases. It was in such a case that I first tried Ailanthus. The result exceeded my most sanguine expectations. The fever was very high and the patient was in a state of stuporous delirium. His whole body was covered with a sort of dark miliary rash. The inside of his throat was swollen and livid. The tonsils looked immensely large and were studded with ever so many angry looking ulcers, discharging a sort of a foetid, ichorous, humour. The tongue looked equally bad - it was cracked, dry and parched. The teeth were covered with a brown sordes. The cellular tissues around the neck were infiltrated. Through the nostrils there flew a thin ichorous bloody discharge. All symptoms pointed towards a fatal end. His prostration very marked from the beginning progressed with leaps and bounds. This sudden and great fall in vital force, so characteristic of Ailanthus, drew my attention to it and as it covered most of the symptoms of the patient, it was administered."

There follows a summary of the main points that should be born in mind for an Ailanthus case:

1. a stage of cerebral intoxication that comes very **early**, and slips **too soon** into a state of **stupor**, of muttering **delirium** (*Bapt.*) and finally into unconsciousness. In his delirium he does not recognize anybody, but looks prostrated, totally exhausted, in spite of which there is **restlessness**, illusions of **mice running across the room** or **up his leg** or of a snake crawling up. Thinks the house is on fire.

Delirium with sleeplessness. Another peculiarity is that the delirium, the stupor, the coma and all these precarious situations are relieved by vomiting. Vomiting **ameliorates the symptoms**.

Sometimes we may see a maniacal, raging delirium with brilliant eyes. (*Bell*). Restless delirium.

2. **rapid prostration** in fevers with **rapid pulse**, nausea and vomiting.

3. the face during fever becomes **red, purplish**, besotted, (*Bapt.*) like *Lachesis* or *Opium*, or develops purple or blue patches, the **eyes are very congested** (like *belladonna*), to the extent that sometimes they actually **bleed**.

4. **fetid odour** from mouth and nose. (*Baptisia*)

5. where you may expect an eruption in epidemic diseases that **does not appear** or appears in a different form (partially suppressed eruption).

Finally, in Ailanthus children we see a lot of shrieking, screaming and shouting with a tendency for weeping all the time.

Generalities

Ailanthus has a most prominent action upon the blood, disorganising it and producing zymotic fevers, and has a remarkable resemblance to symptoms of malignant scarlatina. Hemorrhagic diathesis from all mucous membranes. Hemophilia. This remedy is characterised by a purplish appearance, dullness, stupor, and delirium, and all this tending towards malignancy.

Rash returns annually.

Flushes of heat; after chill

Bloody mucous secretions. Offensive, fetid mucous secretions are increased.

Crawling sensations. **Electric-like** shocks or thrills from head to the finger ends.

Frequent, accelerated, thready pulse.

Rapidly appearing weakness, prostration in acute diseases. Sudden weakness, enervation.

Ailments during convalescence.

General sensation of emptiness.

Faintness, fainting during nausea.

Cold perspiration; with nausea and vertigo.

Reeling, staggering, tottering and wavering gait.

Numbness and a general feeling of sensitiveness externally.

Obesity.

Symptoms are aggravated before retiring and after sleep, **lying on the left side**, on **sitting up** (where you may see a sudden, violent vomiting during the act of rising), from seeing food, from **motion** and from walking. Worse from suppressions (eruptions, discharges).

Better from lying on the right side and from hot drinks.

Vertigo

Dizziness which is aggravated on rising, in the morning; while lying; from motion; on stooping.

Dizziness with severe headache, with nausea, with vomiting.

Feels as if intoxicated.

Sensation of giddiness with nausea and sickness at the stomach.

Tottering gait, with an inclination to stagger, requires extra effort to walk straight.

Drunken feeling in brain, with fulness.

Apoplectic fulness of head.

Head

Has severe **headaches with dizziness** while the face is dark red and hot and they have difficulty in sitting up due to the nausea or the vomiting this can cause.

Severe headache interrupted by delirium of a frightful kind, with fever and anxiety.

Vertigo with nausea, faintness and cold sweat.

There is a **fullness or a pressure felt from the inside**. This fullness will appear frequently after wine.

The headaches are mostly in the forehead, occiput and temples.

It has congestive and gastric headaches as well.

The headaches are ameliorated by pressure.

He wakes up in the morning with headache in forehead or in occiput together with pains in cervical region and back and this whole syndrome is aggravated if he has been lying on his back.

Darting through temples and back part of head, with confusion of ideas.

Dryness and falling of hair.
Head feels as if it is burning.
Head is pulsating, beating, throbbing.
Electric-like shocks, blows, jerks, etc.; extending to extremities.

Eyes

Again in the eyes we see **congestion**, redness with **purulent discharges** and sometimes, in malignant scarlatina, bleeding. Conjunctivitis. Redness of eyes. Eyes are agglutinated in the morning.
Eyes suffused and congested; startled look when aroused; pupils dilated and sluggish.
Pupils are dilated, there is photophobia and excessive lacrimation worse in open air.
Hair falling from eyebrows
Defective accommodation. Uncertainty in seeing.
Blurred figures; letters. Dim vision.
Has flashes on closing the eyes.

Ears

A feeling in right ear as from a blow.
Redness; when ear is touched or scratched.
Noises in ear; in right ear; seems to hear music; ringing noises.
Pain in the ear on swallowing.

Nose

Coryza during scarlatina.
Bloody, ichorous, excoriating, copious discharge. Epistaxis.
Raw pain in nostrils. Soreness on left side.
Annual coryza [hay fever] long continued. Sneezing with sensation of cold about the eyes and gnawing in chest. Itching.
Nose is red and dry on the inside. Bleeding of bright blood or a thin ichorous bloody discharge.
Obstruction that causes difficult breathing through the nose.
Smell is wanting, lost.

Face

Anxious expression on face. Distressed expression. Has frightened expression on face when aroused. Besotted expression.
Bluish discoloration. Bluish spots. Blue circles around eyes.
Dark, as mahogany (scarlatina).
Capillary congestion in irregular spots.
Red and hot face in the morning; during headache.
Face puffed, erysipelatous. Eruptions on lips. Vesicles on lips; lower lip.
Rash on forehead.

Miliary eruptions.

Ulcers on corners of mouth.

Cracked lips.

Parotid gland is enlarged, feels sore, bruised.

Swelling; around right eye; of lips; of parotid gland.

Neuralgic pain forcing him to walk.

Pain is ameliorated by pressure

Mouth

Tongue is **fissured**; **coated**; dry parched and cracked; brown.

White tongue with dark **brown centre**. Tip and edges livid.

Tongue oozes blood.

Bleeding of gums.

Ropy; viscid mucus, slime, etc.

Excoriation of mucous membrane.

Burning, raw and smarting pain.

Inspid taste after drinking water.

Sordes on teeth.

Toothache. Mucus on teeth.

Throat

Ailanthus has a specific effect upon the throat, where one might say that all its viciousness is made apparent with an appearance which is really alarming. The throat looks **swollen, purple, black, dark** and the tonsils are swollen, full of small deep **ulcers**. Ulcers on fauces. **Membrane**, pseudo-membranes exudation in diphtheria.

Pain on swallowing or on inspiring.

Pain in throat on empty swallowing. Refuses to swallow anything.

Croupy voice.

Lost voice in the morning on waking.

Thick edematus and choky feeling in throat.

Throat dry, rough and scrapy; worse in the morning. Disposition to hawk in the morning.

Sensation of foreign body in the throat in cases of goitre. Swelling of thyroid gland. Soreness of thyroid gland.

Sensation of fullness in throat.

Sensation of lump, plug in throat.

Thick sensation in throat.

Stomach

The keynote here is **vomiting on sitting up in bed** with a peculiar feeling of emptiness, a sinking feeling in stomach. Stomach inactive. **Aversion to even looking at food**.

The appetite is capricious. Has indistinct desires, he does not know what he wants. Disgust for food.

Aversion to alcohol and worse from drinking alcohol. Ameliorated by hot drinks. Thirst while eating.

Sometimes there is the opposite : desire for alcohol, brandy or whisky.

There is a desire for cold drinks, cold water and raw food.
Chill during hunger. Vomiting during chill and during vertigo.
Sour eructations.
Nausea in the morning on waking, especially during pregnancy.
Constant violent increasing pain in stomach.

Abdomen

Sensation as if diarrhea would come on and a feeling of insecurity in the rectum as if about to loose stool.
Feeling as if intestines were loose.
Relaxed feeling in abdomen.
Rumbling. Tympanitic distension.

Rectum

Constipation alternating with diarrhea. **Involuntary stool** during urination.
Formication in anus.
Hard hemorrhoids.
Prolapsus of rectum when kneeling.
Prolapsus during stool.
Stool frequent; mucous, slimy, bloody; offensive; soft. Stool forcibly expelled.
Tapeworm, taeniae.

Urinary organs

Involuntary urination.
Frequent urination at night.
Suppression of urine. Scanty urine.
Sensation absent when urinating.

Genitalia - male

Prepuce of penis feels sore, bruised.
Ulcers on penis; on prepuce of penis. Sore on prepuce looking like an incipient chancre.

Genitalia - female

Copious menses; at night.

Chest

Irregular, **accelerated**, deep respiration. Laboured breathing during epileptic convulsions.

Expectoration ameliorates difficult respiration.

Violent fits of **coughing before retiring and on rising**.

Wheezing, fluent coryza and sneezing.

Cough in the daytime; in the morning after rising; in the morning on waking; in the evening.

Constant, deep cough worse in the morning on waking.

Expectoration ameliorates the cough.

Bloody expectoration, spitting of blood; in the morning.

Copious expectoration.

Lumpy expectoration.

Expectoration that has a bitter taste.

Yellow expectoration in the morning.

Oppression of breathing.

Constriction, tension, **tightness** in whole chest and in heart. Pain and **contracted** feeling especially through the centre of the left lung, sternal edge. Pain as from a blade two inches at the left of the lower portion of the sternum.

Burning in right lung and left shoulder.

Sense of fullness. Expectoration ameliorates fullness in chest.

Clothing aggravates.

Stitching pain from clavicle extending to sternum.

Back

Thick swollen feeling of muscles of neck. Neck tender and very much swollen.

Drawing pain in the cervical region.

Pain in dorsal region in the right scapula, worse motion.

Pain in the dorsal region of the spine.

Pain in the sacral region.

Cutting pain in the sacral region and the hips.

Pressing pain in the dorsal region of the spine.

Spinal irritation in the dorsal region. Subacute congestion of cord, leading to paralysis. Limbs heavy; feel as if asleep.

Extremities

One of the main keynotes of this remedy is a feeling as if **a rat is running** up the leg. This is part of a general tingling feeling and formication that can be described in different ways by the patient.

Ending on tips of fingers

Burning pain beneath shoulder, in palm of hand, in sole of foot.

Forearm feels sore, bruised.

Restlessness in lower limbs.

Numbness of upper limbs; of left upper limb; of forearm; of fingers; of lower limbs; of leg.

Trembling of legs.

Weakness of lower limbs.

All the above symptomatology suggests an effect on the nervous system that can produce convulsions.

Vesicles on fingers, about the nails

Vesicles on tips of fingers; on tip of thumb.

Sleep

Sleep heavy or disturbed and unrefreshing.

Comatose. During sleep talks, moans, has sweat, is restless.

Deep, delirious, disturbed sleep.

Sleeps best on right side.

Fever

The fever characteristics have been discussed in the main text.

Febrile heat only during the day.

Dry heat; in the morning.

External heat.

Succession of stages, heat followed by chill.

Chill feels as if cold water were dashed over him. Cold sweat.

During fever longing for brandy.

Chilliness with perspiration.

Cold perspiration; with nausea and vertigo.

Skin

Blue, dark eruptions on skin.

Milliary rash in patches of a dark almost livid colour. Body and limbs covered with an irregular patchy eruption.

Gangrenous scarlatina.

Scarlatina in patches.

Vesicles filled with blood or with dark serum.

Bluish discoloration.

Clinical

Blood poisoning, epidemic diseases, especially malignant scarlatina, meningitis, follicular tonsillitis and diphtheria, also indicated in typhoids, glandular fever, puerperal fever, sepsis, etc. Mumps. Septicemia, blood poisoning. Suppressed eruption. Acne. Abscesses, suppurations with acrid pus. Chancre. Hemophilia, hemorrhage.

Relationships

Ailanthus is related botanically to Ptelea and the Xanthoxyleae.

Compare: *Ammonium carbonicum*, *Apis*, *Arnica*, *Arum triphyllum*, *Aloe* [dull, frontal headache], *Baptisia*, *Carbolic acid*, *Crotallus hor*, *Lachesis*, *Nitric acid*, *Nux vomica*,

Phytolacca, Hydrocyanic acid, Rhus toxicodendron, Stramonium and Echinacea.

Antidotes

It is antidoted by: Alcohol, *Rhus toxicodendron*, *Nux vomica*.

Dosage

From 3x upwards

Aletris farinosa

Star Grass. Blazing Grass. Colic Root. Unicorn Root.

N.O. Haemodoraceae.

Tincture of root.

The essential features

Aletris farinosa is a remedy that should be thought of in cases of **prolapsus of the uterus** where *Sepia* or similar remedies seemed to be well indicated and did not act.

The similarities with *Sepia* go beyond this however as we shall see from the development of the remedy.

This is primarily a woman's remedy that is suitable for **anemic** and **debilitated females** with little stamina in body and mind, where the reproductive organs are at fault, relaxed and heavy, much like *Sepia*. There is **sterility** from uterine atony but if there is a pregnancy you will observe a lot of **problems during pregnancy** where the fibers must take an extra load and are unsuited for such work. Therefore you will see in the history of the patient **frequent abortions**, uterine atony, misplacement of the uterus etc. Even when pregnancy is progressing there is a **general weakness**, there are **myalgic pains** stimulating false pains and also much suffering from an **obstinate vomiting** and a **distressing feeling** in the **rectum**. There is an uncomfortable feeling in this area as if the rectum were full without the possibility to evacuate.

The **uterus feels heavy** and prolapses easily; here, as we have said before, we have a striking similarity with *Sepia*, though in *Sepia* the feeling that the internal organs are dragging down is much more pronounced. In Aletris we see the woman having a feeling of weight, a heaviness but not the excessive dragging down sensation of *Sepia*. You will often see **leucorrhoea**, which does not have to be thick and yellowish as is frequently the case in *Sepia*, but is usually a white stringy leucorrhoea, for example in women with habitual abortions. In endometritis or with the prolapse of the uterus or in an irritation of the right ovary there is often a pain in the right inguinal region extending down the thigh.

There seems to be a connection between the disturbances in the reproductive organs and the stomach. The woman easily loses her appetite when suffering from disturbances of her sexual- reproductive organs. She may have profuse hemorrhages from the uterus coming on in the middle of the night, leaving her totally prostrated in the morning and scarcely able to speak.

You may see frequent menses or in anemic subjects total **absence of menses**. In such instances the least kind of disagreeable food will upset the stomach, food stays as a heavy load there, there is a disgust for food and also a lot of **frothy saliva** and frothy eructations which are characteristics of this remedy.

The Aletris patient loses weight easily, is thin, emaciated and anemic with vertigoes and fainting. When anemic Aletris individuals cannot concentrate, they feel confused, they cannot study, the mind seems to have lost its power; though there are a lot of thoughts, the mind wanders around different things, usually pleasant thoughts, but does not stay for a long time on one subject.

A feeling of discontent, of dissatisfaction eventually arises, though we do not yet have the real mental-emotional picture of this remedy.

Adynamia is the word that mostly suits the picture, adynamia primarily in sustaining a new life, in pregnancy, adynamia of the reproductive organs and adynamia in general.

You may encounter cases of *Aletris farinosa* during the convalescing period in a patient who does not seem to pick up fast enough after an acute disease, whose appetite does not return and whose stomach is upset with the least amount of food, who feels debilitated but not depressed, suffers with vertigoes and an easy fainting feeling, is debilitated and feels as if the muscles and internal organs are relaxed and weak. Or you may find a similar condition of weakness, debility and difficulty in convalescing in a woman after a spontaneous abortion.

Some general symptoms and keynotes

Aletris farinosa is an excellent remedy which you will see relatively frequently, particularly in a gynaecological practice, because it is principally a remedy for women.

It has three or four essential characteristics:

The *first* one is that an *Aletris* woman feels **tired all the time**. She wants to do nothing or at least as little as possible. She doesn't want to work much in the kitchen, to clean rooms everyday, to go out for long shopping trips or indeed do anything else. She wants to stay at home and she prefers to lie down and rest all the time.

She may have a headache on waking in the morning, and on rising from bed she has a nauseous, all-gone feeling in the stomach. She feels so tired, dull, heavy and confused that she is unable to concentrate the mind on anything. All her power and energy are almost gone and after a hemorrhage of the uterus she may even be so exhausted that she is unable to speak.

When she comes to you in the practice and tells you about her **weariness** and **weakness** you will probably examine her thoroughly, but most of the time you **cannot find a real cause for her debility - no serious organic disease**. A blood-test will probably indicate that the hemoglobin and iron are low; this kind of **anemia** is usually caused by a uterine hemorrhage. Sometimes she has no energy because of a **protracted illness** from which she cannot recover (for example after an abortion or after she has given birth to a child). There may also be a possibility that the weakness originates from **defective nutrition**; she often has little appetite, doesn't eat much and is therefore sometimes very emaciated.

The *second* characteristic is a **feeling of heaviness** or of a weight.

Not only does she feel tired and heavy but this sensation dominates in many parts of the body too: she has the sensation of a weight or pressure over the eyes.

Her eyelids feel as if pressed down.

Possibility of heaviness in the vertex.

Heaviness as if a weight would draw the occiput backward which the neck does not have the strength to prevent (together with a feeling as if the scalp were contracting/drawing the sides of the occiput together.) This sensation often appears in the morning and is sometimes ameliorated during breakfast. This "heavy-occiput-feeling" is not at all rare in women with uterine diseases.

Even a little amount of food lies heavily in the stomach.

Sensation as if all the intestines had sunken down to lower abdomen.

Heaviness in the region of the uterus, the uterus feels heavy.

Backache with dragging in the sacral region.

The *third* and probably most important characteristic is that the main problems are central in the **female genital organs**. All other disorders are also more or less associated with the uterus.

In the region of the **uterus** *Aletris* women have a **bearing down** sensation as if the contents of the pelvis were attempting to escape. This sensation is much aggravated while walking and often connected with the dragging in the sacral region. *Aletris* is an important remedy for **prolapsus** or displacement of **the uterus** because of the weakness and relaxed state of the genital organs. In addition these women often have a **leucorrhoea** which is usually colorless or white and stringy.

The above-mentioned **sensation of a heavy uterus** is at least partly caused by an engorgement, congestion of the uterus with too much blood. The exit seems to be closed by clots and the **hemorrhage from the uterus** -menorrhagia- begins often with dark or black clots followed by a copious bleeding. The hemorrhage may last quite a long time, not ceasing even after the normal end of the menses, but changing into watery oozing interrupted by sudden gushings with clots or coagulated blood. This kind of hemorrhage together with the debility of the patient may often be seen before or during menopause.

The **menses** are **too soon** and **too profuse** with **labor like-pains** and most of the time, they are connected with the bearing down sensation or prolapsus of the uterus. But also **scanty**, almost black menses and even amenorrhoea can point to *Aletris*, if associated with general weakness and anemia.

A bruised feeling in the right ovary or a griping, clutching pain in the right inguinal region extending down the thigh may occur in the time of menses in an *Aletris* case. Her abdominal **cramping pains** are worse by bending forward and she **bends herself backward to relieve the pain**. These **colics** may also occur independently of the

menses, during a constipation for instance, and are often **ameliorated by a scanty** diarrhea. (By the way, a pain in the trapozious * muscle is worse bending the head forward and better bending backward.)

Before the menses Aletris women may have a peculiar symptom. It is a continuous, dry, hard almost spasmodic **cough** which is immediately **better as soon as the menses appear**.

Another interesting symptom is a sharp **pain in the left breast** as if a knife ran into it **extending** through the back to the left side of the lower part of the **right scapula**. (A sharp pain from lower point of the left scapula through to left breast can also be possible.)

A very important time for Aletris is during **pregnancy** because this time gives rise to many symptoms.

Very often these women can either not get pregnant because of the atony of the uterus or they have a great tendency to loose their child. These **abortions** are also due to the weak and relaxed condition of the uterus. After an abortion you will often see a hemorrhage from the uterus with the above described peculiarities.

But if a pregnancy should occur nevertheless, the **weakness** and the **anemia** and frequent disorders of the stomach become more prominent. Usually the Aletris case has a disgust for food, suffers from **stomach troubles** after eating a little and at the mere sight or thought of grease tends to gag, feels nauseous and retches. She has copius **frothy eructations** with great accumulation of frothy saliva and must vomit a lot. This **obstinate vomiting** prostrates her additionally.

But sometimes the nausea may be better after dinner, and the faint, all-gone feeling in the morning is sometimes ameliorated after eating.

The *fourth* characteristic of Aletris is that the weak, relaxed state may also be present in the other organs of the lower abdomen (it is not restricted to the uterus).

The **bladder** is weak and can not hold back the urine. The Aletris woman may suffer from **incontinence** every time she is taken cold and loses urine while walking fast, when coughing or sneezing and even during sleep.

The rectum in particular is so weak that it is almost paralysed. The **constipation** of Aletris is as bad as the constipation of *Alumina*. The rectum is loaded with feces and can only be **evacuated with great effort**, and at the same time she often has terrible **pain** as if something were being pressed through the closed rectum. She may have to strain so much that pains emerge in her head, particularly in the vertex. The stools are usually very large and hard.

This kind of constipation, together with the general tiredness and one or two symptoms of the genital organs are usually enough to justify the prescription of Aletris farinosa.

Allium cepa

Common red onion

N.O. Liliaceae

Mode of preparation: For Homeopathic use we use the tincture of the onion or of the whole fresh plant. This is gathered from July to August.

The essential features

Allium cepa has established an undisputed reputation for acting upon the upper respiratory system and in curing **common colds** that settle in the nose and travel downwards, with a **watery, acrid** discharge from the nose while at the same time there is redness of eyes with lachrimation which is bland. It affects primarily the left side of the nose and later on moves to the right side. There is **aggravation from warm** room and in the **evening** and **amelioration from open air**.

In my experience this remedy has been misused for this ailment (common colds) and has been prescribed too frequently when other remedies should have been indicated.

A note of warning: since this remedy has in its pathogenesis the tendency to drive the inflammation from the uppermost part of the respiratory system -the nose-downwards -towards the larynx and bronchii-, I have observed in especially sensitive patients with a tendency to developing allergic asthma that their respiratory difficulties are much aggravated from a wrong prescription of Allium cepa. I would warn you not to use high potencies in cases you may suspect such sensitivities and you are not sure about the remedy.

I have found out that if this remedy is really indicated, apart from the other local symptoms mentioned above, we must have an effect upon the head and the whole organism. The patient feels really rotten, has dullness, torpor, difficulty in thinking and much sleepiness. It is very doubtful whether a patient with a cold that has only the local symptoms on the nose or larynx with a clear head and no general weakness would react to this remedy.

It is a remedy that will cure cases of common colds that spread easily to the ears producing a lot of pains like *Pulsatilla*, *Chamomilla*, *belladonna*, *Mercury* and *Nitric acid*, the main remedies that will cure such conditions.

But apart from this extension, *Allium cepa* is indicated where the cold spreads downwards to the larynx producing a violent laryngitis where the pain during cough is felt as if someone is scratching the throat with hooks. Whooping cough in a child with dreadful pain during coughing compelling him to grasp the larynx and at the same time an upset stomach with vomiting and a lot of flatulence.

It is useful in polypus of the nose. Sometimes it will be indicated in conjunctivitis where the eyes burn and smart as if from smoke with excessive lacrimation.

Allium cepa will be indicated where the respiratory system is in a state of constant catarrh which is aggravated in the evening. The catarrh from the nose is almost always acrid and watery, running constantly. Cases of hay fever that have this kind of catarrh with violent sneezing and which are **aggravated in a warm room**, in the warmest month - **August** - and in the **evening**, while they are **ameliorated in the open air**, will need this remedy. It is very similar to *Pulsatilla* except for the acrid catarrh while in *Puls.* the discharge is bland.

This remedy will also be indicated in chronic headaches with similar modalities: worse in the evening, worse in a warm room, better open air; headaches are mostly felt in the forehead extending to temples.

Another condition where this remedy is indicated is in neuralgias that have a "**thread like**" pain. Especially for very bothering **neuralgias after amputation** where the extension of the pain is felt as if the real limb was there, stump neuralgia, the pains are unbearable, driving the patient to despair. It has traumatic neuritis, and facial paralysis of the left side.

In its mental-emotional sphere we observe a very interesting picture. *Allium cepa* has a definite effect upon the **brain** bringing about a state of **absent-mindedness with much sleepiness**. The brain seems to degenerate easily into a kind of torpor, especially if affected by some wine or coffee. The mind becomes confused but it is a completely passive confusion where the patient does not care about anything. He does not observe what is going on around him. It is as if he were **not interested**. Great dullness of mind with a definite **aggravation in the afternoon**. He starts making mistakes in his work, he cannot concentrate, he seems **confused** as if the mind is under the influence of a lot of barbiturates, yawning all the time, **sleepy** and disinterested. In writing he makes a lot of **mistakes in spelling, misplaces words** etc. But remember that the **sleepy brain** is the main idea behind the symptomatology. **Sleepiness with indifference**.

This is very much in accordance with the pathogenesis of this remedy, as the onion was known in ancient times to be a **hypnagogic**, and has been used for sleeplessness since then. It is peculiar that in our *Materia Medica* this element is not mentioned in the provings. If anybody eats a lot of onions the first thing he will experience will be sleepiness. Because of this quality of affecting the brain the ancients were actually afraid of using onions in excess.

There is another state to which *Allium cepa* can move and this is a very serious mental state: the patient may look quite well, but suddenly he may have a disappointment, or he may be offended by something, with the result that the mind is totally thrown out of balance. Following this we see a state of **real insanity**, a totally **passive insanity** where the brain does not function at all.

It is a state that can come suddenly in a person who was very balanced before, very conscientious, very meticulous in his cleaning habits, with a lot of warm feelings for his relatives, very sympathetic; he really cared about others. A straight mind that did not hide, was not devious. And suddenly this behaviour changes from one day to another: he does not **recognise persons** he knew very well before and is totally **indifferent** towards persons who live with him, like his wife or his parents. He does not understand the meaning of things. You give him money and he does not know what it is. Never mind how much you explain to him what to do, he does not comprehend. It seems that the only thing he wants to do is to go to sleep. He **sleeps and sleeps** and it is very difficult to wake him up. He goes from a chair to bed and from the bed to the chair, and falls immediately in a **deep soporous sleep**. He is **lethargic**. When you hear such a story and you do not know the mental picture of *Allium cepa* you will tend to give *Opium* or *Nux-moschata*, but *Allium cepa* fits this mental pathology better. It is interesting that in our books *Allium cepa* is mentioned in insanity, but nowhere could I find any indication of the type of insanity.

He makes **foolish grimaces**, foolish gestures and in general his **behaviour becomes foolish**. He may tease a stranger in the street by making some ridiculous gesture, for instance while travelling in a train he may act as if he were catching a bird. He does not pay attention to others, and has lost the sense of timidity. He may urinate in front of everybody where before he was very timid.

It is interesting that his mode of walking is affected, and he may **walk on his toes** or step only on the lateral side of his feet. If he gets cross with something or somebody, he will go away, refusing to see anybody, going out for a walk alone. There is a strong element of misanthropy in his behaviour.

In this state his relatives will tell you that he is very serious or rather depressive. He will talk very little and seems completely withdrawn into himself, but in spite of this total confusion and withdrawal in which he lives he is able to attend to his needs. He has an increased appetite and there is a great **desire for onions**, for instance onions with olive oil. He can eat a lot of raw onions, sometimes nothing else, and there is a general amelioration. You may see this desire many years before the insanity appears, indicating the predisposition to *Allium cepa* pathology. Usually he avoids cucumbers as they make him feel sick. This is the constitutional type of *Allium cepa*, which can be a very deep acting remedy if it is really indicated.

Generalities

It is a remedy for those who have a tendency to take colds that settle in the nose and eyes and extend to the ears, throat, larynx and the bronchii very rapidly. There is a feeling of rawness in all the different stages of his cold with a copious watery **excoriating** catarrh from the nose which burns like fire and excoriates the upper lip.

Ailments start on **the left side and move to the right**, especially the discharge from the nose. This remedy is **aggravated in a warm room**, in a warm environment, in August, in Spring, with damp weather and ameliorated in the open air and in a **cool room**.

There is also an aggravation as the day progresses towards afternoon and **evening** and we see his cough to be especially aggravated on getting into bed at night.

There is a general aggravation by eating **cucumber** and amelioration by eating **onions**. If you have such a symptom you have definitely a case of *Allium cepa*.

The remedy has the tendency to develop ailments after injuries and operations and it is definitely indicated when there is a thread-like pain aggravated in the evening.

It has a peculiar modality: Faint feeling after urinating. *Aconite* has it also, even more strongly.

Sensation of glowing heat in different parts of the body, the face, the abdomen, the rectum etc.

Perspiration has aromatic odor.

Head

It is not difficult to construct the kind of headaches that this remedy produces if you know the general modalities. It has a dull headache during coryza especially if the watery catarrh slows down or stops altogether. There is an aggravation in warm rooms, amelioration in a cool room, worse towards the evening.

The headache is ameliorated if a catarrh from the nose sets in. Headache ceases during menses and returns when flow disappears.

Headache in forehead, above eyes extending to nose.

Headache in side of occiput in forenoon.

Winking aggravates headache in temples.

Stitching headache in sides of forehead extending to jaw; to teeth.

Sensation as if head was wrapped up in water.

Eyes

In spite of the fact that *Allium cepa* has profuse bland lacrimation it may have a lot of burning, smarting, biting pain in eyes as if there was smoke in the room, causing a desire to rub them.

Lacrimation in a warm room.

Itching of eyebrows in the evening.

Dim vision - candlelight.

Ears

Pain in the ears extending to throat. Shooting in eustachian tube during coryza.

Humming noises in ear while lying.

Distant ringing noises in ear.

Swelling below ear.

Sounds seem distant.

Nose

The elements that prevail are coryza and hay fever. In both conditions we will see **violent and frequent sneezing** with acrid discharge from nose eating the hair of the upper lip.

Hay fever worse in August, returns annually, worse in Spring.

The discharge with coryza is worse in a warm room.

Coryza from flowers; from the odor of peaches; in a warm room; ameliorated in the open air and in a cool room. Worse towards the evening.

Excoriating discharge from left nostril.

Excoriating discharge from nose with bland discharge from eyes.

Coryza during scarlatina.

Itching on the inside of nose on the right side.

Coryza **from left to right.**

Burning, smarting pain in wings.

Pulsation.

Sensitive to the odor of flowers, acute smell.

Acrid discharge when singing.

Face

Cold air ameliorates pains that may appear in the face.

Paralysis of left side of face. Paralysis with profuse urine.

Mouth

Constricting pain in tongue.

Dryness of the root of the tongue.

Burning taste in mouth.

Throat

Colds from nose settle in the throat. Pain as if hooks are scraping the throat.

Rawness of the throat. Pain in throat going from right to left. Drawing pain extending to ear.

Heat extending to stomach.

Sweetish mucus in throat.

Hoarseness. Cold air ameliorates the pain but causes tickling and aggravates the cough.

Pain in larynx on coughing, **making him grasp his larynx.**

Pulsating larynx.

Hoarseness of voice in the Spring.

Tickling in larynx.

Sensation as if larynx is split or torn.

Stomach

Constricting pain in stomach while sitting. Pain in the area of pylorus.
Pain is ameliorated by walking.
Constriction of cardiac orifice on swallowing.
Frothy eructations in the morning.
Canine hunger.
Desires **raw onions** which ameliorate in general, desires raw food.
Cucumbers aggravate.

Abdomen

There is a lot of flatulence with rumbling with offensive flatus. Rumbling in abdomen after breakfast.
There are colicky pains with a lot of flatulence which are worse by sitting, or motion.
Pain in hypogastrium after coition.
Pain in the umbilicus while sitting; this pain can be ameliorated or aggravated by walking.
Cramping, griping pain when getting feet wet.
Coldness in sides of abdomen.
Distension before dinner.
Heat in the afternoon.
Dull pain in hypochondria in the evening; in inguinal region in the afternoon; after coffee.

Rectum

Diarrhea after midnight from 4 to 6 A.M.
Moist flatus.
Glowing heat in rectum. Coldness in rectum.
Constriction preventing stool.
Itching and rhagades in anus.

Urinary organs

Heat in bladder.
Retention of urine after getting feet wet.
Aching pain after coition.
Burning; pressing pain in morning at 10 A.M.
Pain in bladder after coition.
Pain in prostate gland after coition. Walking aggravates pain.
Copious urine with coryza.
Yellow, reddish sediment.

Genitalia - male

Painful erections in the morning.

Painful erections without desire.
Strong erections on waking in the morning.
Pain in spermatic cords extending into testes.
Aching pain in spermatic cords.

Chest

Cold air aggravates hacking cough.
Grasps his throat when coughing, grasps larynx involuntarily at every cough, feels as though larynx would be torn.
Going from warm room to cold air, or vice versa, aggravates.
Oppressed breathing from pressure in the middle of the chest.
Wandering pain in chest.
Pain on swallowing.
Feels pain behind sternum, when swallowing, as if food had lodged there.
Burning pain on sides of chest.

Back

Pain in dorsal region, **right scapula, while lying**; under right scapula after sitting.
Coldness, chill extending down back at 9 P.M.
Shivering extending down back.

Extremities

Joints feel lame, numb, especially the elbow aggravated by motion.
Trembling of the hand in the evening.
Felon. Heat in the back of the hand.
Heaviness of hip.
Weakness in hip prevents finishing coition.
Pain in joints worse evening.
Burning pain in the upper arm extending downwards .
Foot **ulcers** from rubbing of the shoe especially on **heels**.
Urticaria on thighs.

Sleep

Yawning with headache.
Yawning while he is in a deep sleep.
Wakes at 2 A.M.
Dreams of precipices, of high places, the sea, storms at sea; wells.

Skin

Red streaks running up, panaritium, ulcers in heels from rubbing shoes.

Clinical

RESPIRATORY Catarrh. Cold. Coryza. Cough. Hay fever. Influenza. Laryngitis. Pneumonia. Whooping cough.

GENERAL

Fissures of anus. Panaritium. Facial paralysis. Traumatic chronic neuritis. Neuralgia.

Causation

Effects of exposure to damp cold winds and weather. Spring colds, hay fever in August. Wet feet. Injuries. Surgical operations. Mortification.

Relationships

Compare: *Allium sativum*, *Aloe*, *Convallaria majalis*, *Euphrasia*, *Gelsemium*, *Lillium tigrinum*, *Scilla*

It is incompatible with: *Allium sativum*, *Aloe*, *Scilla*

It is complementary to: *Phosphorum*, *Pulsatilla*, *Sarsaparilla*, *Thuja*

Also compare: *Aconitum*, *Chlorum*, *Ipecacuanha*, *Lachesis*

Remedies that follow well: *Calcarea silicata*

Antidotes

Coffee and warm food are inimical.

Dosage

From the lowest to the highest.

Allium sativum

Garlic.

N.O. Liliaceae.

Tincture of fresh bulb

The essential features

Allium sativum is another remedy to be classed among the neglected remedies in our *Materia Medica*. I consider it to be an important and valuable remedy in certain

cases for which *Bryonia*, *Kali bichromicum*, *Sulphur*, *Lachesis*, *belladonna* etc. are given today.

It corresponds to fleshy people with voracious appetites, with chronic **spastic colitis** where there is a lot of gas that cannot come out and that causes pain. There is a pressing pain - from within outwards - in the upper abdomen and along the transverse colon which is aggravated **from stepping**. Walking causes excruciating pains (*Bell*). They **have to lie down to get relief** or **sit in a bent forward position** and **press with both hands**.

Allium sativum people are obliged to keep to a particular diet, for fear of immediate aggravation in their **digestive problems from any deviation in their eating habits**. They may develop heartburns, gas in the abdomen, eructations with much saliva, and strong pressing pains, pressure from within outward. They have a feeling **as if everything inside the abdomen is dragging down** (*Sep*).

In comparing this remedy to others, we see that it has a unique symptomatology, in spite of certain similarities to other remedies. For instance, in spite of aggravation of abdominal pain on stepping, we do not see in Allium sativum the general sensitivity of *belladonna* from jarring. In Allium sativum only walking or **stepping** causes such severe pains. Then he feels that **everything inside the abdomen will be torn apart**.

In this remedy we shall find a characteristic of *Lach*. which is a general **amelioration when the flow of menses has been established**. But in Allium sativum we shall see also that the **symptoms return as soon as the flow diminishes**, while in *Lachesis* they remain ameliorated until the beginning of the next flow. In Allium sativum this kind of amelioration is very prominent in conjunction with **headaches** and **vertigoes** while in *Lachesis* we see it also in almost all symptoms, especially mental and abdominal.

Another interesting symptom is aggravation while reading. The moment he **tries to fix his eyes** to read a book **symptoms start** appearing, especially in the eyes and mouth.

This remedy is also indicated in chronic **bronchial catarh with dyspnea** where there is constant coughing associated with a **very fetid breath during the cough** (*Caps*) and with expectoration of stringy, **ropy mucus** (*Kali-bi*) with dry lips. In some cases, you may see another type of patient: thin and emaciated with low blood pressure, empty feeling in stomach that forces him to eat, but without appetite, a kind of a tubercular patient.

The Allium sativum patient is **restless** and **anxious**, his restlessness is aggravated when he is alone. The inner restlessness is such that sometimes he may develop an **impulse to run**. Dromomania (*Tarentulla*). This tendency appears also as a psychological need to **escape** from unpleasant situations. Many patients are sensitive, irritable, and impatient, difficult to please and seemingly do not know what they want.

The most characteristic feature is their **suspiciousness in matters concerning their own health**. They occupy themselves so much with this theme that they eventually become a very special kind of hypochondriac. They go from one doctor to another, receiving all sorts of advice, but if you offer them a medicine, even when you explain to them that the remedy is harmless, they look at you with suspicion and are **very cautious in taking the prescribed medicine**. At home they may take the tablets or drops for some days but it seems as if that only increases their **hypochondriacal anxiety** and despair.

These pills don't help me at all. They are not good for my body.....Is it possible that this medicine may be poisoning me? I cannot bear any kind of medicine. Nothing can help me, I am incurable, etc., are typical remarks of Allium sativa.

These patients are sometimes really very ill, not only in their imagination, but they **cannot tolerate any kind of medicine** and therefore the **fear** or **conviction** finally arises that nothing can help them and **that they will never get well again**.

It is mainly in this situation that they are **restless**, **sad** and low spirited especially **when alone** and not distracted by others from their anxious wandering thoughts.

And then the above mentioned **impulse to run away** takes over in order to escape from all that.

Even **sleep** is frequently very restless and **disturbed**. Sometimes it may be impossible for the patient to sleep on account of darting pains in the chest, or because of a sensation of a weight in the stomach or simply just because he is thirsty. On falling asleep his muscles begin to twitch and he has shocks in the feet. The Allium sativa case may not only weep in his sleep, but may also have a feeling of oppression in the chest or may wake up frequently due to a sensation of coldness.

The general restlessness occurs in dreams as well. He has frightful, anxious dreams or he may dream for example of rapid transits from place to place or of water and storms, and the dreams may continue even after waking.

Allium sativum may also be of service in special kinds of neurological symptoms which manifest themselves mostly as lassitude and **weakness of the lower limbs**. This peculiar muscular weakness of the legs is sometimes so great that the patient feels that it would take too much effort even to climb a few steps.

A kind of general lassitude and torpor have also been observed. This can particularly be the case in **children**, who are usually very pale, typically emaciated, the bowels working only sluggishly. The **back** may be **so weak that they do not learn to walk**. These children are sometimes so drowsy that they appear lifeless.

Some general symptoms and keynotes

Garlic is a very old remedy. It was known in ancient Indian, Egyptian, Roman and Greek medicine as a very potent remedy against many diseases. The only reason why it is not used more frequently in Homeopathy seems to be the insufficient experience that we have with this plant.

Since *Allium sativum* has been proved by Petroz and Teste in the year 1852, homeopaths have mainly used it in chronic dyspepsia and chronic bronchial catarrh, but also in other parts of the body such as in the region of the head and of the lower limbs, where we can find interesting symptoms.

The classical description of *Allium sativum* is a dark complexioned, well-fed person with a strong constitution and firm flesh although he may be disposed to **corpulence** and obesity quite frequently.

He **likes a good living, loves eating very much**, this being indeed one of his favorite occupations in which he can indulge with excessive abandon. He is nevertheless rather a gourmand than a glutton. He may not in general be very fond of vegetarian food, and **prefers meat**, a good juicy steak for instance, which may be accompanied by a desire for butter.

But to his great regret, a time comes in his life where he can no longer tolerate this good living anymore. At first he only has **complaints after** overeating, but very soon he is **compelled to keep to a special diet** because his **stomach** or his **bowels** are **disturbed by the slightest deviation**, by the least change of **his usual food**. He may even get complaints if he drinks water which is not good enough.

After he has eaten he must belch, has heartburn and **burning eructations** which excite a **copious salivation**. The saliva is often **sweetish** and a great amount of it accumulates in the mouth especially after supper and during the night, although the tongue may be dry at night. He sometimes also has the sensation as if something cold followed by something hot and stinging ascends the esophagus.

He feels a burning in the **stomach** which is **very sensitive to the least pressure** but painless as long as it is not touched. Or he may have pressing **pains as from a stone** or a weight in the stomach. He may also feel a weight in the hypogastrium (the region of the lower abdomen) immediately after a meal and **everything in the abdomen seems to drag downwards**.

After a meal he is very drowsy, and complains about **chest problems** like **palpitations** or **dry cough** which are presumably caused by the formation of gas in the abdomen. This **flatulence** is connected to an incomplete emission of fetid flatus as if the wind were held back in the bowels.

The abdominal pains can really be terrible, especially the **wind-colic**. In a similar way to *Lycopodium* or *Momordica* he complains about a **pain just below the left ribs** in the region of the transverse and descending colon. Or he feels a pressure **in the upper part of the abdomen** - in the epigastrium and transverse colon - which **forces him to sit bent forward** and **to press with both hands** in order to get relief (like *Coloc.*) and these pains become **unbearable while walking around**. **Every step causes an excruciating pain as if his intestines were being torn apart** and **he must lie down** to get relief.

Even a **constipation** is connected **with almost constant dull pains in the bowels**. The stool itself is at first more or less normal, but then **watery** and **hot**. Prolapsus ani may also be possible.

As one would expect in chronic disturbances of the stomach and bowels the appearance of **the tongue** is mostly abnormal. It is either furred white or **pale with red papillae** or smooth with dwindling of the papillae.

After this kind of dyspepsia has lasted a long time and has become chronic, **he grows afraid of never getting well**, especially because every little change in his usual manner of living increases his complaints afresh.

When he is alone he feels uneasy, depressed, restless and gets more and more anxious about his state of health. But in a strange way, after going to the doctor to have a check up, he either takes the prescribed medicine for a short time or not at all as though he had a **fear of being poisoned**. *What shall I do with this stuff? I can't take anything, not even my normal food. I can't bear any kind of medicine either.* He would like to escape from the whole situation but there seems to be no way out.

The *Allium sativum* person who in the past has loved good living so much has eventually become an **oversensitive, hypochondriacal** patient, restless, anxious, impatient, **not pleased with anything**, neither with his food nor with his medicine.

Of course, all of these mental symptoms can occur in other chronic diseases as well although they seem to be particularly typical in gastrointestinal disturbances.

Another main indication of *Allium sativum* are **diseases of the respiratory tracts**.

In earlier times, garlic had been used not only as a prophylactic but also with germicidal expectations in chronic congestion of the bronchi with phlegm, as for instance in tracheitis, bronchitis, bronchiectasia, pulmonary emphysema, asthma, and even in tuberculosis. Besides the old herbal healers report that garlic is especially useful in general complaints like coughs and sneezes which are **caused by cold air**, mist, humid, or **cold-wet weather** and sticky air.

In an incomprehensible way, in spite of all these empirical experiences, we rarely use it in these diseases, although garlic has also produced very clear symptoms in homeopathic provings:

In coryza, there is either an increased secretion with slight stoppage of both nostrils or the coryza is rather dry than fluent **with pressive pain from above the**

root of the nose... Heaviness in forehead.... Pressing pains in head from within outward. These symptoms indicate that *Allium sativum* is probably a good remedy in frontal sinusitis.

Catarrhal deafness of the left ear. In addition the auditory canals are sometimes stuffed up by hardened earwax or hardened crusts.

Accumulation of **mucus in throat** with heaviness of head in the morning. Voice rough and hoarse.

Chronic catarrh of windpipe without fever but with difficult breathing and moist cough.

In **chronic bronchitis** with continuous mucous rales the **expectoration of extremely copious mucus** occurs especially **in the morning after leaving the bedroom**. The expectoration may be a thin, yellowish, purulent-looking, blood-streaked mucus of putrid odor but often the sputum is **tenacious, glutinous** or even **ropy** and very **difficult to raise**.

Also without much expectoration the **cough gives rise to a perceptible fetid smell**.

The cough itself is not only aggravated in the morning, but also by bending the head, after eating and in the open air. Especially **while smoking** a cigarette the patient has **sudden paroxysms of a hard, dry cough**. (Herbal healers use garlic as a kind of antidote against the consequences of chronic smoking.)

In the region of the head there are some keynote too. For example **dull pain in occiput in morning when lying on back**. That is interesting because it is a pathognomical symptom of high blood pressure. And indeed garlic is one of the few plants which is well known for having an influence on hypertension. Low blood pressure with transient vertigo on rising from a chair may be also be possible.

Another important symptom is a **heaviness** in the head, particularly **in the forehead, almost preventing him from opening the eyes**. In women this **heaviness of the head ceases with the onset of menses but returns after the flow has stopped**. **Vertigo too ameliorates as soon as the menses appear**.

Another characteristic symptom is that **vertigo comes about when the patient looks long and steadily** on anything, fixing the eyes or exerting them, (like in *Nat-m.* and *Phos.*).

Not only the vertigo, but also some **catarrhal symptoms of the eyes** with agglutinated lids, smarting, burning lachrimation may be caused or at least aggravated if **he exerts his eyes by reading** at night.

Even some **mouth symptoms** like drawing in the teeth, swollen gums and a sensation of a hair on the tongue may be **worse from reading**.

These days, it is probably possible that all these symptoms also occur while staring steadily at a computer screen or watching television. (As you can see garlic is not only good against vampires and Count Dracula)

The **feeling of a hair on the tongue** is another Keynote (like in *Kali-bi.* and *Sil.*) which for example may occur during the night or in the morning, especially on waking. Some symptoms of the **bladder** and of the **female genital organs** are also worth mentioning.

Bladder distended, can bear no pressure, with continual urging to urinate, but only a few drops are passed.

Ulceration of bladder caused by calculi. (This is only one of the many symptoms which we can find in Kent's Repertory although it is not an observation of homeopaths, but rather of the "Old School" i.e. of herbal healers.)

During menses pustules may develop on the vulva or a soreness of vulva and the inner side of the thighs. Also bright red spots with itching and smarting on the inside of the labia majora and at the entrance of the vagina have been repeatedly observed. The mammae may be swollen and painful to touch.

Apart from the symptoms of the lower limbs which have already been described at the end of the first chapter I also want to draw your attention to a special kind of **hip-pain** against which we do not have any remedies.

Allium sativum has a special affinity to rheumatic, sometimes tearing pains in the hip, in particular when they are connected with pains of the common tendon of the iliac and psoas muscles. **On the attempt to cross the legs the pain in the tendon of the Musculus iliopsoas** becomes so severe that the patient has to cry out.

Also **when lying in bed he cannot change his position**, turn to the other side for instance, without pains. **The least active motion causes or aggravates the pain** i.e. when the affected muscles are actively tensed. Therefore the patient has **no pains by passive motion** when for instance he lifts his leg gently with the hands. Incidentally, some pains of the lower limbs are worse from change of temperature and moist heat. But damp cold weather can also cause tearing and stinging in different parts of the body.

The most interesting symptoms of the upper limbs are presumably the tearing pains in the fingers extending below the nails, the dry heat on back of hands and the peeling off of skin on the hands.

Before I conclude the description of *Allium sativum* I would like to point to the importance of this remedy for **old people**. In nearly every country, even in ancient Indian medicine, garlic is known as a rejuvenating and life prolonging plant. Modern phytotherapists sometimes call garlic a geriatricum with a definite effect on arteriosclerosis, high blood pressure, hypercholesterinemia, diabetes mellitus, disturbances of stomach and bowels and other diseases of the aged.

Aloe socotrina

Aloe vera, Barbadosensis vel Socotrina, Aloe Socotrina

N.O. Liliaceae

Family: Jussieu [vegetable substance] - Hexandria monogynia, L.

Mode of preparation: A tincture is made from the fiery red gum of the plant by trituration.

The essential features

This is a remedy that primarily affects the digestive system and more especially the end of the large intestines. Its tendency is to produce an engorgement of the veins causing fullness throughout the body, but more especially in the liver region, an abdominal, rectal and intestinal fullness. The main pathology in which you will find Aloe to be indicated is **spastic** or ulcerative **colitis**.

I have found, however, that the great characteristic of this remedy is a **preoccupation** that the patient has with his pathology, that is to say with the whole cycle - eating to excreting. Aloe is easily disturbed by the intake of food, its digestion and its expulsion.

If you should have such a case, and treat it for a long time before recognising it, you will find that the patient takes on a hypochondriacal attitude towards his "stool" and the disturbances that accompany it. The patient may complain constantly about being unable to have a normal stool, and though there may be several stools a day he remains unsatisfied.

Actually Aloe can produce a state where the intestines work intensely, as if inflamed for a few days, where the patient may have several stools a day, and then for a certain period of time there may be total inactivity. Stool is not diarrhoic, but soft, unformed and can come several times in the morning, for several days, and this in a crescendo, e.g. three times the first day, four times the second, five times the fourth etc. This can then be followed by an obstinate constipation for two or three weeks, during which there may be no stool, or very little, passed with great difficulty.

Together with this or a similar situation the patient may feel an uncertainty concerning the rectum. He may often pass some flatus, and accompanying this, or instead of it, a little bit of a soft stool. The patient knows this and tries to control it, but there is excessive flatus in the abdomen and a lot of rumbling and gushing; much gas is evacuated with stool, but he gets little relief and you will tend to prescribe *Pod.* or *Lyc.* with little or no effect.

This syndrome seems to annoy the patient tremendously. He may become angry against his disease and almost constantly preoccupied with his stool. *Why can't I have a normal stool? Where is this condition going? Am I going to have a normal stool or not? Today I did not have any stool,* and so on and so forth. He is so preoccupied with it that he will give you the impression that he is very anxious about his health. If you ask him directly whether he is afraid of having cancer he will deny it but he will accept that this whole situation annoys him tremendously and makes him somewhat anxious.

There seems to be a **disturbing feeling originating from the rectum**; this may be due to a number of causes, namely: an **intense itching deep in the rectum**, a sense of **fullness** as from the presence of stools that cannot come out, deep pain from hemorrhoids, the fact of having mucus in the stool, or some involuntary discharge of stool or mucus. Whatever the cause, the result is always the same: **tremendous annoyance** that leads the patient to despair, and sometimes leads him to put his finger right into his rectum to relieve the itching or whatever other feeling may be there.

Your final observation will be that "his stool and his rectum" **preoccupy** his mind so much that he cannot think of anything else; this at least is the impression that he will give you.

A grand keynote of Aloe that can always guide you to this remedy is the **lack of control** he has over the **sphincters** of the anus in both acute and chronic conditions. Kent describes this beautifully for the acute state: *"Dysenteric and diarrhoic troubles. In the attack of diarrhea there is gushing of thin, yellow, offensive excoriating faeces, which burn like fire, and the anus is sore. He holds the stool with difficulty, does not dare take his mind off the sphincter because as soon as he does so the stool will escape. He cannot let the least quantity of flatus escape, because with it there will be a rush of faeces. With the Aloe diarrhea the abdomen is distended with gas, causing a feeling of fullness and tightness, and he must go often to stool.*

Little ones soon after they begin to walk, will drop all over the carpet, involuntarily, little yellow drops of mucus and faeces... There is a lack of control of the sphincter. This state is not always confined to diarrhea because sometimes children will go around dropping involuntarily little hard, round, marble-like pieces of stool. They do not even know the stool has passed... "

I had a case of chronic spastic colitis with a lot of rumbling and flatus and distension, with little pain in the abdomen and an amelioration in the evening and I

prescribed *Lycopodium* in different potencies with very little effect, then I gave *Gambogia* and *Podophyllum* and waited but no effect. I took the case again and again until I learned, out of a direct question, that sometimes the patient would have a little involuntary stool thinking that it was flatus; she confessed further that at least three times during the last few years she had had an involuntary stool during sleep that passed out unnoticed, a complete evacuation. She was too shy to tell me all that from the very beginning, and did not think that it was that important as it happened infrequently. Aloe brought about a relief not only of the spastic colitis but of her mental state as well.

Looking upon the case in this way we notice the great annoyance which the patient suffers from the stool and rectum. The patient becomes **irritable and hateful**, dissatisfied, **discontented** and his conduct **repels others**. The Aloe case may become cross and peevish, without any reason, but especially in cloudy weather.

Dissatisfied and angry about himself. In the text it says loathing of life during pain, irritability during pain. All this seems to be connected with the functioning of the digestive cycle.

Sometimes the patient may become particularly angry if somebody expresses a different opinion; he then has to restrain himself not to hit the other person, not to be violent. All this turmoil upsets him enormously however, and he starts having pains in the abdomen, and more distention and more flatulence and more irritability. He knows that by becoming so angry inside **he will have to suffer**.

Aloe appears to be a rather **calm and stoic** individual in spite of such inner irritations. To others he looks calm and serene and takes up a rather philosophical attitude. He looks **content**. Aloe individuals appear to be phlegmatic and indolent. Underneath there is actually a state of **indifference**. Indeed I have often found a state of **resignation from life**, an attitude such as: "I know there is no hope. I will die soon, but it does not matter really". A loathing of life is apparent, where it seems as though he were not interested in continuing to live, though the pathology does not at all justify such an attitude. In the books we read: "Tranquility, serenity, reconciled to fate." Further on we read: "**predicts the time of death**", but this symptom, if you should find it, is only expressed in this way in the acute states.

There is a strong **fear on seeing blood** which may cause Aloe to faint, also fears of doctors, of hospitals, of being alone and of high places.

Aloe people seem to be rather closed up and do not establish deep relationships.

The Aloe organism is one that **goes up and down easily**, and has **alternating states**. For instance he can be excited easily, the face becoming flushed, heated up, the mind racing with thoughts crowding each other, and then a change can take place leading him to a state of lassitude and indifference. The mind can be very active for a certain time, followed by periods of exhaustion and **indolence** with an aversion to mental work. Mental exertion makes him feel worse.

This kind of functioning of the mind, for instance discontent in the morning followed by contentedness in the evening, is similar to the one we see in rectum: a lot of successive stools and then a period of constipation.

In remedies we must try to see patterns rather than symptoms; be aware, however, and make sure you see the real ones and not imaginary ones. Once you understand the pattern you can recognise it with greater ease in a case than a keynote which can often be misleading.

A usual time of **aggravation** for Aloe is undoubtedly the time **after eating**. Immediately after eating his **mood changes**, he wants to be by himself, wants to remain silent, immersed in his own thoughts. Many times he becomes anxious or indifferent. He may have fainting spells, vertigo or headache. A similar condition will appear in case of abnormal or inefficient stool.

What is important for you to remember is that his mood changes **once the process of digestion starts** and will not stop until it is finished. Of course this is an exaggeration, but the underlying idea, the pattern, is correct.

It is an organism that **labours** under the effort of **processing food and expelling the waste**. It is aggravated with irritability **before stool**, or if the stool is insufficient, but we do not see the real amelioration after stool characteristic of *Natr-s.*, or *Calc-carb*. On the contrary we see a general weakness, a faintness after stool, and in severe acute cases Aloe may fall into unconsciousness during stool.

The time of amelioration of this remedy is in the **evening**, the anxiety, the irritability, the discontent, the sadness are all better in the evening.

Generalities

Suitable for obese people with sedentary habits, of a lymphatic or hypochondriacal temperament. Phlegmatic, indolent.

We must stress also the **portal congestion**, the portal stasis and the propensity of this remedy to manifest haemorrhoids which protrude like "a bunch of grapes".

Weakness with perspiration; entering a warm room; after vomiting; from sour food.

Fainting after diarrhea, also after stool.

Desire for cold air.

Sensation of congestion and fullness all over the **surface** of the body.

There is orgasm of blood with anxiety and restlessness.

Sensation of a plug internally.

Aggravations: There is a general **aggravation from heat**; after eating; from oysters; **in warm season**; in a warm room; in the morning at 5 or 6 a.m. Aggravation of colitis symptoms with beans and peas.

Amelioration in cool open air, with cold applications, passing flatus, after tea. Needs stimulants

Aloe has a reputation for clearing a case after a lot of medication. I have not been able to understand this reputation or to justify it.

Vertigo - head

There is a peculiar vertigo as if elevated higher than he actually is, as if he is sitting in a very high chair, which is felt mostly after meals.

Vertigo while reading; after fright; from stooping; rising from a seat; after congestion; from sun; from suppression of menses; from concussion.

A child during teething turns suddenly red and falls unconscious.

Head **congestion** due to venous stasis. He has to sit up. The head feels hot and he wants something cool on it.

Burning headache as of brain agitated by boiling water.

Hyperemia of the head during stool. Pain in the head before stool. Headache from insufficient stool.

Dull headache across the forehead **with heaviness in eyes and nausea**.

Headaches are **aggravated by heat and ameliorated from cold** applications.

Headaches before and after menses, ceases during menses.

Sensation as if air is passing through the head. Sensation as if the head is enlarged.

Pain in the temples extending to eyes.

A great peculiarity of this remedy is **the alternation of symptoms** of the head with different other symptoms.

Head symptoms **alternating** with **abdominal** or **uterine** symptoms or with **back pain**, lumbago. Headache **alternating** with **hemorrhoids**.

Dandruff.

Eyes

Congestion of eyes. Lacrimation.

Closes the eyes partially from pain in the forehead.

Twitching of eyelids during day time, more of the left. Pain deep in the orbits.

Flickering before the eyes. Colours before the eyes; yellow rings moving in front of the eyes.

Dim vision while writing. Scotoma.

Ears

There is a peculiar **sensitivity** towards sounds, mostly **musical**, which can make her tremble. She hates it (in hysteria).

On pressing the teeth together a sensation of numbness behind the ears.

Tearing pain in left and then in right ear.

Noises and pain in ear while chewing. Cracking noise while moving the jaw.

Nose

Coldness of the tip of nose.

Redness of nose in the cold open air while the rest of the face is not red. Bleeding after waking.

Dryness of the nose.

Burning pain during coryza.

Face

Heat of the face during excitement and during headache.

Lips **dry and cracked**. Dry and scaly, continuously licks them with the tongue.

Lips red, cracked and bleeding.

Mouth

Yellow white discoloration of tongue.

Sensation of coldness of the left side of the tongue.

Sore spots inside cheeks. Difficult to protrude the tongue, causes pain. Yellow ulcers in the mouth and tongue.

Taste like ink or iron in the mouth. Metallic taste.

Tongue and mouth dry.

Accumulation of saliva in the mouth.

Sensation as if the palate was swollen.

Throat

Thick lumps of jelly like mucus in the throat which come out easily early after rising. Rough, as if burnt.

Pain in the throat as if soft palate and uvula were swollen.

Stomach

In the stomach in general we observe an immediate association between the appetite and eating and the functions of digestion. There is definitely an imbalance which appears in different ways like :

Increased appetite in the evening, also in the **morning after stool**.

While having diarrhea the appetite is increased.

After eating there is pulsation and sexual irritation.

Hungry after stool. **Empty feeling in stomach after stool**.

Indigestion.

The stomach is **disordered from beer** and from wrong diet.

Desires juicy things, fruits, especially **apples**; salty things. Aversion to meat or desire for meat.

Thirsty during eating. Thirsty after supper.

Bitter eructations and pains after drinking water. Pains after breakfast.

Eructations ameliorate a feeling of heaviness in the stomach.

Sour things disagree with him, cause indigestion and a general feeling of weakness.

Pain in the pit of stomach from a mis-step.

Hematemesis.

The stomach pains are worse from jar and motion and usually extend upwards towards the chest and throat.

Vomiting of thick mucus on going to stool, or after drinking water.

Distension of epigastrium and both hypochondria.

Fullness in epigastrium with great desire for stimulants.

Abdomen

In the abdomen we see a lot of characteristic symptoms as this is the area of special action of this remedy. The fullness, the distension, the dragging down sensations prevail.

There is **fullness** due to portal stasis, **irritation** of the mucous membranes of the intestines with a lot of mucous discharge and **weakness** of the muscular structure especially of the **sphincters** of the anus.

The abdomen feels **full** and **bloated** with **gurblings before stool**. There is heaviness in lower abdomen with dragging down sensation. Prolapse of rectum.

Distress and a kind of anxiety felt in the abdomen before stool.

The pains in abdomen tend to **extend** to different directions. It is one of very few remedies that have this tendency.

Pain in the hypochondria **extends to the chest**. Pain extends from the **inguinal region down to the legs** and knee.

Pressing pain from the sides **extends to the navel**.

Pain from the umbilicus or **the lower abdomen extends downwards**, to the anus. The peculiar thing is that this pain will appear immediately after the stool or in the effort to have an unsatisfactory stool. The pain is better lying on abdomen or bending forwards.

Dull pain, uneasiness, tension in the liver region, worse **when standing**, has to bend forwards.

Discharge of flatus relieves pain in the abdomen.

Sensation of pulsation during night in bed.

Constant rumbling in abdomen, with a feeling as if they must have a stool, but no evacuation following (in cases of severe gastroenteritis).

Rectum

Sense of **insecurity** in the rectum, he is not sure whether stool or flatus will pass. **Stool escapes with the flatus** or even during urination. It seems that the least pressure on the sphincters will make them give in. Before stool, much rumbling in the bowels, accompanied by the escape of large volume of wind.

Involuntary stool during sleep, after eating, during urination, on walking. The stool is formed and can also be hard.

Stool passes **unnoticed** in little children.

Has to rush to the toilet otherwise feels that he will loose stool

Sensation of paralysis in the rectum.

Sensation of a **plug** between the pubis and the coccyx with urging to stool.

Bowel motion every time he moves around.

Anus feels weak, **mucus oozes out**, soils the underpants and irritates the patient tremendously.

Hemorrhoids that protrude like a bunch of grapes.

Diarrhea: after eating **unripe fruits**, oysters; from been **overheated**; before **menses**; from **vexation**

Diarrhea early in the morning about 5 or 6 am, driving him out of bed.

The diarrhea is better when **lying on his abdomen** and worse when **standing** and worse walking

Diarrhea alternates with constipation.

Constipation of old people. Constant desire without effect. Can pass a stool only when urinating.

Intolerant itching in rectum, ameliorated by cold bathing, has to stick in his finger to ameliorate the distress.

Stool burning excoriates rectum
Pain in the rectum **extends** to abdomen.
Burning pain in the rectum **after flatus**. The burning is ameliorated by **cold bathing**.
Cutting pain after stool.
Pulsation in rectum while sitting.
Sudden urging for stool on passing flatus; after eating; on rising; while standing;
all symptoms pointing out again the basic **weakness of the rectum**.
Stool: **cream colored**,
first hard and then soft
hot, **burning** excoriating the rectum
lumpy and liquid
sputtering
watery, bloody, yellowish-greenish.

Urinary organs

Involuntary urination in the aged, bearing down sensation and enlargement of the prostate gland. Dribbling with enlarged prostate.
On passing urine feels that stool will escape.
Frequent urging with burning during urination.
Urination retarded, must wait for urine to start.
Sediment bran-like, granular.
Urine copious, offensive, **putrid**.

Genitalia - male

In the male we see either impotency with coldness of the scrotum and indifference, no desire at all, or easy excitement especially after the urethra has been stimulated with urination or involuntary emissions.
Penis shrunk, atrophied, testicles cold. **Impotency**. There is neither desire nor erections. They can be easily disappointed from their own performance in sex, they feel they cannot satisfy the partner, which makes them lose their desire and potency. In general the libido is not strong.
Erections in children.
Involuntary emissions during sleep at night, in the morning and during siesta, followed by sexual excitement and erections.
Sexual irritability, erections without desire after eating. Sexual excitement after urinating.
Seminal emissions from slight fright, from noises.
Affections of the prostate gland.

Genitalia - female

The desire for sex is less than normal and the pleasure is local.
Fullness and heaviness felt in the uterus, feeling of congestion worse when standing.
Labour-like pains extending to the rectum or to thighs.
Menses early and profuse. Menses can easily be suppressed if she takes a cold bath, even washing herself locally the menses may stop.
Leucorrhoea of bloody mucus preceded by abdominal colic.
Cold feet during menses.

Chest

Hoarseness of voice on waking in the morning.

Tightness of chest, congestion. Bronchitis.

Cough which is **better on lying on abdomen** and worse standing.

Cough worse in the act of **rising from a sitting** position.

Winter cough with tickling.

Respiration difficult, impeded because of stitches on the left side of the chest.

Pain in chest from rising after stooping. Pain on the sides of chest on bending forwards.

Pain in the heart extending to back. Pain on deep inspiration.

Back

Pain in lumbar region alternating with headaches or hemorrhoids.

Pain in back on beginning of menses.

Pain from lumbar region extending to rectum.

Pain in sacral region worse sitting and better moving about.

Extremities

Coldness and **numbness** of the extremities are very prominent symptoms in this remedy.

Cold hands **alternating** with cold feet. Cold hands with hot feet. Warm feet with coldness of the rest of the body.

Pains of the extremities of all kinds. Pains as if bruised, dislocated.

Drawing pains in the joints.

Soles painful walking on a hard surface.

Feet burning during fever, uncovers them.

Sleep

Sleep is easily disturbed by joyful news, from coldness of hands or feet, after midnight until 5 a.m.

Wakes early at 5 or 6 a.m. with urging to stool.

Sleeplessness from itching of the anus

Dreams amorous; of stool, excrements, **that he is soiling himself**; of becoming insane. Dreams of monsters.

Fever

Heat in spots.

Succession of stages, heat and then sweat and then heat again.

Skin

Eruptions mostly in winter.

Spots that once scratched become painful and sensitive. Heat of the surface of the body.

Clinical

Affection of anus. Constipation alternating with diarrhea. Gastroenteritis. Cholera.

Dysentery. Hemorrhoids. Proctitis. Prolapsus uteri, anus. Affections of prostate.

Lumbago. Pain in sacrum.

Causation

Sedentary habits.

Relationships

It is related to: *Aeculus, Podoph., Sepia*

It is complementary to: *Sulphur*

Remedies that follow well: *Kali bichromicum, Sepia, Sulphur and Sulphurosum acidum*

Antidotes

It is antidoted by: *Sulphur, Mustard, Camphor, Lycopodium* and *Nux vomica*.

Dosage

From 3x to the CM.

Alumina silicata

Andalusite rock - Alumina 63, Silica 37 parts.

The essential features

This is another interesting remedy about which we do not have enough information. Most of the symptomatology comes from Kent and from the few cases where I have prescribed it so far. I am convinced that this is going to prove to be a very important remedy once we know more about it.

You may need this remedy in the **deepest** and most **stubborn cases** you meet in your homeopathic career. It is a remedy that contains in its pathogenesis elements from all three remedies : *Alumen, Alumina* and *Silica* and yet it has its own individuality. What is striking in my experience is the fact that those patients who need this remedy may present symptoms which are not very obtrusive, but **deep** and disturbing on a **permanent** basis. It seems that once an Alumina silicata symptomatology sets in there is no interval in the suffering of the patient, it is there all the time, day and night. In this way the patient becomes a victim of the most deep and

annoying symptomatology. This subtle but incessant suffering becomes a great element of this remedy. For instance a woman may take to her bed for most of her waking time for years complaining of a nondescript lassitude.

It so grasps the system as to slow down its action and defences and leaves the patient in a miserable state. The brain seems not to work or **works very slowly**, as if clouded all the time; there is no moment when Alumina silicata individuals feel their mind is clear, and it is only in the evening that there is a little bit of an amelioration. They complain that their **thinking processes have been diminished** to the extent that they seem to themselves to be useless individuals. A usual expression is "I have become an invalid". They **abhor any mental labor** and slowly start giving up their everyday activities one after the other. This process takes a long time to develop, even years, but it is a steady and sure decline of the organism.

It is useful at this point to state a warning about this remedy: **do not be in a hurry to change it if you see no apparent results within two or even three months**. There is a definite similarity between the long process of time taken by the organism to develop the disturbance and the time needed for the cure. Yet in order to wait so long you must see some subtle, minute changes especially in energy levels and in a clearing of the mind.

This long process of development also takes place in the peripheral nervous system, where we see a course of very slow, gradual paralysis. The extremities become heavier and heavier, the body feels heavier every day and eventually they cannot lift their legs to step up a few stairs; the lassitude is so great that they take to bed.

We can see the same story with the constipation, which is stubborn and persistent, which nothing can help. The Alumina silica case will give you a story of **progressive constipation**, in the early stages of which the problem was not so bad, but which eventually came to the point where none of the laxatives could help. They have to strain a great deal, even with soft stools, and then only a small, unsatisfactory amount is passed.

Together with such conditions you may have **chronic stubborn headaches** where the patient complains of nondescript pains in the head - not severe, not excruciating but rather a kind of headache that paralyses the mental faculties of the patient rendering him "useless". These types of headache can be so persistent that the patient cannot perform his daily duties, the mind is clouded and he becomes irritable, irascible and dissatisfied.

In such cases you get the impression that the liver is torpid, slow, congested, not functioning properly. Bilious headaches.

The patient is **irritable, never satisfied** or happy as he feels that he cannot enjoy anything. He cannot take any heavy food, and experience teaches him to take good notice of everything he eats, and make sure that it be pure and simple and easily digestible. Often complete fasts are necessary for Alumina silicata patients to keep their health in a tolerable condition. Fasting seems to help the headaches, the constipation, the torpidity of the liver and the cloudiness of the mind and, in general, the congestion of the organism.

You may find yourself wondering how these people keep going as they lose flesh all the time, becoming anemic, emaciated, disturbed by any kind of heavy food, by cold weather, feeling constantly tired and having to have frequent rests.

Resting and warmth bring the greatest **amelioration** to Alumina silica, though they may desire the fresh air and may feel heat in the head. Any strong excitement or motion will aggravate their condition.

Alumina silica cases are closed in on themselves, year after year. They become more and more timid, introverted and reserved, and cannot face the challenges of life. They are very sensitive to criticism and easily offended but will not show it, attempting to hide it. They will suffer silently and deeply without making a strong point about their suffering. They have a desire for solitude, the presence of other people aggravates their symptomatology.

It is only if they are **depressed**, that they get some **relief by telling some friend** about their misery and depression. They don't like crowds of people, preferring the company of one person only, and they are better when alone, like *Sepia* in some respects, especially in their energy.

These patients are **critical, dissatisfied, never happy or content**. It seems as if they cannot enjoy the good things in life; they are displeased, dissatisfied with everything. They **cannot tolerate contradiction** and easily feel hurt and start weeping. They do not like to get into arguments as they know that if they get angry or upset this will cost them a lot, with more headaches, more constrictions, more cloudiness of the mind, more misery. They become morose, peevish, ill-humored.

With the decline of Alumina silica's mental faculties, **indecision** sets in, due to the fact that they cannot think clearly. They develop **aversion to work**, they feel mentally fatigued, prostrated. If they force themselves to study or to do some **mental work** they are **aggravated**, and even develop symptoms from mental work.

Other mental symptoms are: dullness, **difficulty of thinking** and comprehension. Difficult concentration, worse in **the morning on waking** where they feel confused, as if the brain were congested and torpid. They are absent-minded and make **mistakes in speaking and writing**, using wrong words. **Deficiency of ideas**. Weakness of memory.

And in the midst of this mental confusion Alumina silica patients develop an **anxiety** as if they were guilty, as if they had committed some crime. They are constantly reproving themselves, even feeling remorseful. They may also develop a covert anxiety about their health, or an anxiety in the evening, at **night** and after sleep. Eventually they become fearful, living in a constant state of fear, especially in the morning on waking. Apprehension that they will lose their sanity. This fear is

mostly apparent **on waking in the morning** where the mind is most confused. She thinks that she is growing smaller and that she will fall if she rises to her feet. Such numerous problems frequently cause these patients to fall into indifference, apathy, and eventually states of depression where they feel that they cannot go on living like this; they may wish to die, loathing life and contemplating suicide. Eventually a passive kind of insanity may develop with great mental weakness, religious affections and hysterical laughing.

Some general symptoms and keynotes

The patient has a desire for cold air but cold air and **cold** in general **aggravate** all complaints; he is much worse after becoming cold. Great coldness during the pains.

Even chilliness after eating is possible. (But cold applications ameliorate the headache and the crawling and itching of the female genital organs.).

Worse from cold drinks, cold water, milk but also from very warm food.

Warmth and warm applications **ameliorate** but a close warm room aggravates and the extreme heat of summer takes her strength. She wants her body wrapped up, but wants her head in cold air.

All pains are **worse** from **excitement** and **motion** and are **better** from perfect **rest**, especially from resting in bed. (Yet some symptoms are worse lying in bed or lying on back.).

Walking fast, lifting or **any exertion aggravate**, even standing, rising up from bed or chair and going up stairs.

The brain, spine and abdominal viscera are extremely **sensitive to a jar**, as in riding in a car or wagon. Pressure sometimes increases and sometimes helps the pains.

The patient is **better** from **fasting**. He feels a general amelioration of his condition if he eats nothing, or only very small quantities of food, and he does so in a very strict manner.

Constriction is a general symptom that applies to all parts of the body, also characteristic is a sensation of constriction of orifices.

Sensation of fullness throughout the body with distended veins and fainting spells.

Nerves

Epileptic and epileptiform convulsions.

Multiple neuritis, multiple sclerosis, locomotor ataxia.

Inflammation of the nerves.

Trembling and twitching all over.

Paralysis of the lower half of the body: painful or painless paralysis of the lower limbs, paralysis of the rectum, paralytic weakness of the bladder.

The whole body is sore to touch and pressure, burning stitching, tearing pain wandering from place to place.

Pain in the lower limbs **from excitement**; burning pain in the arms from excitement.

Sensation of crawling as though ants were in the brain, this sensation travels down the body and leaves at the toes.

Tearing pains, painful itching without eruption.

Tearing pains, painful itching and **formication along the course of nerves.**

Tingling, prickling and violent itching without eruption.

Numbness of single parts and of painful parts.

Numbness of all the limbs, hands and fingers, feet and heels. Numbness of first two toes of right foot while lying on the back.

Weakness and **awkwardness** of the limbs.

He is unable to step up when ascending stairs, it seems to him that he cannot lift his body to the next step.

Great **weakness** and **stiffness** of the back compelling her to remain in bed.

Aching and **burning** in the **spine.**

Pain in the back on motion, rising from a seat stooping or walking, better by lying perfectly quiet.

Prickling like needles in the lumbar region on exertion, better during rest.

Vertigo

Vertigo while closing the eyes with tendency to fall forward; on turning the head a tendency to fall towards the direction the head is turned.

Head

Rush of blood to the head with a boiling sensation and coldness of the occiput.

Noise affects her deeply when she has a headache, it causes the headache to become pulsating and when something drops on the floor it seems to drop on her head.

When a lancinating pain in head comes on the lips stick together because of the dryness of the mouth.

Nose

Dull pain in nose when breathing extends upward to middle of vertex.

Stomach

Appetite is increased but the first mouthful causes nausea.

The sight and thought of food causes nausea.

Food is tasteless. Water tastes as if spoiled.

Chest

Lying on right side causes coughing spells.

Coughing after eating and during headaches.

Extremities

The nails become brittle; the hands are constantly chapped; coldness of hands legs and feet; hands cold as ice and fingers blue. Ulceration about the nails. Wounds heal slowly.

Sleep

The sleep is restless with frequent waking, full of nightmares, with talking or weeping in sleep.

Alumen

Common potash alum. Alum. Potassic-Aluminic Sulphate.

An astringent double salt, found as a mineral near the volcanoes of the Lipari Isles, in Sicily.

The essential features

This remedy should be understood as having mainly **two phases**, two states of pathological action upon the human organism.

In the *first* it produces conditions where we see **extreme dryness** of the mucous membranes (coition is almost impossible), and skin which becomes rough, **indurations** and **hardening of glands and tissues** of tongue, of rectum, uterus, mammae etc with a **tendency to malignancy**, ulcers with **indurated bases**, epitheliomas, **scirrhus** etc.

There is a tendency in this remedy to **greyish black** manifestations such as eruptions, stool which is black, dark pseudomembranes on throat etc.

The *second* phase is one of **paralysis**, paralytic weakness, especially in rectum (severe constipation) and bladder (no power to expel the urine, runs perpendicularly), with constricting feelings like that of a tight band especially on extremities. Also paresis, **sluggish action** of muscles, varicose veins that become relaxed and bleed, **hemorrhages** of various types especially from rectum, etc.

Sometimes we see a combination of the two phases as in the severe **constipation** that this remedy produces, where there is dryness of the mucous membranes and dry hard stool, with no peristalsis, a kind of paresis of the rectum where the patient will go for many days without any urging for stool. No **ability to expel** the stool which is as **hard as a stone**, dry, forming little balls like sheep dung that adhere together and come out in big masses with an unbearable, excruciating pain that extends to the thighs.

Alumen weakens the system causing the person to become very excitable, very nervous, crying or laughing easily, often with a spasmodic laughter.

Such persons cannot sustain stress; as soon as they hear something bad that upsets them even a little, they have **tremors** in the muscles. If they believe that something is wrong with their health they experience strong **palpitations**, weakness and trembling; again, thinking about their disease will immediately make them have **palpitations**. They cannot bear pain, which is unbearable to them, and in their despair they will express a disbelief in your medicine; they are almost certain that the **medicine is not going to help**. For instance you may have a case with cancer of the rectum, or very painful hemorrhoids and you may have decided that the remedy looks like Alumen; you say so with confidence, but you notice that the patient does not believe that there will be any relief, and this is another confirmation of your choice.

Alumen has no stamina, and will **remain in bed all day** long without much apparent reason. The whole family will be upset, they will ask why and will be given no reason. It is actually an anxiety that produces a condition where she feels she must stay in bed, for otherwise she will not recover. She does not want to move about.

The Alumen patient wakes up in the morning with **depression**, but his worse time is **between nine and twelve noon** during which time there is a strong inclination to weep. Other moods include a state of loathing of life in the evening and strong anxiety at night. Alumina cases can be very much oppressed, anxious, with a feeling of heaviness as if there is a stone on their chest with a desire to take deep breaths.

Alumina cases have an indolent mind, an aversion to doing anything at all; there is an **aversion to either physical or mental labor**, they just want to stay in bed. In fevers or in last stages they feel confused and have a sensation as if they were intoxicated, as if the mind were not clear.

From time to time they have a strong fainting spell which is usually associated with gastric disturbances. They may have **sudden periodic flushes** of heat that are very strong, as if the blood is boiling and **rushing to the head**. During this time they feel **anxious and fearful**.

Ailments in Alumen usually come and go suddenly.

There is quite a lot of suppressed aggression in the Alumina patient, who will not express it until suddenly he becomes furious, and in his fury may attack people. Such crises will appear suddenly and periodically. After such incidents the patient may develop a fear, a terrible apprehension that he **may kill** somebody.

This kind of fury, this rage we may see during a high fever, during a delirium. During fever he may also have delusions that the blood is rushing and roaring through the veins.

A short description of an Alumen syndrome could be: Thin, spare, nervous and **excitable** subjects, frightened easily, with no appetite, pain in the stomach, who cannot take any food, **constipated** with hard, black stool, like sheep dung in large or small quantities, voided with the greatest difficulty.

Alumina children may have tremendously enlarged and indurated tonsils, (*Bar-c.*, *Bar-m.*), enlarged uvula, constipated, thin, nervous without appetite, and may catch colds easily and repeatedly.

To conclude, in this remedy we see a symptomatology which, though similar to Alumina, has a distinct individuality which characterises it.

Generalities

As we have already said in this remedy we see **indurations** of glands, of tonsils, of uterus, of mammary glands etc... Indurations that are really very hard. We see

ulcerations on mucous membranes, especially cervix, vagina, urethra, mouth, stomach, intestines, lupus erythematosus, **cancer**, **epitheliomas**, **scirrhus**. It is important to perceive this tendency of the remedy for hardening, infiltrating, indurating the tissues. In studying this medicine one perceives easily that this is a remedy that can produce **malignancy**.

It is indicated also in **old people**, susceptible to common colds with a lack of reaction, with bronchial catarrh, with lung abscesses or cancer of the lungs, with hemoptysis.

Another striking feature of this remedy is the **paralytic weakness** of the muscles. The muscles lose their tone, their strength.

Paralysis from **lead poisoning**.

Weakness during **pregnancy**.

Faintness, **fainting** due to a feeling of emptiness in the stomach in chronic gastritis, has to lie down to feel better.

Flushes of **heat upwards** from the hips to the head, very severe, blood feels like boiling.

Worse from the cold, except for the headache which is ameliorated by very **cold applications and hard pressure**. Aggravation before breakfast.

One of the keynotes for this remedy is strong palpitations when **lying on right side** while the vertigo is **ameliorated** lying on the right side.

Periodicity, every other day in the morning

Frequent, fast pulse on waking in the morning

Weariness after menses. This remedy should be thought of in **diphtheria**, or diphtheria-like fevers, where there are **grayish** membranes, extreme **prostration** entailing loss of voice, excruciating **headache on vertex**, vomiting, **fetid** breathing and thirst for cold water that ameliorates.

Vertigo

Vertigo when there is darkness, on entering dark room, or vertigo on closing the eyes, better with eyes open. Vertigo with weakness in pit of stomach which ends in fainting.

Vertigo on lying on left side ameliorated by turning to the right side.

Head

There is a characteristic headache on **vertex**, which is **burning and pressing** as if there were a heavy weight there ameliorated by **hard pressure** and **very cold** applications.

The head feels burning and wants cold applications applied with **strong pressure** and frequently changed.

The headache sometimes **alternates** with **cystitis** or with pain in the throat.

During the headache a desire to drink very cold water that seems to ameliorate the headache.

Headaches may appear after dinner or in the morning on waking; or at 4 a.m. , in bed at night.

The rest of the headaches are not so peculiar:

Shooting headache in temples on waking in the morning.

Drawing headache in the temples in the evening.

Jerking headache on left side of forehead; in the evening.

Pressing headache in the forehead, over the eyes, in the morning; on waking.

Shooting headache extending from temple to temple.

Stitching headache in vertex on stooping.

Sensation of twitching of muscles of the head, as if in the brain.

Eyes

Corneal **staphyloma** resulting from injury.

Lupus, eyebrows; lids
Strabismus, the right eye is turned in.
Purulent ophthalmia. Trachoma.
Varicosities of conjunctiva.

Ears

Acute hearing during sleep, can hear almost everything. Inflammation with pus.
Heat in both ears and left side of the face at night.

Nose

Crusts, scabs inside posterior nares.
Lupus.
Polypus on left side.
Sneezing in open air.

Face

Formication in lower jaw.
Heat on left side of nose.

Mouth

Profuse bleeding of gums after extraction of teeth. Gums swollen and spongy, inflamed, surrounded by a **greyish** coating.
Tongue is folded like little bags on edges - in lead colic.
Spreading ulcers in tongue. **Scirrhus of tongue** with stitching pain in the tip Profuse saliva.
Teeth loose, surrounded by proud flesh.

Throat

Very enlarged and indurated tonsils. Recurrent inflammation of tonsils.
Greyish thick coating of mucus that looks like membranes.
Swallowing is impossible because of **constriction of esophagus**.
Varicose veins.
Phlegmonous inflammation.
Dryness in throat from talking.
Complete aphonia. **Loss of voice** from a low state of the economy and from taking **colds frequently**.
Rawsness in larynx on talking.
Sensation of skin in larynx.
Tickling in air passages in the morning; on talking.
Heat in larynx.

Irritation in air passages after rising in the morning.
Copious mucus in larynx.
Changeable voice; higher voice.

Stomach

It has been useful in those people who have **easy hematemesis** due to using a lot of alcohol. The text says: vomiting of blood in drunkards; the idea is that there are small ulcers that bleed easily under the influence of alcohol.
Emptiness in stomach with a feeling of faintness before eating.
Flushes of heat are ameliorated by drinking cold water.
Loathing of food with nausea worse in the evening. Nausea on waking at night; at 4 a.m. Vomits everything he eats.
Pain in the stomach that is aggravated by jar or walking and ameliorated by lying on back. Lying down ameliorates nausea also.
Cramping, griping, constricting pain at noon; in the afternoon at 4 P.M.
Cutting pain in the afternoon at 4 P.M. ; while sitting.
Pulsation in the evening; while lying on one's back.
Desires indigestible things.
Desire for soft food.
Soup aggravates.

Abdomen

Flatulence with colicky pains. Retraction of the abdomen and drawing in of the navel.
Dull pain from **lead poisoning**.
Dull pain in abdomen extending downwards to penis.
Cramping, griping pain at noon; after taking cold.
Stitching pain extending to pelvis; extending into penis

Rectum

Here we see the most important symptoms of this remedy.
Malignant **constipation**, the patient will wait for several days before he has a stool that consists of small hard balls adhered together which come out in a big mass creating excruciating pains that extend to thighs especially if the rectum is affected with small ulcers due to hemorrhoids.
The rectum feels very sore for a few hours after passing of stool, but in spite of massive evacuation the rectum still feels full because it does not **have the power to expel** all the amount of stool present.
Dryness of rectum.
Ulceration with bleeding. Hemorrhoids ulcerate and are very painful especially after stool; the pain remains for a long time.
Black hemorrhage from anus, large masses of **coagulated blood**, is something that can be seen in the last stages of typhus where this remedy has to be considered.
Lying on back ameliorates pain.
Stitching pain extending to inner side of thigh; extending upward after stool.
Bending forward or lying on back ameliorates the tearing pain in rectum.
Pulsation in rectum after stool.
Stool black like balls.

Stool is first hard then soft.

Urinary organs

Kent again gives us the best description: "*Catarrhal conditions prevail throughout the remedy. In old scrofulous, psoric patients, who are subject to chronic yellow bland discharges from the eyes, with enlarged veins, chronic yellow discharges from the vagina and from the urethra in the male. Chronic painless gonorrhoea. In addition to the catarrhal discharges there is a tendency to ulceration, so that there are little ulcerative patches in the vagina, little aphthous patches on the vagina and on the cervix of the uterus.*"

When a patient is suffering from a chronic gonorrhoea, instead of the discharge becoming white, as in a gleet, it remains yellow and there are little indurations along the urethra, which the patient will call the physician's attention to as "lumps."

Discharge with "little bunches" along the urethra. These are little ulcers, and beneath the ulcers are indurations.

When this state is present you have an Alumen gonorrhoea. In a little while the patient will have two or three strictures unless he gets this remedy, because these little ulcers will each end in a stricture narrowing the canal."

Weakness of sphincter, the urine is **falling down perpendicularly**.

Muco-purulent catarrh in old people. Frequent urination in the afternoon.

Chronic, **acid, yellow** discharge.

Itching of meatus in the evening.

Bloody clots in urine.

Urine has a bluish iridescent color.

Looks as if cheesy milk had been stirred in it.

Cheesy sediment.

Genitalia - male

Stricture of the urethra.

Erections in the afternoon at 2 P.M. ; during dinner.

Itching in scrotum in the evening, a dry eruption on the back side of penis.

Genitalia - female

Scirrhus cancer of uterus.

Copious leucorrhoea in daytime.

Leucorrhoea that stiffens the linen.

Chest

Kent writes: "*It has been useful in the treatment of old people who suffer from copious ropy, morning expectoration, catarrh of the chest, haemoptysis and great weakness of the chest, so that it is difficult to expel the mucus. In this it is similar to Antimonium Tartaricum. Chronic morning cough.*"

Dry cough in evening after lying down. Cough is not a very important thing in this remedy. It is the general state of the economy that is to be looked at. The cough will not interpret the nature of the disease to the physician, because when these little ulcers are present they must cause some kind of a cough. This patient may go into phthisis or be affected by any of the ultimates of the disease."

Difficult respiration **during stool**.

Difficult respiration after supper. Asthma

Fullness in the afternoon; in the evening after eating.

Pain in heart extending to right leg.

Lying on **right side aggravates** heart **palpitation**.

Stitching pain **extending downward**. Palpitation of heart after sudden excitement; after lying in one position for too long, after thinking about her disease.

You may sometimes see old people who are suffering with a **chronic cough** which appears **every morning** in paroxysms with a **copious ropy expectoration**, having from time to time some blood in the sputum, who will tell you that they have been constipated all their life, that they are weak, nervous, easily trembling with easy palpitations, who have a history of suppressed gonorrhoea. and now have difficulty in urination because of a stricture in the urethra, and you have a case of Alumen in hand.

Cough before or during breakfast is ameliorated after breakfast.

Paroxysmal cough followed by copious mucus

Tickling cough in the morning; after rising in the morning.

Copious expectoration after each paroxysmal cough.

Globular expectoration.

White expectoration in the morning.

Expectoration after dinner.

Expectoration of much yellow mucus.

Back

Kent again writes: *"It is well known that it has a weak spine, with coldness of the spine, a feeling as if cold water were poured down the back."*

Pain, feels as though back would break.

Gnawing pain in lumbar region.

Rheumatic pains in the **edges and below** the **scapulae**, worse when **breathing** or sitting still.

Such pains are ameliorated by **motion**.

Weakness in dorsal and lumbar region.

Extremities

Here the keynote is **constrictions**: Pains like a band tied around the arms or the legs. Constricted feeling around limbs. This constriction is mostly felt in the right upper arm. Sensation as if lower limbs are bandaged and weakness of all muscles, especially arms and legs.

Paralytic weakness of the hand during menses. Awkwardness of hands during menses.

Paralysis in upper limbs from **lead** poisoning.

Coldness of extremities. Heat in hand in the morning but cold after motion, walking.

Numbness in extremities, worse lying on them. Rheumatic pain in fingers.

Pain in the ankle in the morning; while walking; on ascending stairs.

Trembling in upper limbs after rising.

Restlessness of the knee.

Twitching.

Hands are cold in the afternoon.

Eruption on shoulder.

Sleep

Sleep is disturbed by frightful dreams.

Sleeplessness from sensation of blood rushing through the body.

Restlessness in bed.

Fever

Lack of reactive power exhausted, voice can scarcely be heard, pseudomembranes with a blackish colour in throat.

In typhoid fevers when there is hemorrhage from the bowels, exhaustion etc.

Feels as if water is running down back.

Skin

Alopecia.

Ulcers with indurated base. Varicose veins that bleed easily.

Clinical

GASTROINTESTINAL

Colic. Hemorrhages. Lead colic. Stricture of esophagus. Constipation. Diarrhea.

Affections of anus. Noma [gangrenous stomatitis].

GENITOURINARY

Gleet. Gonorrhoea. Leucorrhoea. Uterus affection. Relaxed uvula. Vaginismus.

SKIN

Indurations of glands, tonsils, tongue, uterus. Chillblains. Eczema. Pruritus.

Scurvy. Rough skin. Polypus.

MUSCULOSKELETAL

Paralysis. Multiple sclerosis. Locomotor ataxy.

EYES

Eye affections. Traumatic conditions after operations on eyes. Strabismus.

RESPIRATORY

Bronchitis. Catarrh. Cough. Hoarseness. Throat affections.

MISCELLANEOUS

Effects of alcohol. Cancer. Diabetes. Hemorrhages. Ulcers. Hemorrhages in typhoid.

Causation

Bad news. Operation on eyes; on teeth.

Relationships

It is similar to: *Alumina*, *Aluminium*; *Aloe* [rectum], *Capsicum* [long uvula], *Ferrum* [relaxed abdominal walls, prolapsed uterus], *Kali bichromicum* [stringy discharges], *Mercurius* [prolapsed uterus, vagina, rectum, tenesmus], *Mercurius corrosivus*, *Muriatic acid*, *Nitric acid*, *Nux vomica*, *Opium*, *Platina* [lead poisoning], *Plumbum*, *Rhatan.*, *Stannum*, *Sulphur*, *Sulphuric acid*, *Zinc* [eyes]

It is complementary to *Bryonia* and *Ferrum*

Remedies that follow well: *Argentum metallicum*, *Bryonia*

Antidotes

It is antidoted by *Bryonia*, *Camphor*, *Chamomilla* [cramps in abdomen], *Nux vomica*, *Ipecacuanha* [nausea and vomiting], *Sulphur*, coffee

It is an antidote to lead poisoning, calomel, other mercurials and aloe. Foods inimical to it: Alcoholic drinks.

Dosage

From 6c upwards to the highest.

Alumina

Aluminum oxydatum, Argilla pura.

English: Oxide of aluminium, common clay

French: Alun, Argile

German: Thonerde, Alaunerde

Aluminum is one of the most abundant metals on earth, being found in air, water and soil. It is used in the manufacture of abrasives, smelting and in antacids. In olden times it was confounded with lime and silica, but it has been recognized now as an oxide of aluminum [Al₂O₃]. After silica, aluminum is one of the most widely disseminated substances in nature and is found almost pure in the sapphire, corundum and adamantine spar.

It is extracted from alum, which is a supersulphate of alumina and potassa or ammonia, by pouring an excess of ammonia into a slightly concentrated solution of this salt; the precipitate which is formed, being carefully washed and dried, is pure alumina. Of this powder, take one grain [5 centigrammes], in order first to make three triturations with sugar of milk, prior to dissolving it and making the succeeding attenuations with alcohol.

The essential features

The Alumina case is one which is difficult to diagnose. Frequently, as one takes a homeopathic case history, one searches for positive symptoms on which to base a diagnosis. In Alumina however, perhaps because of a characteristic **vagueness of the patient's descriptions**, this approach often will not yield the necessary information. Instead it will be needed to observe the whole patient, looking at the contextual background as well as the specific symptomatology that is provided.

It can be said that the pathology of Alumina evolves from two different tendencies: **confusion and retention**. In the neurological system we find confusion of neural impulses resulting in incoordination, ataxia and finally paralysis. Alumina is one of our most useful remedies for deep neurological disorders such as multiple sclerosis, myasthenia gravis, amyotrophic lateral sclerosis, tabes dorsalis, and even acute forms of paralysis like Guillain-Barré syndrome. In the mental sphere one almost invariably finds mental haziness and dullness of thinking. As the mental pathology progresses the confusion becomes so profound that it leads to imbecility or near psychotic states.

The Alumina tendency for retention is pervasive; both expressiveness and normal eliminative processes seem to be held back. The patient gives the impression of being very closed and self-protective. He seems unwilling or often **unable to bring forth his thoughts and emotions**. Even in his sexual life the release of orgasm is delayed or completely absent. On the physical plane one sees that normal secretions such as the menses are retained or scanty. Perspiration and other lubricating secretions are also scanty, giving rise to the **great dryness of the mucous membranes and the skin** which is so characteristic of Alumina. Of course, Alumina is

also famous for severe constipation without urging. Thus, one finds the same theme repeated in all the normal outlets of the organism -- **retention and difficulty in moving forward, even to the point of paralysis**. It is as if the entire system were moving in slow motion.

The pathology of this remedy seems to concentrate mostly on the **mental and physical levels**, with the emotions less affected. On the mental level the Alumina patient almost invariably displays **marked dullness and slow comprehension**. During the interview the patient gives information very slowly and in vague, hazy terms. Of course, as in all remedies, one finds a spectrum of cases ranging from intellectuals to more unsophisticated, primitive type people. Patients at either extreme will present themselves quite differently. The intellectual will come to the office with carefully prepared notes. He has realized that he has difficulty in retrieving the information he needs from his memory, so he comes with everything written down. He gives this information very slowly, as if being very careful to be exact. However, even as he describes his symptoms he does not seem to be really involved with the interview. He plods along, speaking in a colorless, monotonous voice, giving just minimal answers without elaborating, even to the point of monosyllabic replies. The homeopathic practitioner may well feel like reaching across his desk and shaking this patient just to provoke some kind of interaction. Even if the interviewer "zeroes in" on the patient and exactly describes his condition, the patient may rather blandly respond, "Yes, that's correct." He may appear slightly perplexed at the practitioner's comprehension of him, but he shows none of the excitement or relief normally expressed by a patient who finds that he has been understood so completely.

At the other end of the spectrum, the unsophisticated or primitive type patient demonstrates an even more extreme picture. The effort to describe himself can visibly entail an almost agonizing struggle. He seems powerless to describe what he feels. Despite the probing and questioning of the interviewer, the conversation may resemble the following:

Interviewer: "Can you tell me how you feel?"

Patient: "Umm...ahh...hmmm...I....I don't feel well."

Interviewer: "Are you feeling anxious?"

Patient: "I...umm...I think.....umm.....yes." (One may wonder from such a response whether the answer is affirmative or not.)

Interviewer: "Are you afraid? You feel afraid?"

Patient: "Ahh.....afraid? Ummm.....umm.....I think so.....I feel.....
umm....I don't feel well."

(and so on.)

Meanwhile, looking at the patient's face one may observe a deep struggle and a sense of agony. He struggles to find words to describe himself, or even more precisely, he struggles to comprehend what has happened to him. He rubs his forehead, straining to answer even the simplest question (as if his mind were constipated). Even this struggle, though, is not vividly expressed. Rather it seems like the effort one makes in trying to wake up from an anxious dream -- a nebulous, inscrutable type of struggle. At this point one must mention that the **imagination of Alumina seems extremely restricted**, and therefore he has difficulty in making decisions, perceiving things in their real dimension, and comprehending abstract or complicated ideas. He sits there silently trying hard to comprehend what everyone is talking about, wearing an expression, to the observing eye, of constant bewilderment. His associative capacities are minimized or lost, his judgement crippled.

Because of this mental slowness the Alumina patient seems to need a slow, consistent lifestyle. He **cannot tolerate pressure, especially time pressure**. If allowed to work at a slow, familiar pace, the Alumina patient can be a diligent, competent worker, but he must do things at his own pace and according to an established routine. If such a person is rushed, for instance, by someone who hurriedly says, "We have to leave here in three minutes!", a great commotion will follow. He loses all sense of organization and hurriedly rushes about, almost hysterically frantic. Even though he may be physically and mentally capable of accomplishing all of the necessary tasks within fifteen minutes, the sense of being pressured causes him to lose any ability of functioning effectively. He becomes immobilized and confused, almost paralyzed. It is a slow competence that, if pushed to a faster pace, completely disintegrates. An interesting consequence of the mental slowness and confusion of Alumina is a distorted time sense -- time may seem to pass too slowly (*Medorrhinum*).

The patient often recognizes his mental inefficiency. He may work hard to overcome his weakness by keeping notes and performing tasks in an organized, systematic manner; however, the apprehension that he may not finish things on time remains. It is as if the patient moves at a slower rhythm than the rest of the world. With the slightest provocation he feels rushed. He may know certain information perfectly well, but if one were to say, "Quick, tell me about this matter!" he would become confused and unable to think clearly.
become confused and unable to think clearly.

From the above it is easily understood that the Alumina patient does not like surprises or excitement. He may tend to be rather antisocial, preferring small gatherings or one-on-one interactions. Especially in the morning upon awakening there may be **a great aversion to conversing**. Interestingly, Alumina women may be more open and outgoing during the menstrual period, as if the flow of their emotions parallels their menstrual flow.

As a rule the Alumina individual is self-protective. He withholds his feelings until he is certain that his affection is reciprocated. He represses his anger and may later redirect it toward family members. Again one sees the idea of retention. Often an Alumina patient will be encountered who lives excessively in his imagination. He will have all sorts of daydreams and fantasies, but he tends to keep them to himself. Sometimes his mind will get stuck on one theme, and he will dwell repeatedly on that thought. His mind is weak, and he makes silly, stupid comments. At other times he becomes argumentative, bringing up foolish objections during a discussion. One can be tempted to shake one's head in disbelief at some of these foolish statements.

The mental deterioration occurs in stages. At the beginning the patient merely exhibits some slowness of thinking. Then he seems to lose his expressiveness, developing the tendency for retention. His mind fatigues very easily, and it becomes a great effort to think at all. The patient especially becomes confused when he attempts to read; the mind becomes dull and does not absorb the material. At this stage he answers questions somewhat vaguely, rubbing his forehead and thinking a long time to find an answer. When a case has evolved this far, the prescriber will have considerable difficulty making the diagnosis. Frequently the homeopathic practitioner will be so preoccupied listening for specific symptoms that he will fail to notice how this patient must hesitate and puzzle before he can manage making even a simple observation, such as whether he is warm or chilly, etc.

At this stage the patient notices that something is wrong with his mental functioning: "I have a fear and an anxiety that I won't do what I want myself to do"....or perhaps, "**I am not who I think I am.**" The latter phrase is illustrative of a peculiar feeling of **unreality**, especially about the **patient's sense of his own identity**, that can accompany the Alumina confusion. The patient may say that when she talks, she thinks that **someone else is talking**, or, even more strangely, the patient may say that she cannot hear except through the ears of someone else. "*When he hears or states something, he has the feeling as though some other person has said or seen it or as though he was placed in another person and could see only through them.*" Such information will not be volunteered; it must be elicited by direct questioning once one suspects an Alumina case.

As a consequence of his developing confusion, the Alumina patient can come to feel **quite insecure about his mental capabilities**, suspecting, at times somewhat fearfully, that he may be **going insane**. This insecurity may lead to dependency on other people. His developing uncertainty and irresolution compel him to cling dependently to some trusted person (a parent, spouse, etc.). As the mental deterioration continues, the mind becomes increasingly indolent such that eventually almost all reasoning power may be lost. Alumina is listed prominently in the Repertory under the rubric "Prostration of mind." Frequently this prostration in women is worse after the menses. The end stage of Alumina corresponds to imbecility or what we today see so frequently -- Alzheimer's disease. It is one of our most frequently used remedies for senility (*Argentum nitricum, Baryta carbonica, Plumbum, Secale*).

Even though the emotional level is less affected in Alumina than the mental and physical levels, significant emotional pathology can be encountered. The Alumina patient often develops great anxiety, most frequently in the morning on waking. He may awaken with a feeling that something terrible is about to happen. There is a fear and anguish that the patient himself cannot explain. Frequently the patient may awaken with this anguish in the morning, especially at 4 AM. As the morning passes the anxiety subsides, and by evening it is markedly ameliorated. Many times he may experience feelings of guilt that bring about a kind of indescribable anxiety, but all the same these feelings are described or defined with great difficulty on the part of the patient (*Arsenicum album, Aurum, Chelidonium, Digitalis, Psorinum, Sulphur*).

Alumina can have very definite fears and phobias. Perhaps the most striking of these is **a fear of knives** or pointed things (*Ars., Chin., Hyos., Lyss., Sil., Spig.*). The Alumina fear is different from the fear of small pointed things seen in Spigelia and Silicea; it is, rather, a fear of, or at times a repulsion for, large knives. The disturbing idea is that the object is potentially lethal. Sometimes the patient has the thought, "Someone could be hurt with that instrument." However, this symptom of Alumina is often not so clearly presented. There may simply be revulsion when looking at the instrument, an instinctive dislike. At other times there can be momentary impulses to use the knife or images flashing in the patient's mind of the instrument being used to hurt someone else or himself. Thus, there is a gamut of unformulated fears and impulses concerning knives and pointed instruments.

Another phobia is **fear on seeing blood** (*Nux m.*). Alumina can also produce a great fear of cockroaches. The fear of insanity is quite strong, but there may also be **a fear of disease** in general which causes the patient to travel from doctor to doctor. **A fear that she may get epileptic fits** may be seen (*Arg-n., Merc.*). **Fear of evil spirits** (*Calc-c., Chin-s., Manc., Psor., Phos.*); this is the only fear that may come at dusk, when darkness comes (*Graph., Sulph.*). Such fears seem to come mostly in the morning when the mind seems to be sluggish, weak, and non-functional.

At some point the patient seems to arrive at the vague realization that there is something seriously wrong with his system. Looking for an answer, he visits several doctors. When he sees that no one seems to understand what is wrong with him, he despairs that he may never recover. The patient thus progresses into depression, even to the point of having suicidal impulses, especially on **seeing a knife** (*Merc.*). It is rather an impulse than a logical decision stemming from long and tedious suffering. He logically rejects the idea of killing himself, but as soon as he sees the knife the impulse comes automatically. However, imagining himself wounded and bloody is an idea abhorrent to him.

The Alumina depression can be described as a "gloominess;" there is no light. The patient complains to the doctor, but not in a burdensome way. He does not express his despair to the doctor; instead it is incumbent upon the doctor *to see, to observe the despair* in the demeanor of the patient. His disease has slowly progressed and has become so deeply ingrained that he sees no possibility of recovery. He wants to be alone, undisturbed by people; his inability to cope with, to process the sensory stimulation underlies this aversion to company. A feeling of unreality prevails, and despairing, he resigns himself to his condition. From this description of the mental and emotional spheres, we proceed to a discussion of the generalities and the specific complaints of Alumina in each organ system.

Generalities

Alumina has a general **aggravation in the morning upon waking**. This aggravation may take the form of anxiety, as previously mentioned, or it may consist of irritability, aversion to company, sadness or confusion. There is an **amelioration in the evening** and night; there may also be an amelioration or **aggravation at 4 PM or from 4 to 8 PM**, as in *Lycopodium*. Alumina patients are generally warm, and there is often an aggravation from heat or from the heat of the bed. (Some cases can be aggravated from cold.) This warm-bloodedness, together with the marked dryness of the skin, explains the **amelioration from snow** that can be seen in Alumina. Alumina is **one of the driest remedies** in all of the *Materia Medica*, which explains the aggravation from dry weather of this remedy. There can also be an aggravation from both walking and talking. On the other hand, there is a **general amelioration from eating**. There is also an amelioration from lying down and a strong desire to lie down. Alumina can display a **marked periodicity** with symptoms recurring on alternate days; the intervals can be longer however. Alumina suffers lassitude from talking (*Calc-p., Stann., Sulph.*) and from coition, strenuous exertion for Alumina. Worse during full and new moon. **Intolerance to starches, especially potatoes**, and a general aggravation from salt, pepper, wine, and vinegar. Alumina states can sometimes follow such causative factors as: a long history of allopathic drug treatment, long use of aluminium utensils, intense anger, a cerebrovascular accident (stroke), and extended over-exertion of the mind. The time required to witness positive results of homeopathic prescribing in Alumina patients can be prolonged (*Calc. p., Sil.*).

Vertigo

Alumina can produce a true vertigo in which objects whirl around; it can also produce a sense of faintness, especially from standing (*Bry, Dig, Nux m, Sulph, Zinc*) and also from talking, and from opening and closing the eyes. Thus, Alumina can be seen in cases of compromised proprioception causing a positive Romberg's sign -- a tendency to fall when standing with the eyes closed. (Alumina is indicated in neurological disorders of the peripheral nerves and posterior columns of the spinal cord.) Vertigo in old, weak and fragile people, with stiffness of the neck.

Head

Alumina has periodical headaches, especially headaches every other day. The headaches frequently occur from 10 AM until 2 PM. The pain is aggravated from walking and by talking. The symptoms are ameliorated when the patient lies down. Headache in forehead as if a hat is pressing hard against it. Headache after an upper respiratory infection. Headache, as if one is pulled by the hair. Frontal sinusitis coming after a cold, when a thick, crusty discharge from the nose is suppressed. Alumina also produces falling of the hair. There can be great itching of the scalp with numbness, but without eruptions. As in all of the skin conditions, the itching drives the patient to scratch until the skin bleeds and then forms crusts.

Eyes

Falling of the eyelashes.

There is **dryness of the eyes** (*Acon., Ars., Bell., Lyc., Mez., Nux m., Op., Puls., Sulph., Verat., Zinc*), as well as inflammation of the conjunctiva. Alumina produces a **thickening of the eyelids** (*Arg-m., Arg-n., Merc., Tell.*) and also a paralysis of the lids.

Chalazion.

Granular formations on the margin of the eyelids.

Inflammation of the conjunctiva.

Sees a yellow halo around lights; white stars before the eyes with vertigo.

Dimness of vision as if in a fog.

Weak and changeable vision. Weak

muscles of the eyeball.

Strabismus in teething children.

Diplopia looking sideways.

Eyes feel cold.

Ears

The symptoms of the ears are rather sparse. In some cases a purulent otorrhea is encountered, also tinnitus.

One ear hot and red.

Noises in the ears on swallowing.

Nose

Alumina is one of the main remedies for frequently recurring colds. This tendency seems to be due to sluggish neural and circulatory reaction in the mucous membranes of the nasopharynx. In these infections the patient often responds to *Bryonia*, which is considered the acute complementary to Alumina. Also, catarrh in elderly patients with red discoloration of the tip of the nose is seen in Alumina.

A diminished sense of smell.

Cracks or fissures on the tip of the nose can be seen (*Carb-an.*).

Red discoloration of the nose (*Chin., Phos., Sulph.*).

Dryness of the mucous membranes with crusts or tenacious mucus in the nostrils.

Face

Usually there is a strong whitish, pale color of the face, as if the skin resists the sun's rays and does not tan easily.

The skin is easily wrinkled with very fine lines, and the person looks tired and older than his chronological age.

There can be itching of the face, again without an eruption.

Sensation of tightness of the skin of the face or a sensation as if eggwhite had dried on the face.

Throat

Frequently lingering colds settle in the throat, indicating weakness of the immune system. The upper respiratory infections usually settle in the pharynx and larynx giving rise to a persistent dry, constant cough, worse in the morning after waking. These morning coughs are ameliorated only after finally expectorating a little tenacious sputum.

Great dryness of the pharynx, in the evening only (*Bar-c., Zinc.*). There can be dryness of the esophagus with choking, which is worse in the morning on waking or worse with swallowing. As he swallows, the patient feels the esophagus throughout its whole length.

Partial paralysis of the esophagus such that the patient has to force down his food.

Offensive ulcers with a yellow-brown discharge.

Tonsils hard, indurated.

Tickling in the throat as if skin is hanging there.

Sensation as if the uvula is elongated and touches the ticklish spot.

The voice becomes weak and feeble, as if from paralysis of the vocal cords.

Stomach

Alumina has an unusual desire for dry food; such as, dry rice, starch, etc.. This is all the more strange considering the general dryness of the Alumina constitution. Also, a desire for indigestible things, such as dirt, lime and chalk, is seen. There may be an aversion to beer, meat and potatoes. One of the best confirmatory keynotes of Alumina is a marked aggravation from potatoes. Cold drinks and cold food may aggravate the patient while warm drinks ameliorate. There may also be an aggravation from wine, excess salt and pepper.

Nausea may occur from vertigo; nausea is especially prone to occur at 4 AM or upon waking in the morning. Nausea from standing is also found in Alumina. Bitter eructations and indigestion, especially after milk or potatoes.

Rectum

As mentioned, Alumina is famous for constipation. Usually the rectum is totally passive and dry (*Hep., Nux m., Sep.*), and the patient **sweats and strains in the effort to pass a stool**, finally being forced to use his fingers to dig out the stool even though the stool is usually soft. Despite this effort the bowel movement is unsatisfactory. **It is almost as if the rectum is paralyzed.** Sometimes the stool is hard and knotty, like sheep dung.

One must be careful to note that although most cases of Alumina constipation are without urging, some cases manifest urging without effect. Often the Alumina patient can go as long as ten or fifteen days without stool. In some cases the movement is facilitated if the patient tries to evacuate during urination.

Also, there can be great dryness of the mucous membranes of the rectum. Alumina is indicated for constipation of pregnancy when accompanied by great dryness of the rectum.

Burning pain during stool (*Ars., Con., Iris., Op., Sulph.*).

Urinary organs

The same tendency for retention occurs in the urinary system. Often the stream of urine is feeble in the morning on waking.

In some cases the patient must press for a long time before he can initiate urination.

Urinary frequency in the night or during menses can be seen.

Alumina can be indicated for painless, chronic urethral discharges of yellow color.

Genitalia - male

Alumina males can have either increased or diminished sexual desire. In some cases frequent sexual fantasies lead to masturbation.

Alumina can cause relaxation of the genitalia and impotence, especially after sexual excesses.

Also, hypertrophy of the prostate is seen, accompanied by delayed urination. In these conditions one may see pain in the prostate from sneezing or from blowing the nose.

Involuntary emissions on straining for stool, especially when the organism has been weakened. Emissions during sleep.
Hardness of the testes.

Genitalia - female

This patient may have great difficulty discussing her sexual life. She will usually say that her sex drive is "normal;" however, she may often have an active sexual imagination with but little expression of her desires. She likes to engage in foreplay but seldom allows herself to experience orgasm. As one patient stated, "I want the foreplay in slow motion but not the orgasm."

There are **scanty menses** of a pale color, frequently **lasting for only one day** (*Sepia*).

The patient may complain of an acrid leucorrhoea with a yellow or white albuminous discharge which can be ropy, viscid.

Alumina patients often have prolapse of the uterus.

Great **mental and physical exhaustion after menses** (*Carb-an.*, *Cocc.*). Small ulcers of the vagina like aphthae or indurated ulcers.

Hardening or even scirrhus cancer of the entrance of the uterus.

One may see one group of symptoms relating to the sexual organs disappear after cessation of menses, only to be supplanted by another group of symptoms; such as, difficult digestion with sour eructations, flushes of heat to the face, redness of the tip of the nose, and a feeling of dyspnea. A tendency for **alternation of symptoms** in a periodical fashion is quite strong in Alumina.

Chest

Alumina produces an almost **constant dry cough** (*Caust.*, *Chin.*, *Lyc.*, *Rumx.*, *Spong.*), worse in the morning on waking and worse from talking.

Also, there can be urinary incontinence from coughing.

Vomiting from coughing.

There may be constriction of the heart, aggravated by eating.

Back

In the back one finds a weakness in the lumbar region similar to that of *Calcarea*.

Also, there may be tearing pain in the lumbar region which is worse at night in bed. Burning pain along the spinal cord. Burning pains as if a hot iron were piercing the dorsal region, scapulae, and left superior angle of the scapula, ameliorated by massage.

Sensation of bandages in different places in back and extremities.

Extremities

As mentioned, Alumina is a very important remedy in paralysis of the extremities, as in hemiplegias or degenerative neurological conditions.

There can be painful paralysis of the lower limbs.

Ataxia is a common pathological condition of Alumina.

In other cases the patient may merely complain of a sensation as if the limbs were paralyzed.

Multiple sclerosis cases when the disease steadily progresses toward paralysis without remission -- a slow, steadily increasing paralysis.

Generally these conditions evolve slowly with, first, a sensation of heaviness and tingling, especially in the legs when sitting, later, incoordination or ataxic gait, and possibly a final progression to complete paralysis.

A variety of **sensory disturbances** is also seen. There can be delayed conduction of sensory neural impulses to the brain; hence, a delayed reaction to a pinprick can be seen (*Cocc.*, *Pib.*). There is sometimes numbness of the soles or heels. There can be tingling in both the upper and lower limbs. In the upper limbs one sees tingling in

the hands and fingers and, especially, the left forearm, which is worse while sitting. Trembling of the limbs, especially of the knees. Lower limbs go to sleep while sitting.

Arthritic nodules. Coldness of the extremities, especially the back of the hands. Brittle nails.

Sleep

The Alumina patient is often troubled by frequent waking from sleep at night, especially before menses in women. The sleep is filled with anxious dreams and often dreams of robbers (*Mag-c.*, *Nat-m.*). Dreams of being confused.

As mentioned previously, the sleep is unrefreshing, and the patient may wake with anxiety, fear, palpitation or irritability.

Fever

The fever pattern in Alumina is consistent with the weak reaction of the remedy and the tendency to retention. Alumina patients seldom produce high fever. Its fevers are of a lower grade with mild chills. Very little sweating occurs.

Skin

There is great dryness of the skin, and often fissures and cracks develop, especially in the winter.

No sweating at all, even when very hot.

There can be many types of eruptions, but, most characteristically, the patient has **itching without any eruption**. It is as if, consistent with the theme of Alumina, the eruption is retained, not brought forth; the itching, however, can be quite intense, especially from the warmth of the bed. Often the patient is forced to scratch himself even to the point of bleeding before he finds relief. He may have scabs in certain areas as evidence of this habit.

Sometimes eruptions are seen which are consistent with the idea of dryness and hardness; e.g. , indurations, cracks, ulcerations that look dry, thickening of the skin which looks dry and withered.

Clinical

MENTAL CONDITIONS

Anxiety states, **mental confusion**, phobic states. Arteriosclerotic behavior. Effects of disappointments. Dementia. Alzheimer's disease.

NEUROLOGICAL CONDITIONS

Diffused encephalomyelitis, benign myalgic encephalomyelitis, multiple sclerosis, amyotrophic lateral sclerosis. *Locomotor ataxia*. Neurological conditions arising from arteriosclerosis. Paralytic conditions.

INTESTINAL TROUBLES

Affections of the anus. *Fissures*. **Constipation**. *Constipation of nursing infants*. *Constipation of pregnancy*. Gastritis.

EYES

Dryness of eyes. Chalazion. Strabismus. Induration of lids.

SKIN

Itching without eruption. Eczema. Fissures. Boils. Fistula. Indurations. Tetter, moist and itching. Lupus erythematosus.

GENITALIA

Causative factors

Anger. Disappointments. Physical exertion. Long use of aluminium utensils. Long use of allopathic drugs.

Relationships

Complementary to *Bryonia* and *Ferrum*.

Remedies that follow well: *Argentum metallicum*, *Bryonia*, *Lachesis* and Sulphur.

Antidotes

Antidotes: *Bryonia*, *Ipecac*, *Camphor*, *Chamomilla*, *Coffee*.

Inimical: Alcoholic drink, wine, tobacco, cold drink, cold food, milk, potatoes, salt, green vegetables, warm food.

Dosage

From very low (3x) to very high (CM) can be prescribed. In the Homeopathic Medical Center of Athens we usually prescribe from 12c upwards.

Ambra grisea

Ambra Grisea seu Ambrosiaca.

Ambra vera seu maritima

French: Ambre gris

German: Graue ambra

English: Ambergris; Gray amber

Animal substance

Ambra grisea or Ambergris is a grayish, waxy pathologic secretion from the intestine of the sperm whale and is found floating in tropical seas. It occurs as a flammable, waxy mass, insoluble in water with a melting point of 60o C.

It contains cholesterol and benzoic acid. Along with its Homeopathic use it is also used as a base for perfume.

Mode of preparation: Trituration and tincture

The essential features

The key word that best describes the mental emotional state of an Ambra grisea case is **INHIBITION**. Most of the symptomatology of this remedy revolves around the idea of not being able to loosen up, to relax and "exchange", to let go when in the company of other people. Yet when we read the excellent exposition of Kent on this remedy this idea does not come across clearly. Stress has been given to the state where the patient talks incessantly, without really understanding what she is talking about, while asking questions without waiting for an answer and jumping from one subject to another. I believe this description capable of giving a wrong impression to the student. It was so with me until I met some severely inhibited cases that were unable to open up and would give no information and yet were constitutional Ambra grisea cases. Then I knew better. Then I understood the inner structure of this remedy.

An Ambra grisea case is manifested when the person comes face to face with the idea of "**failure**". This idea can indeed easily be imposed on them by others, in cases where they might **put them down**, or alternatively the cause might be an objective situation in which a heavy loss in their business or some **embarrassment** in their work might have been incurred. They seem to lose their self-confidence instantly, they retreat into themselves and eventually develop a tremendous bashfulness, a peculiar timidity when in the presence of others. It is as if they were tied up in knots; the mind seems to stop working, and it becomes **impossible for them to**

express anything. Ideas do not emerge if they are with other people; if someone is present the mind becomes cramped, inhibited, perception is lost and the expression nullified. It is impossible for them to open a conversation with others especially if they are not well known. In the text it says "aversion to conversation" but the real cause is the state of their mind. There is no reflection, no real perception of the situation.

But Ambra patients are **emotional**, sentimental people who suffer tremendously from this crippling inhibition. They **need** to express themselves, but in the company of other people they become mute. As a result they start to phantasize in order to balance their psychological needs. They are people who are **easily excited** and **easily depressed**. One can easily perceive the inconsistency of their idiosyncracies. They are especially **sensitive to music**, "*the tones seem as if they were a material substance taking hold of him*". Kent attributes aggravation to music to the fact that their hearing is diminished. From the cases I have seen I have understood this aggravation to come from a different level: As music brings about an emotional reaction, and as at the same time they feel incapable of responding to such a reaction in a natural way, that is to say, by letting out the emotions that have been stirred up by the tones of the music, the resulting conflict created within themselves leads to intolerable and **extreme aggravation**. They **tremble** and have **palpitations**; they suffer from a host of symptoms, including even pains in the back, while listening to music. Sometimes the stirring of the emotions is such that they will feel like weeping all the time. This last symptom shows how deeply music can touch their emotions.

We come now to their sexual life. In view of their mental-emotional make-up it is easy to understand the problems that will be encountered in their sexual life. While they are easily excitable and aroused sexually, tending to fantasize and yet unable to bring about and sustain a proper relationship, it is understandable that they will easily resort to masturbation. It is a desperate situation which brings into conflict the desire for physical contact and their inhibition: they feel the **need** for physical contact, they even have **lascivious thoughts** and fancies even in their dreams, yet they are so inhibited, and timid and easily embarrassed that it is very difficult for them to establish a relationship. As a result we see constant and long term masturbation with **feelings of guilt**.

In our modern society you will find that almost all these cases have already had several **sessions with the psychiatrist**, not to mention the psychologist. Actually in the end they may become psychologists themselves. Such is the psychological torment they undergo in their social life. It was with one such woman psychologist for whom we were not able to find the correct remedy, since she gave no symptoms, no reason for her chronic colitis, that I investigated deeper and found this tremendous inhibition which put me on the right track. Even once she appeared to have overcome several of her problems of expression, she would intellectualise and mention only those symptoms that did not touch upon her real mental or emotional problems.

Ambra patients may have been people with a lot of confidence and a certain degree of egotism in the past, who, after a "**failure**" or the stress of an **offending remark** or the pressure of a **business embarrassment** or the trial of a series of deaths of people on whom they relied, have changed, and gone to the opposite extreme; they start seriously questioning their mental abilities, they **lose their confidence** entirely, they lose their self esteem and their mind becomes almost paralysed with thoughts of their inability.

From this point onwards you will notice that they start to avoid **meeting people**; the mere idea of meeting a new person on a business appointment or socially sends them to pieces. Anticipating a meeting with people is torture for them. They feel they cannot make an effort to do any mental work; they become physically indolent, they feel weak, nervous, fidgety, aggravated by noises. They cannot fall asleep easily, they fall asleep quite late.

It takes on their part a tremendous effort **to keep up a conversation**, they actually do not feel their own self to be present at the moment of a conversation, they tremble, twitchings come to their face, a dreamy or a cloudy state overtakes them and any ideas they might have had seem to vanish. The rubric "aversion to conversation and aggravation from it" has to be understood in this context.

There is such **difficulty in communicating** with others at any level that the sight of people **laughing** creates an **aversion** to laughter, almost a **disgust**! This symptom cannot be understood, however, unless we perceive the whole picture of the remedy. Laughing is a free expression of the emotions, manifest when a person feels free to externalize completely their state of emotions at a given moment, and it is an expression that almost **demand a participation** from the other person. Yet the inner state of Ambra cases is such that they **cannot "let go"**; they cannot bring themselves to a sufficient state of relaxation to participate in this most natural condition. Naturally, as a result, they are embarrassed, and aggravated. The point that must be understood with Ambra people is not that they never laugh, but that, with strangers present at a social gathering, their state of mind is so confused that if a joke is cracked they will not grasp it immediately and therefore will not like to see others laughing. They are in a state of embarrassment. In this way "**the disgust from seeing others laughing**" that we encounter in our Materia Medica can be fully understood.

The **timidity**, the **bashfulness** the **inhibition** of an Ambra Grisea case are unbelievable. This remedy is many times confused with *Bar-c., Gels., or Alumina*. When they feel this bashfulness their face becomes red and "boiling" hot.

It is impossible for Ambra Gr. to appear in public and give a speech. We often see a **claustrophobia**, an aversion to crowded areas or narrow places. In the presence of other people, Ambra's personality seems to be minimised and eventually almost totally eliminated: they become **non existent**. They feel completely **inhibited**, cannot

express anything and of course any **conversation** that demands their presence of mind seems to **aggravate them**. They become **irritable, restless and anxious** during a conversation and any pain they may have is aggravated. In fact when they are stirred up emotionally, instead of expressing their feelings to others, they start experiencing pains and aches and discomforts inside their own body. This weak state of mind could be identified with a state of mind that is breaking down, that is weak, that is **prematurely old**.

If such a state is left to undermine the constitution, we may eventually see a situation such as that of an older lady, who, having made a conscious effort all her life to participate in social conversation, seems gradually to have divorced herself from reality, and in a hazy and **dreamy state** of mind will keep up a bizarre conversation, jumping from one subject to the other, asking one question after another without waiting for an answer. It is a type of insane behaviour.

We see an unbalanced state of mind where the person has decided before the meeting to behave "socially" to talk to everyone, to overcome his shyness etc. but as soon as he is in the presence of others the mind becomes clouded, weak, hazy, the hands tremble, the face twitches and it becomes impossible to sustain a proper conversation.

Kent describes this state beautifully. He writes: "*We recognise trembling and a peculiar kind of feebleness that cannot be described by any expression but senility, it is not the confusion of mind belonging to sickness, but the peculiar state we recognise in old people, in declining life. Trembling and tottering and a dreamy state of mind with forgetfulness. He goes on from one subject to another, asking a question and without waiting for it to be answered, asking another. And so he jumps about from one topic to another. It can hardly be said to be confusion, it is a dreamy state of mind, a state of senility. This remedy is useful when such a state is found in young persons, when the mind is not insane and yet is weak. It is especially indicated in those persons who manifest a momentary, fleeting inquisitiveness, jumping from one subject to another.*"

Yet, I think, in actual practice, the patient will very seldom tell you that "I keep asking questions not waiting for an answer", or that "I jump from one subject to the other". However, if you have thought about this remedy during the interview and describe this behaviour to her she will recognise it and admit it promptly.

In a constitutional case of Ambra grisea, it will easily be established from the patient's description that the most prominent elements in their mental/emotional symptomatology are **inhibition** and **timidity**, such states taking precedence over the dreamy state of mind discussed above.

The torture felt by Ambra grisea when appearing in public to make a speech, or when in the presence of other people, is so great that many of them eventually become **misanthropic**. They will seldom go out with strangers, preferring always the company of people with whom they feel secure.

The main idea that we have been describing so far, namely that of inhibition in front of others, or in the presence of people who are not familiar, happens **during stool** as well. It is **impossible** for the Ambra case to **"let go"** and have **a stool with anyone present**. In hospital they cannot have a stool in the presence of a nurse; in the house of a friend they cannot have a stool out of the mere thought that something can be heard by those outside. Even in their own house, knowing somebody to be near the toilet, who may hear the noises of a natural evacuation, can cause them to sit on the toilet and go into a state of **anxiety with an ineffectual desire for stool**, but without the organism being able to relax and **let the stool go**. In order to have a normal stool they must be quiet and alone in the house. This also applies to urination or the emission of flatus.

Every student of homeopathy knows that this is a keynote of this remedy; we must always look at the overall picture of a remedy, however, before attempting to understand a local symptom.

It is also in the nature of this remedy to have a tremendous **concern about others**: "*what will they say*", "*what will they think about me*" are typical exclamations, especially if something **"bad"** comes out. This idea pervades on all levels, and it is an idea that seems to affect Ambra Grisea cases so deeply that it inhibits all natural expression, all natural eliminations! This is the way to understand the essence of this remedy.

They may **perspire** and feel **anguished** for no reason, or because the perspiration might be offensive and bother others. They go to tremendous lengths and out of their way to please others, not to offend or displease. They can never say "no". "*Sometimes I decide to say no but at the last moment I cannot. Once I said no and then I felt bad.*" This is a typical expression. The idea that others might **put them down** by an offending remark terrifies them. Thus we see that Ambra Grisea patients try to please everybody except themselves.

It is easily understood now that if this state is left to progress we shall eventually witness a gradual degeneration of the condition of the patient's mind. Further symptoms include **forgetfulness, dulness** of the mind, a state of mental **torpor**, where what is read is not understood; the same sentence must be read two or three times for the meaning to sink in to their conscious mind. They are **unable to calculate**.

Difficulty in thinking and comprehending. "*He has to make an unusual effort to bring his thoughts back to the place before he can concentrate the mind to meditate upon the same idea. He gets up in the morning with dullness and confusion of mind and is in a dreamy state and towards the evening takes on symptoms of insanity*".

The power of reflection is lost and the capacity for mental work is minimised.

Eventually, these initially excitable people fall into a state of indifference, where they do not care about anything. "*...He treats with indifference things that would*

naturally break the heart of a well-balanced person. He does not even wonder why he is not excited over these wonderful things, so decided is the state of indifference."

Periods of excitability and periods of indifference **alternate** for some time until sadness, **depression**, despondency take over and become more or less permanent.

Accompanying this state is a feeling as though they were going insane, with desperation, and no desire to live. Loathing of life. They have **delusions**, imaginations; he sees diabolical faces crowding in on him; he sees hideous faces. He has delusions that there is too much light in the room while falling asleep. When going to sleep she sees herself doing things and has other visions also. He has visions on waking, sees windows full of people, strange lights etc, and the visions frighten him.

Once in a state of depression, Ambra grisea sits wrapped up in deep, sad thoughts and takes no notice of his environment; he broods over **past experiences**: incidents that took place long ago are continued as vivid reality. Disagreeable things from the past **force themselves** onto his **mind**. He cannot get over old events where he was **hurt**, and his mind comes back to them again and again to be tormented. Similar to *Natr-m.* with the difference that *Natrium* actually enjoys delving into such painful experiences. "Haunted by persistent unpleasant subject". This dejection, this sadness sometimes give way to irritability, to **vehemence**, with quasi insane behaviour, cursing, with impulses to yell and strike out. In his rage Ambra Grisea has the fear that he may kill his child and feels he is going crazy. It is an alternating state that resembles manic depression.

To conclude this description of the mental/emotional picture, I would like to pass a remark concerning this remedy: almost all our Materia Medica's **stress** the **hysterical** aspect of this remedy, which I have not experienced in the cases I have seen so far; the only aspects of this remedy which I have encountered are the ones described above. I mention this so as to remind the student to keep this information in mind, and apply it, when faced with the typical hysterical Ambra Grisea, which I have yet to encounter myself.

Generalities

This is a remedy for people who are primarily prematurely old, lean, emaciated, marasmic.

Over-impressionable patients, worn out, tired, suffering in their majority from a nondescript **vertigo** with **high blood pressure, headaches or colitis**.

The peripheral nervous system is affected with twitches, jerks and nervousness. The symptoms are most erratic, they look inconsistent and therefore the general idea of the remedy should be taken into account.

There seems to be a definite and strong connection between the emotional complaints and the effect that these have upon the alimentary canal.

In younger people we shall see mostly duodenal ulcers, gastritis and colitis, while with older people we see high blood pressure, dizziness, vertigoes, headaches and mental weakness.

Aggravated in the **presence of others**, from **music**, from emotional upsets, from embarrassment, in **spring time**.

Aggravation in the morning on waking. Trembling on rising, with dizziness and pressure in the occiput.

Lassitude in the morning, in bed. Symptoms **come in bed, in the morning** from 5 to 9 A.M. Weakness in the morning, in bed, especially with old people.

Warm milk aggravates.

Pressure on painless side aggravates.

Feeling of external pulsation after walking in the open air.

Occasional epileptic convulsions of a mild type; at other times a sensation of inner convulsion, aggravated by lying down on either side.

Complaints aggravated by the presence of people in the room

Ameliorated by cold drink, cold water.

The weakness is better after having their dinner.

Itching and tickling internally.

Abscesses, suppurations with grayish pus.

Perspiration of affected parts in the morning.

One sided perspiration. **Numbness** in general in different parts of the body, diminished sensibility, feeble circulation.

Vertigo

Ambra grisea is almost a specific remedy for the **nondescript dizziness** of old persons. It has been used a lot by older homeopaths for this condition. It is a kind of **giddiness** which is something between a dizziness and vertigo, usually the complaint of old people, denoting a process of arteriosclerosis without any other modalities.

They are so dizzy that they cannot go out in the street. The dizziness makes them want to go and lie down and have a nap.

They wake up in the morning and have to wait for some time before being able to walk around. There is noticeable aggravation in the morning in this remedy in general.

Vertigo in the act of lying down. (In the case of Ambra grisea, the term vertigo generally means the kind of giddiness we described above.)

Vertigo while walking in the open air.

Vertigo accompanied by weakness in the stomach and head.

Head

In 'head' we have a great keynote for this remedy: a kind of **hyperemia, heat of the head** while listening to **music**. It is a rare, strange and peculiar symptom.

Brain feels loose, falls to side lain on.

Dryness and falling-out of hair.

Heaviness in head from talking.

Numerous pains in the head: Pressing headache starting from both temples;

lancinating shooting pains shooting through the head worse from exertion, better lying down; pressing pain in the left frontal eminence and in the eye.

Soreness of head in the morning, turning to numbness and extending to body.

Headache in old people.

Cold perspiration on forehead in warm room.

Trembling sensation in the head from conversation after talking.

Eyes

The eyes are affected in accordance with the general idea of "senility" that this remedy produces.

Dimness of vision without obvious pathology except the one that comes with old age. Dulness of vision as though looking through a mist.

Itching in eyelids as if a sty was forming.

Pain in the morning.

Redness of lids. Eyelids are heavy; cannot open them.

Ears

In ears we see a similar condition as with eyes: the **hearing is diminished without** underlying pathology. Diminishing hearing with coldness in abdomen.

Deafness of one ear with roaring and whistling noises in the other.

All through this remedy the ageing process is much speeded up with relevant effects, becoming a keynote of the remedy in itself. This is how we should look upon the study of our remedies. This remedy seems to be similar to Bar-c. in many respects yet it has its own unique individuality.

Hears noises in the afternoon. Whistling in ear in the afternoon.

Tearing pain behind left ear.

Noises in ear sound as if one was winding a watch.

Pain in ear extending to occiput.

Nose

Copious **bleeding** from the nose.

Epistaxis early in the morning while lying in bed.

Dried blood gathered in nose.

Dryness of nose.

The nose inside becomes shiny and withered.

Epistaxis during menses.

Cramping pain in right wing of nose.

Pressing pain above nose, changing to tearing pain followed by dulness in back of head.

Dry sneezing.

Spasms in wings.

Tingling in root of nose.

Increased gray mucous secretions that have salty taste.

Face

Convulsions, spasms of lips.

Twitching. Tingling on forehead.

Tingling of beard.

Spasmodic trembling of face.

Twitching of face in the evening after lying down.

Old looking expression.

Perspiration on one side of face.

Music brings on congestion and redness of face.

Lips are dry and numb on waking in the morning.

Enormous swelling of lips worse in the morning on waking after suppression of menses.

Pimples on forehead.

Mouth

Blotches on the palate, under the tongue, that look like vegetable growths.

Nodosities under right side of tongue.

Tubercles under tongue.

Ranula (sublingual cyst).

Grayish-yellow discoloration of tongue.

Burning, raw and smarting pain in velum, palate.

Tearing pain in palate extending to left ear.

Dryness of mouth on waking in the morning with sensation of numbness in the mouth, tongue and lips.

Caries, decayed, hollow.

Anything cold ameliorates toothache.

Toothache from warm drinks, food.

Teeth feel as if cold air was forced into them.

Inclination to bite teeth together and grinding of the teeth at night.

Eating ameliorates drawing pain.
Drawing pain in one of the incisors.
Drawing pain in right molar.
Stitching, stinging pain after dinner.
Tearing pain as from a current of air.

Throat

The throat complaints are worse in the morning, after eating and from warm drinks, especially warm milk.
Sensation **as if of plug** in throat with difficulty of swallowing.
Choking, constricting sensation when clearing the throat.
Dryness in throat on waking.
Mucus is difficult to detach.
Accumulation of **grayish** mucus in the throat.
Dryness and accumulation of mucus in the throat which he tries to expel and when making an effort to cough out the mucus he gags and sometimes vomits.
Pain in throat from draft of air.
Pain in throat on moving the tongue.
Rawness of uvula.
Stitching pain from motion of the tongue.
Itching of internal throat when coughing.
Itching of larynx and trachea.
Rawness in trachea.
Trachea is sore.
Burning pain in larynx extending to abdomen

Stomach

Gastritis and duodenal ulcers have been cured with this remedy.
Emptiness, weak feeling at the pit of the stomach after stool.
Faintness, goneness, hungry feeling after eructations.
Lying down ameliorates emptiness.
Empty eructations after cough or together with violent convulsive cough.
Eructations after eating.
Cough and gagging after eating and a feeling as if food did not go down to stomach.
Acrid eructations in the evening.
Hawking up mucus when vomiting.
Heartburn **after milk**.
Indigestion in the evening.
Indigestion **after warm drinks**. Pain in stomach in duodenal ulcer is ameliorated by drinking a sip of **cold milk** every 5 to 10 minutes.
Pain in stomach worse from tea, coffee, vegetables and any **excitement**.
The increase in the desire for **salt** combined with aversion to fat, general inhibition and "impossibility to urinate in front of others" mean that there could be some confusion with *Nat-mur*.
Pain at midnight. **Lying on abdomen aggravates pain**.

Pain in stomach is ameliorated while walking in open air.
Distension of stomach after midnight.
Eructations ameliorate cutting pain in stomach.
Vomiting after rising up in bed.
Nausea worse motion and worse thinking about it. Thirst alternating with thirstlessness.

Abdomen

There is a lot of flatulence, especially after eating, but in accordance with the general pattern of this remedy they cannot relieve themselves if they have the slightest suspicion that others may hear them.

In this remedy there is always great relief at letting gas out by the anus or the mouth.

Sensation of **coldness** in abdomen, it feels as if the whole insides of the abdomen are cold.

Sometimes coldness on **one side** only; on left side.

The abdominal complaints can come in the middle of the night rousing him with rumbling and cutting in the abdomen.

Distension after midnight, or after drinking.

Perspiration in abdomen and thighs during exercise.

Colitis is one of the most common pathologies that we encounter in Ambra grisea cases.

Some of the keynotes in the abdomen are:

Aching dull pain in right hypochondria, ameliorated by lying on it.

Cramping, gripping pain in hypogastrium while lying on one's back.

Cutting pain in morning during stool. Pressing pain in hypogastrium after stool.

Cutting pain in noon after soup.

Pressing pain in region of umbilicus on coughing.

Eructations ameliorate pressing pain in region of umbilicus.

Stitching pain in hypogastrium on pressure.

Tearing pain in hypochondria on coughing.

Tearing pain in spleen.

Rumbling in hypogastrium in the morning.

Tension in abdomen after drinking.

Rectum

Old people who feel constipated in case they cannot be left alone in the house to have a stool.

There is no urging, no desire if people are present.

Constipation **during pregnancy**; from sedentary habits.

Hemorrhage from anus during stool.

After the normal stool there is pressure in the abdomen or a sense of emptiness and weakness in the abdomen which is better after passing flatus or eructations.

Urinary organs

Cannot pass urine in front of others.

Frequent urination in the morning after rising.

Pain in bladder and rectum at the same time.

Itching during urination.

Voluptuous itching.

Burning smarting itching and titillation in the urethra and vulva during urination.

A feeling in urethra as if a few drops were passing out.

Brown sediment. Bloody urine with red sediment.

Cloudy urine when passed of a yellowish brown colour which leaves a brownish sediment.

Urine has dark, brown color.

Sediment is like coffee grounds.

Sourish odor of urine during whooping cough.

Copious urine- that far exceeds the amount of fluids taken - mostly at night and on waking in the morning.

Genitalia - male

Sexual desire increased with **intense masturbation and guilty feelings**.

Sexual desire lost.

Itching of glans.

Voluptuous itching of scrotum.

Numbness of penis, with **violent morning erections**.

Burning pain after walking.

Genitalia - female

The sexual desire is **increased**, nymphomania and resort to masturbation.

Exertion aggravates the already copious menses.

Metrorrhagia after **exertion**; **between menses**; after every hard stool, after every **little accident**.

Walking aggravates metrorrhagia. Intermittent metrorrhagia.

Itching during menses. Intolerable itching of pudendum with soreness and swelling. Leucorrhoea produces itching. Leucorrhoea of **bluish mucus** worse at night.

During menses **left leg** becomes quite **blue** from distended varices with pressive pain in leg.

Pain in uterus on lying down.

Lying aggravates uterine symptoms.

Chest

Music aggravates cough.

Coughs when in company.

Cough is aggravated if many people are present.

Cough at night only.

Kent says "a good deal of this cough is of nervous origin. It is a cough with excitement, with nervousness, with trembling, which would make one of considerable experience wonder if that patient did not have brain and spinal cord trouble. Nervous cough such as occurs often in spinal irritation."

Hollow, barking cough coming from **deep** in chest and then **eructations**. Eructations excite cough.

Dry cough in the evening, loose in the morning.

Paroxysmal cough after waking in the morning.

Violent spasmodic cough with frequent eructations and hoarseness. Cough when talking loud.

Coughs on lifting heavy weight.

Cream-like, yellowish-white expectoration.

Asthmatic respiration in old people.

Difficult respiration in old people with cardiac symptoms. Comes on with even little exertion and especially **during coition**.

Eating ameliorates asthmatic respiration.

Music aggravates asthmatic respiration.

Breathing short, oppression of breathing.

Being in a weak physical and mental state it is easy to understand that they are easily prone to **palpitations**.

Palpitations after excitement, after the slightest exertion of body or mind, from any effort to exert the mind, and the palpitations are accompanied by a general feeling of trembling and quivering. Whenever you see trembling in the ages of 45 to 55 that are of nervous origin, apparently due to a weakness of the nervous system, this remedy should be considered.

Palpitation when **listening to music**.

Palpitation when **walking in open air**, with paleness of face, and pressure in the chest as if a **lump** were lodged there, or as if the chest were obstructed.

He is conscious of his arteries everywhere. He notices the palpitation up to his extremities.

Pain in chest is ameliorated while lying on painful side or ameliorated while lying on back.

Pain on left side is ameliorated by lying on it.

Pain on **lower right side of chest**.

Tearing pain during cough; on left side of chest.

Pressing pain on sides of chest during expiration.

Tearing pain in the evening.

Trembling of the heart at night.

Back

Stiffness in back from rising from a seat; after sitting.

Pain from music.

Lying on back ameliorates tearing pain in lumbar region.

Stiffness in sacral region after sitting.

Extremities

We see a lot of **numbness** and pains in the extremities and these symptoms make this remedy a good one for arthritis, rheumatism and even rheumatoid arthritis. Pains as if sprained, tearing pains in joints. **Heaviness and paralytic weakness** as well. It has cured cases with numbness, paralytic weakness and feeble circulation.

We shall give below the main keynote of this remedy.

Numbness of extremities in the morning.

Numbness in upper limbs when carrying anything.

Motion ameliorates numbness in upper limbs.

Heaviness with numbness in upper limbs.

Numbness of upper limbs in daytime during rest.

Numbness in upper limbs from resting on it.

Tip of thumb has tingling, prickling sensation.

Tingling, prickling in upper limbs when carrying anything.

Trembling from conversation.

Being alone ameliorates trembling in lower limbs.

Twitching of lower limbs in bed, at night.

Jerking of extremities at night in bed.

Contraction of hamstrings in thigh.

Contraction of muscles and tendons in hand, making it grasp things involuntarily.

Cramps in lower limbs at night.

Cramps in thighs, in calves or feet at night.

Cramps in hands and fingers on grasping something.

Upper limbs feel as if they're sprained. Elbow feels as if sprained. Shoulder feels as if sprained.

Sensation as if lower limbs were short.

Rheumatic pain in joints of thumb.

Tearing pains in nail on second finger; in third finger in the evening; in fourth finger in the evening; goes from left to right in lower limbs; between nates; in leg in the morning.

Paroxysmal, tearing pain in the calf of the leg.

Aching pain in leg during menses.

Varices in left leg during menses. Left leg is blue during menses. Leg feels full during menses.

Cold perspiration in the hand in warm room.

Perspiration between thighs while walking.

Excoriation between thighs. Excoriation in bend of knee.

Weakness of upper limbs and fingers at night.

Hands are icy cold. Coldness of right leg.

The hair in the left axilla is blond and in the right black.

Itching in inner side of foot; sole of foot; of toes.

Sleep

They can get excited easily and then cannot go to sleep.

Late falling asleep from worries.

Sleeplessness after a **conversation**, from daily care; from business; **from excitement**.

Inspite of the fact of being tired when they go to bed, as soon as their head touches the pillow they cannot fall asleep.

Sleeplessness after going to bed in the evening.

Sleepy during the day and sleepless during the night.

Sleeps with bent knees.

Sleeps on right side.

Restless sleep from coldness of body.

Anxious; vexatious dreams in children.

Fever

Chill is ameliorated after eating.

Chill of single parts.

External chill in spots.

Chilliness before dinner is ameliorated by eating.

Creeping chill after stool.
Perspiration of affected parts.
Perspiration from conversation.
Perspiration during anxiety in the evening.

Skin

Ulcers.
Anesthesia in the morning on waking.
Painless skin eruptions,
Itching and soreness especially around genitals.
Itching, tickling of skin.

Clinical

GASTROINTESTINAL:

Gastritis, duodenal ulcer, spastic or ulcerative colitis. Respiratory: Cardiac asthma. Cough. Epistaxis.

PSYCHOLOGICAL/NERVOUS:

Arteriosclerosis, with dizziness and high blood pressure. Prematurely old person with concomittant symptoms. Convulsions. Puerperal convulsions.

Relationships

Compare: *Bar-c*, *Ignatia*, *Natr-m.*, *Staph.*

Remedies that follow well: *Lycopodium*, *Pulsatilla*, *Sepia* and *Sulphur*.

It is antidoted by: *Camphor*, *Coffea*, *Nux vomica*, *Pulsatilla* and *Staphysagria*

Food and drink inimical to it: Alcoholic drink, wine, tobacco, cold drink, cold food, milk, potatoes, salt, green vegetables and warm food.

Dosage

From 6c up to the highest potencies.

Ambrosia artemisiaefolia

Ragweed, Roman Wormwood, Hogweed

Natural order: Compositae.

Mode of preparation: For Homeopathic use we use the tincture of the fresh flower heads and young shoots

The essential features

Ambrosia belongs to a group of remedies including *Aralia*, *Allium cepa*, *Arundo*, *Ars-iod*, *Dulcamara*, *Sabadilla*, *Wyethia* etc. which are almost specifics for hay fever.

What characterises this remedy in hay fever, apart from the common symptoms of such a disease, is an **intolerable itching on the eyelids** and a feeling as if the **whole**

respiratory tract and the head were stuffed up, blocked. The patient is very sensitive to all kinds of pollen, especially from roses, with an aggravation period that starts around July and has its peak in mid August.

This remedy should be thought of in cases where *Dulcamara*, *Sabadilla*, *Wyethia*, *Aralia*, *Arundo* or *Ars-iod* were prescribed and failed, especially in cases of hay fever that start with catarrh and end with with asthma. Hay fever with watery catarrh, with sneezing, lacrimation and intolerable itching of the eyelids.

Diarrhea especially in summer months in patients with dyspnea or hay fever, allergic patients for whom *Dulcamara* has failed. The irritation has the tendency to go downwards and affects the trachea and the bronchi causing wheezing, coughing and dyspnea that wakes the patient at about 2 A.M. with an asthmatic attack causing him to sit up in bed for one or two hours.

Clarke writes "*Dr. E. T. Marsh and another experimenter suffered severely from symptoms of coryza and hay-fever whilst observing the pollen of this plant. It should therefore be of service in similar affections.*"

Generalities

Epileptic, clonic convulsions.

Emaciation, marasmus.

Head

Stuffed up during hay fever.

Eyes

Lacrimation with **intolerable itching of eyelids**.

Nose

Nose bleed during coryza. Watery discharge and sneezing.

Chest

Whooping cough. Asthmatic hay fever. Feeling as if the **entire respiratory tract is stuffed up**.

Clinical

Coryza. Hay fever. Dyspnea. Diarrhea

Dosage

Low potencies from 3c to 30c.

Ammoniacum gummi

Gummi ammoniacum, Dorema ammoniacum

English: Gum ammoniac

French: Gomme ammoniacque

German: Ammoniak, Armenisches gummi

Natural order: Umbelliferae.

Family: Jussieu [Vegetable substance].

Mode of preparation: It flows in large grains and is collected in June. There are two varieties, Gum ammoniac pure, or amygdaloid, and Gum ammoniac impure, in lumps.

It dissolves in ether and less so in vinegar and alcohol. It is prepared for homeopathic use by trituration of the gum.

The essential features

This is a remedy that will not be used when indicated, at least initially in a case; instead *Antimonium tartaricum* will be prescribed. It corresponds to adynamic states with involvement of the lower respiratory system, such as chronic bronchitis, when it appears that the system is too weak to eradicate the disturbance. It is a remedy that will be prescribed mostly for **old people** or patients with an aged, deteriorated constitution, people suffering from affections of the bronchi and the eyes.

The entire picture of the remedy is consistent with the **aged** constitution, with a slow mind, difficulty in thinking and comprehending. It possesses a mental dullness that is most prominent in old people. These patients completely lose their joy for life; they become morose, cross, ill-humored and peevish. They are displeased with anything that happens around them; they are constantly dissatisfied. Eventually they become apathetic and indolent. They grow indifferent to everything in their surroundings. It eventually becomes impossible for them to perform any mental work. Subsequently depression ensues.

Arteriosclerosis is not so much the offender; rather, these patients seem the victims of a "general weakening" of the whole organism, an **aging process** which renders them incapable of doing any mental work and simultaneously sleepy; however, when they go to bed at night, for no reason a peculiar excitement arises that keeps them awake and somewhat restless. When they wake up in the morning, they feel very sluggish and dull; they do not want to do anything and are still sleepy.

This remedy will be useful in acute cases of **bronchopneumonia** where the patient looks exhausted, with high fever and with violent coughing the whole night; the aggravation comes early at night, at about 9 p.m., and persists the entire night until early morning, around 5 a.m.. The coughing yields a lot of stringy mucus, easily expectorated; at times, one night's expectoration might fill a bucket. The patient is dyspneic with oppression of the chest and stitching chest pains, especially on the left side. He looks as if his mind is lethargic; he is peevish and does not seem to be interested in anything. Actually, if you have known the patient, you will notice that he looks as if he has aged a great deal during this acute disease. He will not pay much attention to you or to the fact that you want to help him; you will almost feel that he does not care to report his symptoms. And, more than likely, you will be inclined to prescribe *Bryonia* or *Antimonium tartaricum*. It is after making such mistakes that we learn to use the correct remedy at the appropriate time.

A similar situation may be encountered in humid asthma in older people where there is bronchorrhea every winter which, having begun, does not subside. There is expectoration of much stringy mucus during the night, with violent coughing, accelerated pulse, oppression of the chest, and difficult respiration with some anxiety; however, the dyspnea is not fatal; respiration will not be completely arrested. One gets the impression that the organism is too weak to eradicate this bronchial catarrh, which, though not very serious, can recur year after year.

Generalities

Ammoniacum acts upon the mucous membranes by first diminishing the secretions and then **increasing them**. It acts best in **old people**.

Symptoms are aggravated by cold air, by cloudy weather, by cold, wet weather, and in **winter**. Physical exertion aggravates the symptoms. The time of aggravation is from 9 P.M. to 5 A.M. It has an annual periodicity, the worst period being the winter.

Sluggishness of the body on rising in the morning. Weakness from motion and on rising.

Head

Headache accompanying frontal sinusitis which looks like *Kali-bichromicum*. Periodic headache. Headache in forehead; in occiput. Pressing, stitching headaches in occiput. Tearing headache in sides of head. Sensation of numbness in occiput. Pustules on the occiput. Aching in forehead with confusion of whole head, and such drowsiness that any effort or labor was impossible. Forehead confused, with weakness of sight and heaviness in loins. Confusion of head and sleepiness, with a sensation as if bruised in limbs. Pain throughout whole forehead; preventing intellectual labor.

Eye

In the eyes we see a state similar to *Ruta* and *belladonna* combined. There is much **weakness and pain felt in the eyes if they had been exerted**, as in reading. The eyes are easily fatigued. Stars, colored circles, **fiery points** float before the eyes, especially when tired and during the evening. Dim, foggy vision in the evening and night. In short, we see symptoms of eyes that are aging. A feeling of dryness in the eyes. A feeling as if a foreign body were stuck under the left upper lid. Photophobia, even in cloudy weather.

Nose

Constant, **fan-like motion of the wings** in pneumonia. Coryza with profuse mucous discharge and frequent sneezing. Dryness inside the nose that wakes her at night.

Face

Pale face, with dry, burning lips.

Mouth

Dryness in the morning on waking. Yellowish coating of tongue with bitter taste. Insipid taste in mouth. Dry roughness in tip of tongue.

Teeth

Toothache extending to ear. Toothache from talking.

Throat

Dryness in the morning and when inhaling fresh air. Feeling of something sticking deep in the throat that makes her want to swallow, or a sensation as if something were stuck in the esophagus, causing swallowing. Roughness in the throat.

Stomach

Appetite wanting during menses. Violent eructations. Sour eructation in the afternoon. Pressure in pit of stomach after supper. Pain from stomach extending to nipple. Aversion to milk.

Abdomen

In the abdomen we have a peculiar symptom: **Rumbling**, with soft stool and much flatus, **with a feeling of confusion in the head**, worse in the afternoon.

Many of the pains are in the hypogastrium: aching, dull pain in the hypogastrium. Stitching pain in the hypogastrium; on right side of inguinal region. Heaviness in the hypogastrium as from a load.

Aching dull pain in the ileocaecal region, aggravated while turning on the

right side. Drawing pain in inguinal region. Stitching pain in hypochondria.

Twitching and jerking in inguinal region. Itching in the inguinal region, worse on the right side.

Rectum

Constipation; no stool for two or three days. Diarrhea with a lot of mucous. Offensive flatus. Pain in rectum while sitting.

Stool

Stool is pasty; pappy stool, copious. Soft, thin, liquid.

Urinary organs

Interrupted urination. Profuse urine containing much lactate of urea. Burning in the urethra during urination. Drops of urine dribble after urination.

Genitalia - male

Shooting pains in the right spermatic cord. Drawing pain in the spermatic cords in the evening. Stitching pain in spermatic cords; in the evening; while walking. Drawing pain in testes. Shooting pains at the root of the penis. Itching in the pubic area.

Genitalia - female

Menses are absent; irregular; painful.

Respiration

Catarrh in old people. **Rattling respiration** in old people. **Rattling cough** in old people. Mucus in air passages, trachea. Difficult respiration from mucus in the trachea. Catarrh alternating with diarrhea in old people.

Cough

Deep coughing. **Rattling cough** in old people. Eating ameliorates coughing. Loose cough without expectoration.

Expectoration

Copious expectoration. Difficult expectoration; in old people. Expectoration of mucus in cold weather.

Chest

Palpitation when lying on back; when lying on left side. Weakness felt in chest.

Back

Itching in cervical region. Pain in lumbar region **on breathing**.

Extremities

This remedy has many rheumatic pains in the extremities, and weakness. Lameness, especially in lower limbs. Heaviness of extremities; tired limbs, in the evening.

Itching of the sole of the foot.

Rheumatic pains in shoulder; right shoulder; left shoulder; in elbow; in wrist; in first finger; in hip; in inner side of thigh, above knee; in knee; in the foot; in the soles of foot. The pains are drawing, pressing, sore, bruised.

Gouty pain in joints of first toe. Tearing pain in the ankle, before going to bed. Swelling of the fingers, of the knee. Sensation of swelling in the knee; while sitting.

Swelling of toes. Tension in the knee while walking. Foot falls asleep; there is a tingling, prickling sensation.

Sleep

He experiences sleepiness in the daytime and sleeplessness at night. The sleep is disturbed by dreams. Restless sleep. Sleepiness in the morning. Sleepiness during headache, with indolence.

Sleeplessness from headache. Sleeplessness from pulsation; from weakness. Unrefreshing sleep. Frequent waking. Yawning.

Anxious and confused dreams; many dreams. Nightmares.

Clinical

Respiratory

Asthma. Bronchitis. Bronchopneumonia.

Ocular

Affections of eyes.

General

Heart affections. Hydrocele. Panaritium.

Relationships

Compare: *Asafoetida*, *Conium*, *Cicuta virosa*, *Ambra grisea*, *Aurum*, *Pulsatilla*, *belladonna* and *Ruta* [eyes].

Antidotes

It is antidoted by *Arnica*, *Bryonia* and coffee.

Dosage

From 12x to the highest.

Ammonium carbonicum

Carbonas [sub] ammonii

Sal volatile anglicanum

English: Sesqui carbonate of ammonia; Smelling salts

French: Ammoniaque carbonate; Sous-carbonate d'ammoniaque; alkali volatil concret; Sel volatil d' Angleterre

German: Fluchtiges Lügensaltz

The essential features

This is a complex remedy, one which is very little understood, and therefore seldom used. Most probably, other remedies, such as one of the Kali's, especially *Kali carbonicum*, or *Antimonium tartaricum* or **Carbo vegetabilis**, are prescribed instead. Its symptomatology seems to be quite complex, covering a number of different pathological states, and its uniqueness is consequently difficult to grasp. Kent describes Ammonium carbonicum as "a deep-acting, constitutional remedy, an antipsoric."

I must here take issue with the expression "constitutional remedy" if the implication is that it is so because it is a deep-acting remedy. I have come to realize that all remedies can act deeply when they are truly indicated, when they are the "similimum." Consequently, any remedy may act as a constitutional remedy when appropriately prescribed. Any remedy, when only superficially prescribed, will have but partial action, and, conversely, any remedy, when properly prescribed according to deeper indications, can affect the entire constitution. The strange phenomenon seen in everyday homeopathic practice is that many times superficial remedies have to be prescribed before the real constitutional remedy can take effect. I believe that Kent actually conceived of the constitutional remedy as having the broader definition specified above, and that his followers have sometimes misunderstood him to suggest a narrower interpretation.

Ammonium carbonicum is indicated in those cases with a flabby, obese appearance, very much like the Cushingoid appearance induced by exogenous cortisone ingestion. The face is pale, bloated and puffy, and there is an impressive softness of the tissues. This flabbiness and softness seem to prevail in Ammonium carbonicum patients.

They are fat people with weak hearts and even weaker respiratory systems. As a result, this remedy corresponds to cases of heart disease, **angina pectoris**, **enlargement of the heart**, heart failure, etc.; in general the condition of the heart seems precarious. The patient feels **prostrated**, and every movement produces a **violent**, almost audible **palpitation** that drives him to bed with great anxiety, feeling as if he is dying. He has to **rest all the time** in order to feel comfortable; the least exertion induces this tumultuous palpitation, a feeling of prostration and a sense of suffocation. However, all these symptoms may be present **with or**

without obvious heart pathology. In some cases an early subclinical enfeeblement of the heart produces such symptoms, but the same remedy, given for the same symptoms, will prove useful for **gross pathology**, such as the final stages of pneumonia with heart failure.

Acute pulmonary edema is a state for which this remedy should be studied. Kent writes: "You see 'heart failure' spoken of in old school literature (allopathy). They say the patient got along very nicely, but finally died from heart failure. In a great many instances, if Ammonium carbonicum were given in time, it **would save life.**"

Usually, with this kind of symptomatology signs of **cyanosis** will be present.

Unfortunately, in our western system of medicine people are permitted to die only under allopathic treatment, so homeopathic physicians do not have a chance to treat such severe pathology with homeopathic remedies, especially considering the absence of homeopathic hospitals that can accommodate such cases. Consequently, we cannot develop a full knowledge of our remedies; it will take a very long time before their real pathogenesis is reliably comprehended.

Dyspnea, the result of a weak heart, is produced by Ammonium carbonicum; consequently, **cardiac asthma** is covered by this remedy, but Ammonium carbonicum has also been useful in **bronchial asthma** and emphysema.

Think not of *Carbo vegetabilis* or *Antimonium tartaricum*, but of Ammonium carbonicum when you have a case with the following picture: the patient is in great distress with suffocative breathing and loud, noisy respiration. He displays cyanosis of the lips, across the nose and even of the fingertips; his nose is cold, yet his body and feet feel warm. His pulse is extremely rapid, and his voice is very weak and hoarse. He wears an anxious expression and has a feeling as if something bad is about to happen. It is for cases such as this that Ammonium carbonicum will be of great service in hospital practice.

Ammonium carbonicum asthmatic patients have to make a tremendous effort to **climb just a few steps**; they are terribly aggravated in a **warm room** and can breathe better if they are in clean, open air. These are the people who suffer the most from **pollution**, from the motor vehicle **exhaust fumes** so prevalent in large cities. In these respiratory disease cases there will be a long history of susceptibility to repeated attacks of **common colds**, repeated coryzas with **very acrid** catarrh from the nose, which is blocked completely during the night in bed. The patient wakes up frequently from inability to breathe. The colds travel down to the throat and finally settle in the bronchi, eventuating in a dry, tickling cough. This cough is almost always associated with hoarseness and a great deal of chest oppression, the result of an accumulation of tenacious mucus in the chest. Year after year these colds become more frequent and more severe and progressively weaken the chest until, one day, the colds settle in the bronchi and refuse to yield; then the dyspnea starts. There is an accumulation of mucus in the bronchi which is very difficult to expectorate. Finally, the emphysema becomes so severe and the movement of air so restricted that the cough and rales disappear; only severe dyspnea is then clinically apparent.

Most probably, the Ammonium carbonicum case will be recognized as such after one has for years prescribed other remedies; such as, *Allium cepa*, *Arsenicum album*, *Dulcamara*, *Arum triphyllum*, and, later, *Carbo vegetabilis*, *Antimonium tartaricum* and *Kali carbonicum*, with little or only partial success.

A great characteristic of this remedy is that **all discharges are acrid**. Like crude ammonia itself, which always emits a **pungent** odor, Ammonium carbonicum exudes acidity both mentally and physically. The saliva becomes acrid and excoriates the lips, which crack at the corners and in the middle. The eyelids fester and become dry from the **excoriating fluids** discharged from the eyes. The **stool is acrid** and excoriates the anus. The **menstrual discharge and the leucorrhea are acrid** and excoriate the female genitalia; the **discharge from ulcers is acrid** and excoriates the surrounding area.

The gums recede; they bleed and become spongy; the teeth loosen and fall out. It is a remedy that should be thought of for tuberculosis due to its tendency to produce hemorrhages. The **nose bleeds** easily when washing the face and hands and when eating. The tonsils and throat ulcerate easily.

It is appropriate to mention here another characteristic of this remedy -- the effect it has upon the skin, its tendency to produce dark reddish eruptions; the body is **red, as if covered with scarlatina**. Malignant scarlatina with deep sleep, stertorous breathing, and starting from sleep. Erysipelas. Snake bites.

Kent writes, "It effects rapid blood changes, it disturbs the whole economy and it establishes a scorbutic constitution... This remedy has bleeding of black blood, often fluid blood, that will not coagulate... The blood is dark showing that a great disturbance is taking place in the circulation... If you examine the pathogenesis of people who have been bitten by snakes and then examine the pathogenesis of this remedy, you will see a great similarity between them. It is well known that this remedy has had repeated use in snake bites... Give it not as an antidote per se, but when indicated in blood poisoning and animal bites with zymosis, with a tendency to black, liquid bleeding, as in Elaps."

Another important aspect of this remedy is the **prostration** associated with heart or respiratory problems. There is tremendous exhaustion; the patient tries to get up from bed but falls back into it, the heart pumping very strongly. There is **indescribable fatigue** in cases of heart problems or lung emphysema. The patients are dyspneic and unable to expel the mucus which seems to be in the lungs; breathing is nearly impossible and the exhaustion tremendous. Exhaustion is also accentuated at every menstrual period - an exhaustion accompanied by vomiting and diarrhea, coldness of the body, blueness of the skin, and dyspnea.

The Ammonium carbonicum patient is one who cannot tolerate **cold weather**, especially if it is also **wet and stormy**. Anything wet upon their body makes them feel uncomfortable. As a result of this aggravation they develop an aversion to taking a normal bath and eventually develop unclean habits. They seem unconcerned about

their physical uncleanliness, but their sullied condition is rather extenuated by the degree of aggravation they suffer from contact with water. One has to imagine what life is like for these persons with their respiratory problems: their heart feels weak, about to give in; they are acutely aware of their great susceptibility to catching colds and of the aggravation of their chest problems that will result; and, given their sensitivity and weakness, they fear that any exposure to cold weather or wetness will finish them once and for all. In this respect they resemble *Rhus toxicodendron*; other points of resemblance are that both have bone pains which are aggravated in such weather, chronic sprains, and contraction of the hamstring tendons.

I would not prescribe this remedy for purely mental disorders in that a clearcut picture of the mental state is not yet available. However, some basic psychological characteristics have been established. To understand the mental-emotional states of this remedy the patient's physical condition must be taken into account. The acrid nature of Ammonium carbonicum excretions and discharges hint at the psychology of this remedy. First, we must consider this patient's psyche in its physical context: the individual suffers enormously with his many colds, his difficult respiration and coughing, etc.; also, his heart feels weak, and, in addition, his tendons feel stiff and add to his limitations. Under such circumstances he develops an **acid** character when in contact with others. He becomes **obstinate** and very reluctant to obey orders. Either this acidity or indifference prevails.

He becomes **irritable, unfriendly** and, many times, **abusive**. He has a bad humor, a sour disposition, is sulky and silent, and refuses to answer questions. He feels worse when hearing others talking. He is very sensitive to any kind of criticism, not only of himself, but also of others. He is a person who does not "share" easily, especially his emotions. He is indisposed to talk, taciturn. His manner and reticence seem to expressly convey the message that he just does not want to be bothered.

These patients are prone to irascibility and excessive anger, especially when suffering from a headache. And they experience severe headaches which are concentrated in the forehead and, more specifically, at the **root of the nose**. They have headaches that feel as if the **head will explode**. They are also irritable during bad weather, which for them is cold, wet weather, and especially in the evening hours.

In general they are **timid people** who remain in the background. They avoid crowds. In conversation they become excited only when talking to no more than one person and only when discussing a subject they enjoy.

This remedy seems to be impressionable; at the end of the day the subconscious mind of these patients remains occupied with the day's unfinished business, things that they should have said and did not. In the night, during sleep, they talk quite clearly, **revealing their secrets, thoughts** that they would never express while awake. On many occasions they **wake startled, in a fright**.

These individuals are liable to believe that they are unlucky and that a **misfortune** will befall them at any time. This dread of a coming misfortune manifests mostly in the morning hours, while in the evening it is supplanted by a peculiar **anxiety and fear** that makes them feel like crying.

They become sad, morose and miserable, especially in cloudy and wet weather. Ill humor arises in the morning. They have the tendency to **weep**, especially in the morning on rising, and they do weep a lot. This tearful mood is ameliorated as the evening approaches.

Sometimes they feel like going for a walk, but **walking aggravates** them, causing a return of sad memories, things that have displeased them in the past; as a result they become depressed and **discouraged**.

Eventually their intellectual faculties become impaired; they have difficulty retaining their thoughts and concentration becomes difficult. They lose their memory, become absentminded. They make mistakes in calculating, in speaking, in writing; they use wrong words.

If you have been treating such a case for a long time with incorrect remedies, you will observe this process of degeneration and feel helpless to stop it. The remedies you give act only superficially, palliating but not penetrating deeply enough to bring about the desired change. Suddenly you realize your mistake and administer this remedy, and then you observe the wonderful changes that can take place as a result. Patients who were almost invalids lay claim to a new lease on life.

These people do not have excessive sexual appetites, but they are very sensitive to sensual impressions. Their fantasies can be stimulated easily. Some Ammonium carbonicum women may display an hysterical reaction to sexual stimulation, the result of an oversensitiveness of the clitoris. Interestingly however, when their physical ailments become really annoying, they completely lose their interest in sexual intercourse. Women may actually develop an **aversion to sex**, while men lose their desire though still capable of achieving an erection. Another aspect of this remedy is seen in hysterical women with a tendency to faint.

Most of the older Ammonium carbonicum men I have seen have not been married. Perhaps this is a coincidence, but I think it is worth mentioning. Their unclean habits, their disinclination to share themselves emotionally, their inclination to live alone, without responsibilities, because of their bad health, and their misery as a consequence of weak respiration and a weak heart may account for their disinterest in marriage.

Some Ammonium carbonicum children appear somewhat backward and behave immaturely; they have difficulty learning at school and are lazy. Interestingly, they can at the same time be critical of others and very demanding of their parents.

Generalities

Ammonium carbonicum is a remedy that is indicated in constitutions which have difficulty in oxygenating the blood; this is the first remedy indicated for asphyxia from charcoal fumes. It is one of the best remedies for **emphysema with cyanosis**. The circulation becomes sluggish.

This remedy will be indicated when there is a defective reaction to severe febrile diseases, such as typhoid fever, diphtheria, malignant scarlet fever, erysipelas, etc., especially when several incorrect remedies have been prescribed, confusing the case and leaving the patient looking exhausted **and almost pulseless with a weak heart**.

The remedy should be remembered in cases of cerebrospinal meningitis when the patient is first stricken by the disease, falling into a semi-comatose state. The body is cold, the pulse very weak, the surface of the body cyanotic. This remedy will help to establish a reaction.

Another general characteristic of this remedy is a tendency to hemorrhages of dark blood, sometimes black, that will not coagulate.

Ammonium carbonicum cases are very much aggravated by **cold and wet weather** and by stormy or **cloudy** conditions, with the exception of the **dyspnea**, which is very much **aggravated in a warm room**. In a warm room they become pale and so much worse that they have to sit down and avoid any movement at all. Walking outside in **cold air** makes them feel terrible; they will avoid it at any cost.

Water seems to aggravate these patients considerably. They are averse to bodily contact with anything wet; consequently they do not like to wash and sometimes avoid bathing so assiduously that they become a significant problem for others living with them.

Women are **aggravated during the menses**, and many have to stay in bed during this period. Symptoms resembling cholera, with constant diarrhea and vomiting, may arise during the menses. **Hysterical women** with a tendency to **faint**.

There is also aggravation from motion, from chewing or pressing the teeth together, and from bending down. The time of greatest aggravation is between **3 and 4 a.m.**, leading to ready confusion with *Kali carbonicum* in cases involving lung pathology. There is **amelioration** by **lying down**, especially on the **abdomen**, and by **becoming warm in bed**. Better lying on the painful side.

Vertigo

Vertigo on reading in a sitting position, in the morning or the evening.

Head

Pulsating, beating, throbbing headaches, mostly in the forehead, after dinner; after eating; while riding in cold air. **Congestive** headaches during wet weather, aggravated by walking in the open air. The most characteristic headache is a pressive one situated at the root of the nose which gives the impression as if the **forehead would burst**. A warm room ameliorates a pulsating sensation in the head. The headaches are worse **when stepping** and in the morning on waking, better with pressure and in a warm room. Headache with nausea.

Sensation as if the brain would **ooze out** through the forehead and eyes. The brain seems loose. When biting the teeth together or when chewing, there are shocks which pass through the head, eyes, ears and nose.

Eye

Burning of the eyes with aversion to light. Sensation as if there were sand in the eyes. Right eye feels as if **bathed in hot water**. Eye strain. After strain, muscular asthenopia. Pain in the eyes, better from afternoon sleep. Lids become swollen, dry and cracked from the **excoriating fluid** discharged from the eyes. Eyes bloodshot with lachrymation.

Vision

Sparks before the eyes at night; on waking. Double vision. Large black spots float before the eyes after sewing. Cataract of right eye.

Ear/hearing

Discharge of **acrid fluid** from the ears. Shocks through ears, eyes and nose when biting teeth together or chewing. Painful sensibility, increased in deaf ear. Hardness of hearing.

Nose

Coryza in hysterical females and old people with discharge of sharp, **acrid, burning** water. Stoppage at night; cannot breathe at all through the nose; the nostrils are completely blocked.

Epistaxis, mostly from the left nostril, when **washing the hands** and face, and also after eating. Tip of nose congested. When stooping, the blood rushes to the tip of nose, causing it to become red.

Face

The face becomes heated when talking about an exciting subject, also **when eating**. Tetter (skin eruption) around the mouth. Hard swelling of the cheek. Boils and pustules during the menses. **The corners of the mouth** are sore, **cracked** and burn; at the same time the middle of the **lips are cracked** because of an acrid saliva. Boils and pustules during the menses. Cyanosis of the lips, across the nose, and even of the fingertips in cases of acute pulmonary edema or pneumonia.

Mouth

Redness and inflammation of the inner mouth and pharynx. Sensation as if the mouth were swollen. Swelling internally of the cheeks. **Food tastes metallic**. Taste sour; metallic. Great dryness of the mouth and throat. Vesicles on the tongue. **Cracking** of the jaw on chewing.

Teeth

Drawing pain in the teeth **during menses**. Tearing pain when **biting the teeth together**. Toothache. Pressing teeth together sends shocks through the head, eyes and ears.

Throat

The tonsils are **highly inflamed and look almost bluish-purple**. Gangrenous ulceration of the tonsils with great general exhaustion. There are varying degrees of throat inflammation ranging from simple sore throats to severe inflammations with purple fauces, swelling, ulcerations and bleeding; there are also putrid inflammations, especially in cases of scarlatina or diphtheria. The glands of the throat and neck swell, becoming large and lumpy. In diphtheria, the child gasps for breath and starts from sleep; this happens again and again, as soon as the child falls asleep.

The picture of this remedy in throat and skin affections is very similar to that of *Lachesis*, a remedy which is inimical to Ammonium carbonicum because of such similarities. In reality, however, it is very difficult to confuse these two remedies, so divergent are their overall pictures.

Stomach

Suppressed eructations. Eructations. Flatulent dyspepsia. Pain in the epigastrium, like a constant weight, worse after eating, especially meat. Pressure ameliorates cramping, griping, constricting pain in the stomach. Pressing pain in the stomach from clothing. Tenderness and pain in the pit of the stomach, with heartburn. Constrictive pain in the pit of the stomach, with heartburn, nausea, waterbrash and chilliness; better lying down and better pressure. Great appetite, but easily satisfied. No relish of food. Desire for **sugar**. Aversion to milk. Much thirst, especially when eating.

Abdomen

Cramping, griping pain in cold air. Shooting pains in the liver area. Noises and pain in the abdomen. Elastic swelling in the groin, like a flatulent hernia.

Rectum

Diarrhea **acid**; **burns** the anus. Constipation, difficult evacuation. Bleeding piles; worse during menses. Protruding piles, worse after stool, better lying down. Itching of anus. Lying on the back ameliorates the pain in the rectum. Painful tenesmus during menses.

Stool

Stools difficult, hard and knotty. Discharge of blood before and after stool.

Urinary

Frequent desire; involuntary urination at night. Tenesmus of bladder. Urine bloody and fetid. Sand-white sediment.

Genitalia-male

Ammonium carbonicum males are sensitive to sexual impressions, leading to masturbation; sometimes there is violent sexual desire without erections or erections without desire. Seminal emissions, even after coition. Itching and pain of the scrotum and spermatic cords.

Genitalia-female

Cholera-like symptoms (diarrhea and vomiting) at the beginning of the menses. Irritation of the clitoris with hysterical reactions in young women. Copious menses from riding in cold air. Menstrual flow is increased while standing. Menses frequent and profuse, with clotted, black blood. Reserved during menses. Itching, swelling and burning of pudendum. Leucorrhoea -- burning, **acid**, watery. Aversion to the other sex; aversion to coition.

Larynx and trachea

Saltish mucus in larynx. Tickling in air passages after 3 a.m. Hoarseness.

Respiration

Difficult respiration because of pulmonary edema. Cases of older people with a history of continuous colds, coryza, bronchitis and, finally, dyspnea, asthma and

emphysema. When this remedy is given in this last stage, it will palliate but not really cure.

Kent writes, "This remedy is full of catarrhal symptoms and cough, with much **rattling of mucus** in the chest, and air passages. Oppression of breathing, a catarrhal dyspnea. Especially is this remedy useful, when the symptoms agree, in hypostatic congestion of the lungs, a **filling up of the chest with mucus** which is difficult to expel... Old people who suffer from catarrh of the chest have an aggravation at 3 a.m. , with the palpitation and prostration, waking up at that hour with cold sweat and dyspnea."

There is a great accumulation of serous fluid in the lungs, with strong rales and ronchi; the fluid cannot be expectorated due to a general weakness of the patient.

Another good description is provided by Hering, "Sputa thin, foamy; adynamic state, with rattling of large bubbles in the chest. Bronchitis in the aged... Cough with spitting of blood, previous sweet taste and great dyspnea, with stitches in small of back and pit of stomach."

Open air ameliorates the asthmatic respiration; a warm room aggravates. Difficult respiration in a **warm room**; he becomes deathly pale and must remain quiet. Dry, hacking cough, which is worse after midnight and at **3 a.m.** Stitching pain in right side of chest on stooping.

Back

Pain between scapulae during menses. Drawing pain between scapulae during menses.

Extremities

Convulsions in the upper limbs, drawing limbs backward. Cramps in leg, in region of tibia. Cramps in calves and soles.

Fullness in the veins of the hand after washing in cold water. **Panaritum.** The finger is **extremely inflamed**, with deep-seated periosteal pain and redness, which extends up the arm. Hands cold and blue; distended veins.

Inflammation of first toe, repeated inflammations after injury. Pain in left first toe. Pain in first toe, in evening, in bed. Pain in jerking knee. Tearing in joints, relieved by heat of bed; inclination to stretch limbs. Chronic effects of sprains.

Skin

Clinical

Respiratory

Cough. Asthma. Emphysema. Asphyxia, suffocation from charcoal fumes. Bronchitis. Acute pulmonary edema.

Heart

Angina pectoris. Enlargement of the heart. Heart failure. High blood pressure.

General

Pains from dislocations. Pains in bones. Sprains. Pain in sternum. Toothache. Enuresis. Hemorrhoids. Bursting headaches. Cataract. Rickets. Uremia. Parotitis. Bleeding tendency from everywhere. Blood changes rapid. Due to degeneration of blood tissue, the hemorrhages are characterized by dark, clotted blood.

Skin and mucosa

Erysipelas. Measles. Miliary eruptions. Sensitive gums. Scarlatina. Whitlow.

Causation

Poisoning from charcoal fumes, from pollution of the atmosphere with exhaust gases.

Relationships

Compare: the *Ammonias*, *Antimonium tartaricum*, *Carbo vegetabilis*, *Kali carbonicum*, *Arsenicum*, *Lachesis*.

Remedies that follow well: *Belladonna*, *Bryonia*, *Lycopodium*, *Pulsatilla*, *Phosphorus*, *Rhus toxicodendron*, *Sepia*, *Sulphur* and *Veratrum album*.

Antidotes

It antidotes: *Rhus* poisoning, stings of insects, poisoning from charcoal fumes.

It is antidoted by: *Arnica*, *Camphor* and *Hepar sulphuris*; vegetable acids and fixed oils.

Inimical: *Lachesis*, sweets and warm food.

Dosage

From 12c to 1m.

Cases

1. May 30th, 1911, I was consulted by the daughter of Mrs. B., aged 82 years, referred to me by Dr. F. Austin Stowell, of Fitchburg, Mass. I was informed that her mother was recovering from an acute illness, but had withstood very well her journey from Boston by train, and was in good spirits the next day. I afterwards ascertained from Dr. Stowell's report of the case that she had sustained a slight cerebral hemorrhage about two years before, and her present illness had begun about three weeks previously with oppressive pain in the chest and dyspnea, followed by unconsciousness, lasting about four hours. These symptoms cleared up very well after the use of *Bryonia* and *Sulphur* cc, as I note in the doctor's letter of May 31. I was informed that I might be called hurriedly to my patient, as her condition, while reasonably good, was in no way certain. This intelligence was well borne out by what actually developed in the case.

The following morning I was summoned about 5:30 by the message that my patient was in great distress: dyspnea with suffocative breathing, loud crackling and bubbling rales, which could be heard for some distance from the bed.

More or less sweating of body and on forehead. Cyanosis of lips, across nose and even of fingertips. Countenance calm, but anxious withal, with sensation, as I afterward learned, of impending doom. Expectoration, thin, frothy, bubbling. Voice very weak, faint and hoarse. Nose cold, yet body and feet warm. Pulse extremely rapid [140, and variable], weak, and at times not to be detected at the wrist...

My first thought in the matter of a remedy for this distressing condition turned, naturally, to *Carbo vegetabilis*, especially owing to the intense dyspnea and rattling in the chest, coldness, cyanosis and desire for cool air and to be fanned slowly. This remedy was, accordingly, administered in water, in the 30th potency - a portion of a teaspoonful once in fifteen minutes. An hour passed in which conditions certainly did not improve, and I then administered tartar emetic in the 200th potency in the same way.

No improvement followed, and I began, with all concerned, to think the end was near. There was no mistaking that there was here a condition, which, unless relieved, and

that, too, speedily, could have but a single ending; if the opinion of the ordinary observer is to be given any weight in a matter of such moment, I could now detect a rapidly increasing area of occlusion of the pulmonary alveoli in the right lung, posteriorly, though rales were to be heard all over the chest. What was the condition: Not in all probability an infarct, or pulmonary embolism; there was no sanguineous expectoration - atelectasis: I have sometimes thought that certain of these symptoms pointed to the former, but there had not been sufficient bronchitis to account for this sudden shutting off of so large a portion of the pulmonary air-current. Against a developing pneumonia, there was not at any time a rise of temperature, yet this is often absent in the aged. There was, on the contrary, a prolonged chilliness. As to any purely circulatory cause, this patient was arteriosclerotic and there was a very weak heart action, with more or less dyspnea on exertion, and the general circulation was very feeble. Whatever the cause, we must rule out edema of the lungs, owing to the fact that the occlusion was not located at the base of the lung and was not bilateral and, furthermore, there was no kidney involvement, and not sufficient myocardial degeneration to account for it - and auscultation did not disclose a sufficient liquid rale.

To corroborate the pneumonic theory, there was dullness in this area for a period of about five days, with extreme weakness, a badly coated tongue and abdominal distension. Of course, not very diagnostic symptoms of pneumonia, but even with the absence of the characteristic sputum and fever and the presence of extended dullness would exclude the latter.

What was I to do? Neither remedy had, in the least, relieved, and the patient resigned herself to the inevitable. In Gatchell's Pocket Book I had read the indications for Ammonium carbonicum [in rather crude doses] in edema of the lungs and, having witnessed the death of a patient with double pneumonia from this complication, although never having used the remedy, the symptoms before me brought it to my mind. The indications there given are these: "Feeble heart's action; cyanosis, drowsiness; great accumulation of serous fluid in the lungs, which the patient is too feeble to expectorate." I had read, too, its indication in Guernsey's Key Notes as follows: "Often there is much rattling, as of large bubbles in the chest; chest feels faint, it is tiresome to breathe, ..."

It was with gratification, therefore, after prescribing it, and especially in the 200th potency, that I found, on returning to my office, the following corroboration in The Guiding Symptoms: "Sputa thin, foamy; adynamic state, with rattling of large bubbles in the chest. Bronchitis in the aged." I had also a vague recollection of reading something on this remedy in THE MEDICAL CENTURY, and it is only now, as I write, that I have been prompted to look it up; when I find, to my gratification, in the very article I had in mind, this verification of its symptomatology. From "Ammonium Salts," an article on Materia Medica Studies, by A. Leight Monroe, M.D., Fla. - "In these small spheres don't forget the ammonium salts. They belong distinctly with the venous hyperemias. There is not so much a venous stasis present as a lack of declaration of the blood." An old friend, a wonderful practitioner, now dead, Dr. Lucy of Kentucky, used to say, "Don't forget Ammonium carbonicum in all 'carbonate' conditions. This blue surface may also be associated with the expectoration of 'blue' mucus. Ammonium carbonicum should be associated with Antimonium tartaricum, especially in the treatment of capillary and senile bronchitis. Also with Ipecacuanha, Stannum, Lycopodium and Carbo vegetabilis. Often succeeding like magic, where these others all fail." Here then, was an exact reproduction of the symptoms before me: Carbo vegetabilis and antimony had both failed.

As to the patient: In despair, almost, I sought in my case of infinitesimals for the remedy, but a few darkened pellets remained - themselves almost carbonized, as it were, from long contact with the thin cork. The precious supply was dissolved in a few teaspoonfuls of water, and a portion of a teaspoonful administered. This was at nine A.M. I, meantime, breakfasted, doubtful of the utility of my prescription, but upon my return to my patient she faintly expressed the fact that she thought the breaths came a little easier and descended a little deeper within the chest. Another teaspoonful, when there was a slight return of distress and that was the whole story. The breathing became easier, deeper; pulse slower and more regular, there was a blanching of the cyanotic tint of the face, and a little later the patient fell into a quiet sleep. I do not mean to say that in this brief time all the distressing symptoms had disappeared, for the respiratory difficulty continued until the lung had cleared. But by noon I considered it safe to leave her; she made a good recovery, spent the summer with us, returned to her home in the autumn, and is alive today. The only adjuvants in this case were all the fresh air available, frequent draughts of water, as hot as could be borne, and the patient's own trust in the virtues of homeopathy.

I have nothing to add to this brief report, except a word of praise for such faithful and effectual assistance as the indicated remedy can and will render us in time of stress, if our knowledge of its application does not play us false. However much we may train our minds in the use of the reference book or repertory, we should make the symptoms of the commoner remedies our own. Wonderful is the thread or film of memory, whereon:

"The Moving Finger writes; and, having writ, Moves on...."

Case 2. Mrs B., aged forty-six. Pain at epigastrium like a weight constantly pressing, worse after food, especially meat, sinking immediately after food, weight over eyes, tongue looks clean but feels foul; bad acid taste; no relish but can take food; thirst; catamenia every fortnight, black, coagulated, profuse; very much milky leucorrhoea, with itching of vulva and backache, especially before and after the catamenia; water reddish; flow often interrupted, flushes.

AMMON. CAR. 200, three times in one day. After four days all the symptoms better, the weight seems to be raised higher up than the epigastrium, water better quality and does not intermit. Sac Lac. After 11 days much better. Has had a burning heat all over the body, but this has ceased. Very little leucorrhoea. Sac Lac.

Cured without repetition of the medicine. Dr.R. M. Theobald.

Ammonium causticum

English: Water of ammonia; Solution of ammonia; Ammonia; Spirits of Hartshorn; NH₄OH

French: Ammoniaque liquide

German: Wässeriges ammonium

The essential features

This is yet another remedy that has been impartially proved and is seldom used. It is a deep-acting remedy, like all the Ammonium's, and when more information about it has been accumulated, I am sure it will prove to be an important remedy. It is a remedy that should be tried in cases of **aphonia** when *Causticum* has been given and failed. It will not be clear whether the aphonia is the result of paralysis of the vocal cords or an inflammation, but it will appear as if paralysis is the etiology.

The indicating symptom of this remedy is a **weak voice, so weak that the patient can hardly be heard; the voice is almost indistinct**. The effort that the patient makes in order to speak **fatigues him**, and at the same time he feels pain in the chest. The fatigue felt while talking is similar to that of *Stannum*, and Ammonium causticum should be considered in cases of tuberculosis because of its tendency to affect the respiratory system and to produce hemorrhages.

Interestingly, there seems to be a paralysis of the esophagus which causes the patient to feel that he **cannot swallow water**, even though he is **very thirsty**. In this respect this remedy very much resembles *Causticum* with its tendency for local paralysis. There is also **marked exhaustion** and **muscular debility**, indicating that this remedy should be considered for neuromuscular diseases, especially when one of the primary presenting symptoms is **difficult deglutition**.

These patients suffer **oppression** of the chest **with anguish**; they feel that they cannot take a breath, that they are suffocating. There is great difficulty in breathing. They are aroused from sleep with a **suffocative feeling**, much like *Lachesis*. Respiratory weakness and momentary paralysis of the vagus nerve are quite characteristic of this remedy.

Another important aspect of this remedy is its tendency to **affect the epithelium of the upper digestive tract**. The tongue, the palate, and the esophagus are whitish and partially covered with blisters. **White patches** occur on the tongue and the **inner side of the cheeks**, reminding one of the symptoms of AIDS. Actually, the entire picture of this remedy - its **extreme prostration**, the **emaciation**, the effect upon the respiratory system and the mucous membranes, the arthritic pains, etc. - suggests its probable usefulness for patients with AIDS.

Pieces of white skin are detached from the tongue and throat, the underlying parts appearing red. The entire buccal cavity - the mouth, the tongue and probably a great part of esophagus - is denuded of epithelium.

Discharges are acrid, as in the other Ammoniums. There is also a strong tendency to **hemorrhages** from all orifices, bleeding from mucous membranes with a tendency to faint; consequently, this remedy proves useful in cases of ulcerative colitis. There is discharge of blood from the rectum with great tenesmus.

Ammonium causticum should also find applicability in lupus erythematosus, cutaneous or systemic, especially since the remedy produces a red eruption over the nose and malar areas.

It affects the kidneys, producing albuminuria, hyaline casts and red urine. It also affects the heart and has been noted to be a cardiac stimulant, proving efficacious for a weak heart with slow, intermittent or irregular pulse. There are convulsive twitches, more of the right arm, also contractions of the flexor muscles and contractions of the esophagus.

Of note on the emotional level is a remarkable **timidity** with a tendency to be **easily frightened**. There may be great excitement in the evening. The face wears an expression of great anxiety, even anguish. There is also despair.

Generalities

Emaciation, marasmus, prostration with heart weakness. Hemorrhages from all orifices, causing faintness. Inflammation of joints; arthritis of shoulder joints. Muscle pain. Clonic convulsions.

Eye

Red and shiny. Eyes sunken and pupils widely dilated. Yellow chemosis.

Nose

Redness over the nose and cheeks. Watery, acrid discharge. Obstruction.

Mouth

Profuse bloody salivation. **White patches** on the tongue and inner side of cheeks. The palate is white. Blood oozes from mucous membranes, from excoriated areas.

Burning, raw and smarting pain in root of tongue. Albuminous saliva.

Throat

White membrane, exudation, diphtheria, etc. Membranous croup. Great difficulty in swallowing. Burning and dryness of esophagus. Great difficulty in swallowing; though very thirsty, he cannot swallow any water.

Stomach

Vomiting of mucus and blood. Violent ejection of stomach contents from mouth and nose. Burning in esophagus. Dark vomitus.

Urinary organs

Suppression of urine. Urine is albuminous, alkaline with ammoniacal odor. Sediment like red sand.

Genitalia-female

Copious menses. Frequent menses -- every 15 days.

Larynx/trachea

Voice lost, **aphonia**. Whispering voice. Very weak voice; it is an effort to speak.

Chest

Bronchitis with profuse expectoration, blood-stained. Respiration stridulous; rattling. Oppression with great difficulty in breathing; gasping for breath. Cough, ameliorated by cold drinks. Cough and much expectoration, especially after drinking. Sensation as if a foreign body were in the larynx. Mucus in larynx. Persistent cough. Spasmodic cough. Expectoration when liquids come into contact with posterior pharynx. Bloody expectoration.

Back

Aching pain in lumbar region when stooping.

Sleep

Restless. Sleepiness. Sleeplessness.

Clinical

Aphonia. Esophagitis. Vomiting. Nephritis. Rheumatism.

Relationships

Compare: the *Ammonia's*, especially *Ammonium carbonicum*.

Antidotes

Antidoted by vinegar, vegetable acids and coffee.

Dosage

6c up to 200.

Ammonium muriaticum

Muria s. Hydrochloras ammonii

Sel ammoniacum

English: Muriate of ammonia; Hydrochlorate of ammonia; Sal ammoniac

Ammonium chloride; NH₄ Cl

French: Ammoniaque muriate; Muriate ou Hydrochlorate d'ammoniaque;

Sel ammoniacque

German: Salmiac; Salzsaures Ammonium

Mode of preparation: This is a lengthy process which involves extracting the salt from several substances; it is then further purified to yield the crystallized form of the substance. The crystallized form is employed because it is more easily triturated for Homeopathic use. From this crystallized form the first three triturations are made with sugar of milk; subsequent liquid attenuations are made in the usual way.

The essential features

Ammonium muriaticum has many similarities to *Ammonium carbonicum*. The effects of each on the mucous membranes are almost identical - profuse discharges that are acrid. The menstrual syndrome is quite similar with prostration, diarrhea and vomiting, and dark, clotted blood, though in this remedy the woman suffers a characteristic contracting pain in the groin that forces her to walk bent. The effect upon the lungs is somewhat similar but less severe in Ammonium muriaticum, and the effect of sprains, the subsequent pains "as if tendons are shortened, with a constricting feeling" are characteristic of both. While the heart is not as affected in this remedy as in *Ammonium carbonicum*, the vascular system seems to be markedly affected, readily producing elevation of the blood pressure. There are two **great characteristics** of this remedy: one is a **feeling of palpitation in local parts**, such as the **eyelids** or **the glands**, etc.; the other is a feeling of **tension or tightness in muscles and tendons, as if they were short**. Whenever either of these symptoms are encountered, one should think of Ammonium muriaticum.

Ammonium muriaticum will be indicated in cases of chronic sprains which, though having been originally injured **several months previously**, still experience the same intensity of pain as at the time of the injury. *Rhus toxicodendron*, *Bryonia*, *Arnica*, *Sulphuric acid*, etc. may have been prescribed without much effect. The patient complains further that he feels stiff all over and suffers **frequent attacks of lumbago and sciatica**. He cannot move freely; any motion is painful, but he is much **better on lying down**. He feels as if his **muscles are tight**. He contracts colds easily, the colds being characterized by a very **acrid** discharge and a marked propensity for the colds to travel downward to the chest. His respiratory system is weak. He coughs from even the slight provocation of fumes or exhaust gases. His blood pressure is somewhat elevated.

Ammonium muriaticum has a characteristic appearance which is obvious at first sight, especially if the patient is sitting at the time. His body is **corpulent, obese**, and his belly prominent, indicating a flabbiness of the abdominal muscles, yet his legs are **far too thin**, disproportionately so; this peculiarity will be obvious even before the patient is undressed. The trousers fall in folds upon two seemingly non-existent legs. If one is observant, he may, upon first noticing this disproportion, possess a valuable clue to the remedy.

This remedy, like all Ammoniums, is a **timid one**, but Ammonium muriaticum patients are, I would say, the intellectuals of the group. They are closed, reclusive people, fond of reading and studying; eventually though, after having grasped their subject, they enjoy talking about their ideas and findings with others. Ammonium muriaticum persons will not waste their time in idle conversation. They will engage in discussions only if they feel they have something important to communicate to others. They like to engage in scientific arguments and support their viewpoint with considerable evidence. During an argument they become very animated, **excited**, and **red in the face**. They are anything but impartial and very obstinate; they know that **they are right**.

Although they avoid public appearances and are reluctant to receive too much attention, they nonetheless like to be admired by others for their scientific or professional excellence. They are thoughtful, serious, meditative people who concentrate on their own business. They are not emotional people and will not readily reveal their emotions, even to their closest relatives.

The Ammoniums in general seem to lack the emotional warmth that makes a person likeable. Ammonium muriaticum people like to be admired, not loved, and not the recipients of others' sentiment. Others tend to regard these persons as intelligent but difficult to live with - **sui generis**. Sometimes they will develop a strange aversion to certain persons and will refuse to see them. They give no reason for their dislike of these people; they just seem to be sensitive to their "vibrations." They can be quite rude and abusive, especially if they discover a weak point in another's intellectual argument; sometimes they can be malicious.

The Ammonium muriaticum character - a combination of timidity, pride in his intellectual achievements, and vulnerability to others, yields a personality that is reserved and closed, inaccessible to others.

Grief has a tremendous impact on these people; they react much like *Natrum muriaticum*. Consequently, Ammonium muriaticum suffers ailments from grief: they become **silent** and withdrawn, disinclined to talk to anyone. They can sit in one place, absorbed in their thoughts, for hours and can scarcely be induced to speak. They are full of grief and want to cry, but tears will not come. The natural relief of weeping is denied them, much as it is in *Natrum muriaticum*.

They are easily irritated, but their irritability is mostly kept under control and escapes only occasionally. Their internal irritability is especially pronounced if they have a headache; it is better, as is their general mental state, after eating.

These people lack the wherewithal to assail social barriers, to advance through societal structures. They react to challenges passively rather than aggressively. If they do not like somebody, they will not tell them, instead they will just turn away from them. If they feel they have been treated unjustly, they become silent and withdrawn instead of fighting back. In general, their feelings and emotions are undeveloped.

They can develop anxiety, mostly in relation to their work, their achievements. They frighten easily, about little things, and they startle easily. They wake up in the morning frightened; on falling asleep at night they startle. They are afraid in a crowd and in the dark; they must have a light. Sometimes they may have a slight fear that they will very seldom confess - a fear of killing someone, as well as a fear that they may be killed by somebody. If you examine these patients' psychology carefully, you will discover guilt and fear dwelling in their subconscious mind. They are liable to suffer delusions that someone is under their bed - an enemy or

someone wanting to harm them - or that a sword is hanging over their head.

Because their character lacks levity and they have a heavy perspective on life, an inability to view life superficially, these patients can easily become depressed after a career disappointment or an emotional upset. They are not, however, overwhelmed by their depression; suicidal depressions are not seen. Their response consists mostly of discontentment and dissatisfaction; they are pleased neither with anything they do nor with what others do for them. They feel as if they are not appreciated enough.

As mentioned, these individuals find their greatest pleasure in their intellectual endeavours, but if they become disappointed, they sometimes become so emotionally affected that they lose interest in these pursuits. Eventually they may go into a state of **indifference**, **apathy**, with an aversion to any form of communication with anybody, least of all conversation - **aversion to conversation**. They become inflexible; it seems as if something is pulling them inward and, at the same time, paralyzing their mobility, their ability to communicate. Just as their muscles and tendons become tensed and constricted, so they feel mentally tense, constricted, and restricted.

A big change now becomes observable in their behavior. Where earlier they were people who took pride in their accomplishments and liked to communicate their ideas, becoming excited when they spoke about them, now they do not want to talk or work; they become **indolent**, lazy, especially during the morning hours. Mental confusion sets in, and their memory starts to fail; they begin to make mistakes in their writing and speech. And, interestingly, they feel better if they take a walk in the open air by themselves in the morning.

Though I have not yet been able to ascertain it, I feel certain that this remedy possesses even deeper mental pathology.

Generalities

Ammonium muriaticum displays a specific sensitivity of the mucous membranes giving rise to profuse catarrh and an inability to expel the secretions. Rattling of mucus with cough occurs in association with affections of the liver.

These patients easily contract colds characterized by much **acrid** discharge. The colds travel downward, with, at times, eventual involvement of the lungs, with coughing and profuse, tenacious, **glairy** mucus, which is expectorated only with great difficulty.

They suffer **irregular circulation**, ebullitions of blood, the blood seemingly in a turmoil, with burning and local throbbing; also frequently seen is **high blood pressure**.

The face is usually pale but blushes easily; it reddens easily, especially with excitement.

Another characteristic of this remedy that seems to be overlooked is its tendency to produce a **feeling as if the tendons or muscles are short**, tight or constricted.

These patients almost **always feel tired and sore** all over. During acute states with fever the prostration is tremendous, much as in *Muriatic acid*. Ammonium muriaticum women suffer very much during their menstrual period.

Neuralgic **pains of amputated limbs** are noted, much as in *Allium cepa*. They experience pains at the tip of the fingers and in the heels, as if from ulcerations.

Icy coldness between the shoulder blades is a characteristic concomitant of many complaints in this remedy. The **aggravation times** of this remedy display some **peculiarities**: the head and chest symptoms are worse in the **morning**, abdominal symptoms in the **afternoon**, and the rheumatic pains of the extremities, skin eruptions (itching, etc.) and febrile symptoms in the **evening**.

Head

Congestive headache with **flushed face** and enlarged veins during fever. Headache with vertigo, ameliorated by walking in the open air. Rheumatic pains in the head with nausea. Hair falls out, with itching and dandruff. Head feels full, compressed; worse in the mornings.

Eye

Nose

Ammonium muriaticum is a remedy which often should be prescribed for cases for which *Natrum muriaticum* is instead given and acts only partially -- cases of influenza

and the common cold presenting with dry lips with sores. It has free **acid**, hot, watery discharge which **corrodes the lip**. Sneezing is so strong that it wakens the patient from his sleep. Swelling of the nose, which is sore to touch; bloody crusts in the nostrils. Ulcerative pain in the nostrils. Loss of smell. Obstructed, stuffy feeling; constant and unavailing efforts to blow the nose. Itching of nose and nostrils.

Face

Pale and puffy face, which flushes easily during animated discussions or suddenly from ebullitions of blood. Inflammatory faceache. Tearing pains in zygomatic bones. Reddish eruptions of the face, **burning**, better with applications of **cold water**. Mouth and lips sore and excoriated. **Ulcerations** in the **corners** of the mouth and on the upper lip. Lips dry and wrinkled. Swelling of the submaxillary glands with throbbing pain.

Throat

One of the keynotes of this remedy is **pulsations** felt **locally** in the body; such symptoms, when encountered anywhere in the body, are grand keynotes for Ammonium muriaticum. **Pulsation** felt in the **tonsils and carotids**.

There is a **syndrome** which will usually be met in throat inflammations: a generalized sore throat, with burning and hoarseness, viscid saliva, pulsation felt in the glands of the neck or the tonsils, swelling, stitches in the throat on swallowing, pale face and prostration. Swelling of the throat with **viscid, tenacious** phlegm. Tonsillitis. Stricture of the esophagus. Swelling of the throat externally.

Stomach

Gnawing in the stomach as if from worms. Epigastric pain immediately after eating. Regurgitation of food or of bitter and acid water. Eructations bitter; eructations **incomplete**. Nausea after every meal with bitter waterbrash. Empty sensation in the stomach with no desire to eat. **Vomiting** and diarrhea **during menses**. Cancer of stomach.

Thirst for lemonade. Thirst in the evening. **Thirstless** in all stages of intermittent fevers.

Abdomen

Enlarged belly with disproportionately **thin** legs. Excessive **fatty deposits** around the abdomen.

Shooting pains in the region of the spleen, mostly in the mornings. Splenic stitches in the morning, while eating, with difficult breathing. Pain around the navel. Tense, **sprained feeling in the groins** during menses, which forces the patient to **walk bent**. Blood from the anus or diarrhea during menses. Groins feel swollen and sore. Abdominal symptoms appear during pregnancy. Chronic congestion of the liver. Enlarged liver with coughing. Much flatus. Hemorrhoids after suppressed leucorrhoea. Burning in the rectum after stool.

Genitalia-male

Pulsation of spermatic cords.

Genitalia-female

Menses too early, profuse, dark, with clots, and with pains in the abdomen (groins) and small of the back forcing the patient to walk bent; much rumbling and flatus. Flow increased at night.

Constant leucorrhoea. Leucorrhoea like **white of an egg**. Walks bent because of prolapsus of the uterus.

Cough

Chest

Chronic bronchitis, with violent cough, mostly in the evening while lying on the back. Catarrhal pneumonia, with much rattling, difficult expectoration of ropy, tenacious mucus; flushed face; coughing with profuse salivation; and, always, tremendous prostration. Weight and oppression of the chest with difficulty of breathing. Difficult breathing on moving the hands up and down. Burning in small spots in the chest. Pressing pain in the middle of the chest in the afternoon. Pain in the shoulder blades while breathing.

Back

Lumbago, worse sitting; cannot walk straight; has to walk bent; he must lie down, this posture not affording complete relief unless he tries to turn in bed. Back pain in lumbar region during sleep at night. Violent headache with back pain between 11 and 12 p.m. Aching pain at night from 11 to 12 p.m. Coccyx feels sore, bruised, beaten during sleep.

Shootings in the scapula. **Ice-cold sensation between scapulae**, which is not relieved by warm coverings; it is a deep coldness, as if ice were left there for some time. Coldness between scapulae with cough. Coldness, ending in itching.

Extremities

Sciatica, which is worse sitting; sitting causes restlessness and the urge to get up and walk. Walking relieves a bit, but the pain is entirely relieved on lying down.

Lying ameliorates tearing pain in extremities. **Tearing** pain while sitting.

Tearing pain in **toes**, in **tips of toes** and **tips of fingers**. Shooting pain in fingertips in the evening. Stitching pain in fingertips in the evening and while walking in open air. Formication of **fingertips**, worse in the afternoon. **Pulsation** under thumbnail. Tingling, numbness of tips of toes. Shooting pain in tips of toes. Twitching of tips of toes; in the evening. Pain in **heel** of the foot at night. Rubbing ameliorates pain in heel. Heels ulcerate, with stitching pains.

Tearing pain in upper arm while sitting; in right or left thigh. Pain in hamstrings. Drawing pain in posterior part of thigh while sitting. Hamstrings **feel shortened**.

Pressure ameliorates stitching pain in hip. Tearing, twitching pain. Tension in leg is ameliorated by walking. **Neuralgic** pains in stumps of **amputated** limbs.

Offensive sweat of feet.

Sleep

Sleepiness at twilight. Dreams of shooting.

Chill

Feels chill as often as he awakes; chilliness in the evening after lying down. Chills are followed by heat. Great heat at night in bed, then in the morning perspiration.

Clinical

Respiratory

Bronchitis. Coryza. Cough. Pneumonia.

Gastrointestinal

Constipation. Diarrhea. Ulcers. Liver affections.

Other

Sprains. Neuralgic pains in amputated limbs. Sciatica, worse sitting, better lying. Pains in spleen. Inflammation of eyes. Ailments from grief. Disorders during menstruation.

Causation

Grief.

RELATIONSHIPS

Compare: *Magnesia muriatica*, *Natrum muriaticum*, *Muriaticum acidum*, *Rhus toxicodendron*, *Sepia*.

Remedies that follow well: *Antimonium crudum*, *Coffea*, *Mercurius*, *Nux vomica*, *Phosphorus*, *Pulsatilla*, *Rhus toxicodendron*, *Sanicula*.

Antidotes

Antidotes to Ammonium muriaticum: *Coffea*, *Hepar*, *Nux vomica*, bitter almonds.

Case

1. Chronic eruption of the face and upon the lower part of the back. The skin presented an intensely red appearance and was covered with a fine brownish exfoliation. There was intense burning, relieved only by constant application of cold water. Even in order to procure sleep the cold wet cloth had to be renewed from time to time. The patch on the back never changed during two years. Arsenic alone gave some relief; other remedies failed entirely. Ammonium mur., 12th dilution, four doses, cured the face in the course of a month. The spot on the body also disappeared slowly. There was no return of the trouble for one year; the cure therefore is likely to be permanent. (Dr. C.W. Boyd, appearing on p. 37 of the *Materia Medica* by N. M. Choudhuri)

Ammonium bromatum

Synonyms: Bromide of Ammonia; $\text{NH}_4 \text{Br}$

Ammonium bromatum is formed from the ammonium radical, NH_4^+ , which behaves as a univalent metal in combining with hydrobromic acid [anion Br^- ; salt of HBr] to form the Bromide of Ammonia.

The essential features

The action of Ammonium bromatum is centered primarily in the larynx and the nervous system; the ovaries and the eyes are affected as well. The main characteristic is a **feeling of suffocation** or a **fear of suffocation** -- a keynote of this remedy.

This remedy is utilized most frequently for cases of **acute or chronic laryngitis** and for **whooping cough** when there is a **sudden desire to cough**. The suddenness of this desire is such that it seems to take the breath -- the patient feels that he cannot draw a breath; he is compelled to jump up and start walking for fear that he will otherwise **suffocate**. Seldom is Ammonium bromatum thought of as an initial prescription, but, when confronted with a case having a bad, chronic cough or a protracted cough with somewhat the above characteristics, consider this remedy. In the past it was considered the "**best cough medicine**" by some. Such an epithet is, of course, fallacious, but it nonetheless clearly suggests its usefulness for cough when it is indicated.

Ammonium bromatum is aggravated on waking from sleep and/or at 3 a.m. , the usual time of **aggravation for all Ammoniums**. We must learn to think not only of the Kali's, but also of the Ammonium's when the time of aggravation is between 3 and 4 a.m. .

Epilepsy is another condition for which one may think of this remedy when the aura begins as a **feeling of suffocation** originating in the epigastrium and ascending both sides of the sternum to end in the throat.

The **stomach** seems to be an especially **sensitive area** in Ammonium bromatum. If the patient experiences pain about this area, he fears that he may die. The feeling is one of death arising from the stomach, and as a consequence of a stomach disorder. In this respect this remedy is similar to *Kali carbonicum*.

The pains of Ammonium bromatum seem to be of a deep, distressing nature, much like those of *Bromium*. Again, with such pains there is a feeling of suffocation.

Another keynote of this remedy is an **irritable feeling under the fingernails**, which is better by **biting** them. Whatever the pathological condition, if one is confronted with the following combination of symptoms - fear of suffocation and an irritable feeling under the fingernails, one's mind should immediately turn to this remedy.

If, in addition, there is an aggravation of the condition at about 3 a.m. , then Ammonium bromatum is definitely the remedy.

As practitioners we often tend to become lost in a maze of numerous useless symptoms both when studying and when taking a patient's case, and we consequently lose sight of the all-important **uniqueness** of the patient and the remedy. In your studies always try to perceive the **unique individuality** of the remedy; if you grasp that, your prescribing will improve unbelievably.

This remedy, like all the Ammonium's, is a **timid one**; the person is withdrawn and wants to stay by himself. He **lacks self-confidence** and has an aversion to social interaction, an **aversion to company**. He has an aversion to **meeting strangers**. He is readily affected by others however, even by nuances of others' behavior, and he is quite easily hurt. If criticized, he immediately becomes discouraged, sulky, and withdrawn. His sensitivity and lack of confidence make him loath to impose himself in society.

These persons eventually become depressed and mentally lethargic; their memory weakens, and they make mistakes in writing.

I have made an observation that is perhaps worth mentioning here: many of these Ammonium people are very **honest** persons who will not gainsay their conscience easily. They will never do anything that they regard as immoral or potentially unjust to others. Of course, honesty, of itself, is an attribute of a healthy state of mind and not an indication for treatment. This characteristic deserves mention because it seems to stem from their distaste for confrontation with others; they are rather afraid that others will accuse them of doing something wrong and, consequently, are uniformly scrupulous. In other words, their honesty may be principally a result of their timidity.

The same standard of morality is not applied to their sexual life however. I once attended an Ammonium patient who was totally immoral sexually, yet everyone praised his honesty in matters of finance, etc. I must reiterate that the Ammonium honesty to which I refer has only been my observation, an observation which could benefit from further verification.

Generalities

Obese people with frequent laryngitis. Chronic laryngeal catarrh of speakers, with a choking cough which comes suddenly.

The coryza of Ammonium bromatum, which is typified by the following - thick discharge from the nose; redness of the eyelids; burning of the eyeballs, which feel large; smarting of the mouth; and intense sneezing - will always produce an effect upon the larynx, causing sticky laryngeal mucus and sudden coughing with a feeling of suffocation.

General nervous restlessness. A feeling of tiredness which is not better on lying down. A feeling of malaise after the emission of flatus. A feeling of faintness while standing, as if something were rising from the stomach. Sensation of a plug internally.

The patient is better with warmth and warm applications, and worse from cold and open air. Worse in the evening, night, at 3 a.m. , on waking in the early morning. Symptoms come on at night. Symptoms predominate on the left side. Periodicity.

Head

Feeling as of a **band or hoop around the head**, pressing hard just above the ears. Pain in temples (mostly left) as from a nail. Pressing pain in head, as if brain were bound up. Cerebral congestion. Right-sided headache, worse coughing. Neuralgic headache near left eye, as if a nail were driven in.

Eyes

Eyes feel large, especially the right, with constant blurred vision. Burning as if there were sand in the eyes. Pterygium. Scrofulous affections. **Falling of lids in the evening**; it is difficult to raise them. Lids swollen. Burning, smarting, biting pain in the evening. Conjunctivitis. Eyes are red and sore, with mucus in the corners.

Vision

Blue spots before the eyes in the evening. Difficult vision and hemiopia in the evening.

Nose

Mouth

Smarting pain in the mouth -- feels as if it has just been burnt, worse in the morning. Viscid saliva. The mouth retains the taste of food which was eaten several hours before.

Throat

Throat looks mottled, as if a diphtheritic deposit were commencing. Throat is filled with tenacious, thick mucus, streaked with blood. Pain on preparing to swallow, not when actually swallowing. Bloody mucus in the throat. Soreness in throat. Red, black discoloration. **Tickling** in throat. Irritation in air passages. Mucus; tickling in larynx.

Stomach

A feeling of **distress in the epigastrium** with **suffocation**. Empty eructations. Pain in stomach after cold drinks. Cutting pain. Stomach feels sore, bruised, beaten.

Rectum

Sudden desire with loose stool.

Urinary organs

Pressing pain, kidney.

Genitalia-female

Induration; inflammation; irritation of ovaries. Pain in left ovary, dull, with hard swelling. Metrorrhagia.

Cough

Sudden desire to cough, so sudden that it chokes the patient. Cough from tickling below tonsils. Cough in the morning, after rising; in the evening. Constant; deep; dry cough, which is better lying down. Dry, hacking cough in the evening. Cough from irritation in air passages. Short cough in the morning after rising. Cough from tickling in the larynx. Dry, spasmodic cough, especially at night; on lying down. Cough wakes him at 3 a.m. . Chronic catarrh in speakers.

Expectoration

Viscid; white expectoration. Spitting of blood.

Chest

Internal coldness. Wakes at 3 a.m. with pain from sternum to spine, better by changing position.

Back

Coldness.

Extremities

Clinical

Respiratory

Coryza. Cough. Catarrh of larynx. Pharyngitis. Whooping cough.

Nervous system

Ciliary neuralgia. Epilepsy.

Eyes

Scrofulous ophthalmia. Pterygium.
Corpulency. Nail biting. Affections of ovaries.

Relationships

Compare: *Ammonium iodatum* (in cough), the other *Ammonium*'s, the *Kali*'s, *Argentum nitricum*, *Causticum*, *Allium cepa*.

Antidotes

Coffee, camphor.

Dosage

From 3x to 200.

Amylenum nitrosum

Synonyms:

Amylenum nitrosum

Amyl nitrite; C₅ H₁₁ NO₂

Nitrite of amyl

Mode of Preparation: Dilutions are prepared with alcohol for homeopathic use. Amyl nitrite is a mixture of the nitrites of amyl, butyl, propyl and ethyl. It is the most unstable of these compounds and thus has a more rapid and evanescent effect on the organism.

The essential features

The effects of Amyl nitrosum demanding emphasis are those relating to its actions upon the vascular system - the dilatation of the arterioles and capillaries and the **flushings** produced in consequence. The least emotion provokes strong **flushing of the face**, which can then spread to other parts of the body - the head, stomach, chest; it is, though, always **the upper part** of the body which is involved. These flushings are followed by **profuse, hot** sweating. It is, again, interesting to note that the action of the drug upon the circulatory system limits itself **to the upper part of the body**, mainly **the head, the face, the neck, the chest, and the stomach. Flushings of the lower body or the extremities is not seen.** Attentiveness to such peculiarities as the foregoing will amply reward the practitioner with correct prescriptions. It should also be noted that in this remedy there is a strong tendency to **blushing**: timid people whose **face blushes with the least mental excitement.**

The idea has been expressed, and I agree, that the action of this drug upon the arterioles and the capillaries is similar to that induced by "shamefulness." When one feels shame, the areas that will most probably **redden**, or "blush," are those same areas which this remedy affects. This information, if kept in mind, may help the practitioner differentiate this remedy from other similar remedies. Amyl nitrosum will have to be differentiated from primarily *Lachesis*, *Pulsatilla* and *Glonoinum*.

The flushings in this remedy are **local**, and the surrounding areas **can be cold**. With the tumultuous motion of the blood seen in this remedy, it is not surprising that **palpitations and throbbing** are seen, especially in **the head**.

Amyl nitrosum has proven suitable for **flushes of heat during the climacteric**, especially in plethoric women, and for throbbing headaches after menopause. When **Lachesis** has failed in such a case and seemed well-indicated, one's thoughts may rightly turn to this remedy.

Amyl nitrosus will be confused most often with *Lachesis* because of the flushes, the palpitations, the **jealousy**, and the **intolerance to tight clothing around the neck** that both remedies possess. Amyl nitrosus has more localized flushing, whereas the flushing in *Lachesis* is more general. Later we shall see that the mental picture of Amyl nitrosus is quite different from that of *Lachesis*, and, if one is able to identify the peculiar symptoms of the case, the differential diagnosis may be not too difficult.

Amyl nitrosus is a remedy which will be required for angina and myocardial infarction when the patient has a feeling as if the sternum were pressing backward toward the spine. Unfortunately, provings have not yet revealed the complete pictures of all of our angina remedies such that those cases might be recognized while yet in the early stages.

There is another strong characteristic of this remedy - **intense and profound yawning** which seems not to satisfy the patient. Another characteristic is the desire to **stretch**: constant stretching in bed on waking in the morning or on waking after having slept for several hours. They stretch and stretch without relent and, again, without satisfaction. There is also stretching and yawning with hiccough.

Mentally and emotionally, these persons are **sensitive and excitable**; they **blush very easily** and have **great anxiety** about their health. The anxiety is centered around a fear that they may suffer a brain stroke or a heart attack. If they have a headache, if there is throbbing in the head, they become afraid that something is wrong with their brain, that they will have a stroke, and they become so anxious that they feel they **cannot breathe**. They must run to the window to take fresh air. The greater the anxiety, the greater the flushing, and the more they believe that a stroke is imminent.

They can become very excited and anxious, especially when in a doctor's office awaiting his diagnosis. They look very upset; their voice trembles; their lips tremble; and their face looks congested and flushed. Their eyes shine with disquiet, enough so that the doctor can easily perceive their anxiety concerning their health.

They have very much sympathy for the pain of others, and they are averse to hearing of another's suffering. They lack the courage to face such situations. They lose heart very easily. They are subject to an **anxious restlessness**, a feeling that they cannot stay in one place for a moment, that they must constantly be on the go.

The main keynote of this remedy, in my opinion, is a feeling of **foreboding**, that something terrible is going to happen **immediately**. It is a sudden, intense fear that something bad is **imminent**, and they feel that they have to do something about it. They get excited, pace up and down, and finally, feeling as if they are suffocating, rush to a window to take some deep breaths. This syndrome is different from the *Phosphorus* anxiety "that something bad will happen." In *Phosphorus*, the time of the untoward occurrence is undefined; similarly, the impending anxiety-provoking event is vague - they know not exactly what it will be.

In epilepsy a similar condition is seen: **twenty times** (more or less) **every day** they imagine that the **attack is coming "now,"** although their rational faculties remind them they have a convulsion only once a week or so. A similar foreboding applies to their heart; they fear that they may have a heart attack at any moment. There is a strong sensation as if the precordial area of the chest (overlying the heart) is swollen. In the books this is described as "precordial anxiety, with oppression of the chest, a sensation of swelling of the front of the chest, craving for fresh air, sensation of constriction in the throat and the heart, tremors." In consequence of the above observations, Amyl nitrosus should be included in the Repertory with those remedies having anxiety about health, with **a sense as if something will take place imminently**.

To be justified in prescribing Amyl nitrosus the above symptomatology must appear in conjunction with: congestion, a sensation of heat; intolerance of heat, sun or very warm rooms; fullness of the head, throbbing, fluttering of the heart with the least excitement, flushings, etc. One should always strive to look beyond isolated symptoms to the general picture, the general tendencies of the remedy, matching that with the pathology in question.

Imagine these sensitive, excitable individuals and the effect the circulatory system pathology described has upon their brain - they are restless and excitable; vivid ideas flow easily; they are anxious that something will take place in the immediate future; they are bothered by the warmth of the room; they are subject to flushing and easy blushing; they crave fresh air, fearing that they will die without it. When in possession of such a well-developed image, one can prescribe this remedy with confidence without deliberating to any great degree upon the actual nature of the pathology. It would be unfortunate to limit our applications of this remedy to a narrow listing of pathological indications; e.g. , angina pectoris, epileptiform convulsions, climacteric disorders, anxiety about health, etc.

Examining further the mental symptomatology of this remedy, we note a feeling as if they are in a dream; actually, they are confused and quite easily lose touch with reality. Abstraction of the mind. Depression can be seen, and with it the mind becomes sluggish; they cannot continue with their business. The one advantage of this rather torpid state, however, is that the anguish of earlier disappears. Melancholy without the sensation of anguish. When in this stupified mental state, though the anguish declines, the flushing continues. These patients may later progress to a state of insanity, with great excitability and tremendous restlessness. They cannot sit down to do anything; they talk nonsense and they sing. At the same time they exhibit a tremendous insane jealousy, just like *Lachesis*.

This remedy proves very effective in cases of relatively young men of 50 or 55 who suffer the effects of advancing **arteriosclerosis**. They display a flushed face, tottering gait, and mental confusion. One gets the impression when talking to them that they do not completely comprehend the conversation, what is being said to them. They forget what has just been discussed. There is an apparent restlessness that precludes their really relaxing and conversing; they convey the impression

that they are impatient to finish the discussion and leave. These are people who have enjoyed life selfishly, who have partaken of the best food and delicacies, the best drinks, an abundance of sexual pleasures with many women, etc.; people without many worries, people who have had an easy life. Then, at about the age of 50, they suffer their first brain stroke, a stroke which may be mild and from which they recover. However, because the stroke signals a serious deterioration of their health, they become tremendously anxious about their health and begin to avoid anything they feel will be damaging to their body and brain.

After several years the progression of the Amyl nitrosum pathological process induces a motion of the lips, as if something were being tasted, and a constant movement of the lower jaw, as if chewing - both sure signs of worsening arteriosclerosis. The redness of the face in Amyl nitrosum is extraordinary and serves as a guiding symptom in clinical situations such as the above.

The above scenario - those characteristics described and the pattern of unremitting progression of arteriosclerosis despite several homeopathic prescriptions over the years - suggests that even the seemingly effective earlier prescriptions were only palliative, that another remedy is required. Amyl nitrosum will, in such situations, prove not just palliative, but curative.

This remedy should also be considered for acute cerebrovascular events (or other central nervous system pathology) when the patient yawns and stretches continually and when he constantly smacks his lips, as if tasting something, or moves his lower jaw, as if chewing.

Amyl nitrosum is also a remedy which may be required for cases of grief displaying the following progression of symptoms: persons so affected go to bed, but sleep for only a little before they are awakened by a horrible dream; they then remain awake for the remainder of the night thinking about their lost loved one. They are very excitable and restless, and they are troubled by a feeling of congestion in the head and perhaps some blood in their stools. They experience flushes of heat; women suffer from flushes of heat throughout the day and night. Eventually these patients become apathetic.

Generalities

Uncertain, trembling sensation over the whole body. Trembling externally. Extremely restless; cannot sit still; must be continually on the go - in cases of mental derangement.

Exercise in the open air ameliorates the symptoms. The symptoms are worse with the heat and in a warm room. **Orgasm of blood, flushing and blushing.** Pulsations, throbbings internally. Full feeling internally. Constriction externally. Numb feeling along the arteries.

Unsteadiness while walking. Weakness, enervation from perspiration. Tendency to perspire with the least exertion. **Weakness after palpitation.**

Some of the disturbances responding to this remedy are: angina pectoris; flushes of heat after the menopause; epileptiform convulsions, which are preceded by piercing shrieks; sunstroke with surging of blood to the head and face; oppression of respiration and choking in the throat.

Vertigo

Vertigo, headache and nausea after rising. Vertigo on rising in the morning. Vertigo on closing the eyes. Dizziness with slight nausea, worse with eyes closed. Giddiness and sensation of fullness in the head.

Head

In the head we have as a main characteristic a **rush of blood upwards**. In a tumultuous upheaval of the circulatory system, the blood **rushes upward causing blushing of the whole head** and the fear that something bad will happen; this flushing sends the patient rushing for fresh air. It is this intense activity of the circulatory system, irrespective of the lesser details, which characterizes the remedy: Heat of the head with throbbing and strong flushes, causing anxiety and fear and driving the patient to the window for fresh air.

Violent left-sided headache with vomiting during menses, rising and falling in intensity with the sun. Surging of blood to the head and face with a bursting sensation in the head and ears. Flushing, **followed by sweat**, at the climacteric. Confused feeling with vertigo and drowsiness after congestion of head. Visible pulsation in the temples.

Eye

Pain in the eyes in sunlight, with profuse lachrymation followed by sneezing. Redness of conjunctiva with smarting pain. Pain in the back of the eyes on looking at close objects. Sudden smarting of conjunctiva, with injection of both eyes and dimness of vision, as if caused by a film. Objects appear green or yellow. Everything appears wavering. Protruding, staring eyes; shiny eyes; exophthalmos.

Ear

Pulsation, behind ear. Throbbing in ears with a sensation as if the tympanum would burst. Heat in left ear. Humming noises.

Nose

Constant desire to sneeze. **Numb feeling** of nasal bones.

Face

Blushes very easily. Flushes with every emotion, especially in cases of heart diseases and during the climacteric. Face flushed and hot, with a deep red color. Flashes of heat during climax, followed by profuse sweating.

Trigeminal neuralgia, more left-sided. Creeping in left cheek. Left side pale. Dryness of lips. Burning sensation in the face. Smacking of lips, as if tasting something.

An automatic movement of the lower jaw, as if in the act of chewing. Bluish; pale discoloration.

Throat, internal

Feeling of constriction, intolerance of tight clothing. Constriction; collar seems too tight. Choking feeling. Heat in esophagus. Inflammation of tonsils. Sensation as if vapor spread through throat to the head. Cannot swallow during convulsions, in children.

Stomach

Nausea with dryness of the throat. Nausea and heat in stomach, with pain. Hiccough with constant stretching and yawning.

Genitalia-female

Left-sided headache during menses. Climacteric headache and flushes of heat, with anxiety and palpitation. Hemorrhage associated with facial flushing. Contraction of the muscles of the lower abdomen, as though they were all being drawn together over the region of uterus.

Larynx and trachea

Irritation in air passages, as from sulphur vapor.

Respiration

Respiration accelerated. Dyspnea. Spasmodic, suffocative cough.

Chest (and heart)

Angina pectoris, with great anxiety felt in region of heart. Acute pain in heart region. Constriction, tightness in chest, as from a band. Constriction, tension in heart. **Fluttering of heart after slight excitement.** Tumultuous, violent **heart palpitation** and throbbing of the arteries, with a sense of constriction. Sudden beating of carotids, which extends to the head and temples, accompanied by flushing. Hypertrophy of heart. Oppression in heart. Irritation in air passages from cough. **Orgasm of blood** felt in chest. Oppression in chest while walking. Fullness.

Back

Heat in cervical region; extending upwards. Aching pain in cervical region in the morning. Aching pain in cervical region, extending to occipital region. Redness in cervical region from blushing. Pain and weakness in the lower lumbar region. Aching pain in lumbar region; in the morning; while lying; after washing.

Extremities

Limbs feel tired. Rheumatic pains, worse from motion. Constant stretching for hours. The right shoulder and arm are affected in angina pectoris. While writing the hand feels very tired. Weakness of hand while writing. Numbness in fingers and hands. Pulsation in tips of fingers. Cramps in wrist, in thumb while writing. Drawing pain in wrist, joints of fingers. Stiffness of fingers; of lower limbs. Tension in wrist; fingers. Veins of hands dilated. In convulsions of children, the hands tremble and seem as if trying to grasp at something.

Sleep

Constant, profound **yawning** during a semicomatose state. Anxious dreams. Restless sleep. Sleepiness during headache. Frequent waking.

Chill

Chilliness with perspiration. Creeping chill. Descending chill.

Perspiration

Flushing, followed by profuse perspiration during climacteric. Clammy perspiration. Perspiration during slight exertion. Perspiration with shivering. Sudden perspiration.

Clinical

Cardiovascular

Angina pectoris. Heart affections with anxiety. Cardiac dyspnea. Arteriosclerosis.

Respiratory

Bronchial asthma.

Nervous system

Epilepsy. Chorea.

Other

Climacteric flushing. Flushings. Headache. Hysteria. Seasickness. Sunstroke.

Relationships

Compare: *Lachesis*, *Pulsatilla*, *Glonoinum*, *Belladonna*, *Aconitum*, *Cactus grandiflorus*, *Coca* [flushing when excited].

Antidotes

It antidotes: *Chloroform* [failure of respirations] *Strychnine* [convulsions]
It is antidoted by: *Cactus* [cardiac constriction], *Strychnine*, and *Ergotamine*.

Dosage

From 6x to 200.

Cases

1. The married daughter living in California. Woman, age 39; stout and plethoric. As she was 2,000 miles away I had to depend on her mother's account of the symptoms. After a severe mental shock a few weeks ago -- violent flushes of heat up spine into head with deep redness of face, neck and even chest; anxiety, apprehension, fear of death; smothering; hot head; mental confusion, worse before menses. Extremely restless, cannot sit still, must be continually on the go. Depressed, insanely jealous -- something quite foreign to her nature. Worse a week before menses. Menstrual flow has gradually diminished for past eight years, is very dark and leaves an indelible stain. Palpitation agg. excitement; with flushes. Ravenous hunger; gets faint and must eat; craves sweets and sour things. Loud belching. Constipated; rectal inertia. Remission of complaints at night; sleeps well. Worse from heat; can stand any amount of cold. The remedy was Amyl nitrite. In the letter of June 12th her mother adds: "In regard to my daughter's case, I will say, she still gets flushes but they are slight. She menstruates regularly. I repeated the dose once about a month ago when they took in a very exciting show and most likely the ventilation was bad. I was afraid she might have a stroke of apoplexy. Otherwise she is a hundred percent better, does her own work, cooking for four big eaters, plays the piano and sings all day long."
2. Confused delirium: Wants Yale dean phoned about the medicine, then soon forgot it; thinks his symptoms are new; answers foolishly; doesn't know where he is; scrutinizes close to nose; suspicious; flush of blood to head, when lying, with bursting sensation in neck and about ears. Amyl nitrosum, m.
3. Effects of grief: Woman, sleepless; restlessness after first nap from dwelling on her loss; mental apathy; horrible dreams; rectal bleeding at stool; dull frontal

headache; cerebral congestion; heightened color; heat waves night and day without perspiration: Amyl nitrosum 1M.

Anacardium orientale

anacardium orientale

Semecarpus anacardium

English: Marking-nut tree, Malacca bean

French: Anacarde, Anacardien, Anacarde a feuilles longues, Feve de Malac

German: Elefantentlaus, Malakka-nuss, Elefantem Laeusebaum,

Anakardiem baum

Italian: Anacardos Dutch: Anacardienboom, Hartjes

Spanish: Anacard Bengal: Belaluhi

Natural order: Terebinthinaceae.

Family Jussieu [vegetable substance] -- Pentandria digynia, L.

The name is derived from two Greek words, ana -- without, and cardium -- a heart, because the pulp of the fruit, instead of having the seed enclosed, has the nut growing out at the end of it. There was a discrepancy as to whether Anacardium was the nut of the Semecarpus anacardium, or the Marking-nut Tree, or the seed of the Avicenna tomentosa, or Malacca bean, but as Hahnemann described the nut, it leaves no doubt that he was talking about the Semecarpus anacardium.

The essential features

The concept of **inner conflict** or of **mental schism** is central to Anacardium. There is a rather specific dimension to the conflict; that is, it focuses on the desire of the individual to prove himself to others of importance to him and to the world. The conflict arises because, despite this determined will to prove himself, the person suffers from a **profound inferiority complex**.

The inner conflict

Anacardium is reluctant to admit his feelings of inadequacy, and he attempts to subjugate his lack of confidence with his will to succeed. The stress provoked by this effort creates an extremely painful conflict, a conflict resulting in great suffering for the affected individual. For example, a man is treated somewhat badly by his superior at work. He suffers hurt feelings as a consequence and begins to feel ill at ease while on the job. As the conflict with the superior continues, it eventually assumes the character of an internal conflict in which the employee feels torn between quitting his job and remaining in order to prove his worth. While his rational mind dictates that he leave, another part implores him, "No. You must not leave. You will stay, suffer if need be, and prove that your superior is wrong. You are really capable, really good. You can prove yourself!" Such a conflict can persist for a very long time with dire consequences for the health of the individual. Another characteristic example: a husband is at times prone to criticize his wife; he treats her a bit badly or unjustly. This maltreatment is magnified enormously within an Anacardium individual. She readily adopts deep feelings of inferiority, but at the same time she decides to prove herself. She embarks upon a program of self-improvement. She begins attending seminars, studying, etc. However, to the Anacardium patient, her husband will continue to seem to constantly belittle her. Subsequently she is disheartened and an inner conflict arises. She tells herself, "I must leave him. I must separate from him and get a divorce. I'm going mad; this situation is intolerable." But at the same time **she cannot leave**; she continues to want to prove herself, to eradicate her sense of inadequacy. She continues in this conflicted state without any peace of mind until she finally has a nervous breakdown, goes into a depressed state, and eventually wants to commit suicide by shooting herself or jumping from a high place.

The feeling of inferiority/the lack of self-confidence

Together with the **feeling of inferiority**, there is a great **lack of self-confidence**. This is expressed in different ways. A student knows that he has studied his subject well and that he knows it, yet the thought comes that he will fail in his examinations. The anxiety that develops is so great that he actually fails his examinations. His mind is blocked and there is almost a hysterical reaction with flushes of heat, an upset stomach, heaviness in the whole head, etc. He knows that he is worthy, and, after speaking with his teachers or parents, for a moment he is further persuaded that he is worthy, but after a while the thoughts return and torment him. A feeling of cowardice develops.

In another example one may see a doctor, a microbiologist, who has a responsible post in a hospital and in whom everybody places a lot of trust, yet every morning on going to the hospital he has the thought that he is not capable of this position, that he will make a mistake and that he will be ridiculed by his colleagues. He goes to the hospital expecting that at any moment he will make a mistake, and, when in this state, his mental clarity sometimes does suffer lapses, causing him to make mistakes, thus confirming and strengthening his belief. Eventually his life becomes unbearable; he withdraws from others, broods, becomes morose and depressed. The interesting thing is that he may say that **he logically knows that he is capable** and that he knows his subject well, but **thoughts centering on his lack of self-confidence persist and overwhelm him**.

The student of homeopathy has to understand that in the above case the pathology is so deep and painful for the individual that everything else is of minor importance. It is the intensity of this symptom and this symptom alone that will lead us to prescribe *Anacardium*, ignoring all other symptoms. In such cases one may see no aggression or cruelty; the organism is occupied solely with this pathology on a very deep level.

The **lack of self-confidence** can be expressed in different ways in different stages of the pathology of *Anacardium* when this is not the main symptom. These patients will not say, "I have a lack of self-confidence," but will provide statements which are indicative of an underlying insecurity or inferiority complex. Some such expressions might be:

Very timid; she felt that everyone was looking at her when she walked in the street.

"I cannot express myself."

She feels secure in her own home, but when alone in her room, she fears that someone will enter and kill her. She fears cars in the street.

He does not want to communicate with new acquaintances, having an inimical attitude towards everyone.

As stated previously, *Anacardium* is the most prominent remedy for lack of self-confidence, the other major remedy being *Baryta carbonica*. Here it is important to comment that **the symptom which is depicted with the highest degree in the Repertory does not always have to be depicted to such a degree in the individual**. In both of these remedies an inferiority complex will be apparent; on comparison, however, they are completely different. *Baryta carbonica* will manifest an inferiority complex from the very beginning of life, childhood, to the end of life. *Baryta carbonica* does not want to become a grown-up with responsibilities; she feels that it is too much for her and wants to remain protected, like a child. She feels that she cannot undertake and accomplish anything. *Baryta carbonica* very frequently corresponds to those elderly people who simultaneously lose their mental powers and their self-confidence. *Baryta carbonica* is also very soft, timid, and very irresolute. *Anacardium* also has great irresolution, but these people are not soft; they are hard people. There is a hardness inside them which prevents their yielding to their suffering, prevents their giving in to the urge to escape a conflict-ridden situation. They will tell of tremendous suffering; e.g. , that their husband hits them or curses at them, etc., but they will endure it with the intention of proving themselves. Their inferiority complex prevents them from seeking a better situation, from establishing a new relationship, new job, etc.. *Anacardium* persons want to prove themselves. One can see a somewhat similar dynamic when observing *Anacardium* persons arguing. They are prone to foolishly prolong a losing argument despite their obviously weak, uninformed position. This kernel of hardness expands with time to affect the entire organism. These people become increasingly hard in order to cope with their life circumstances. To others they appear strong, uncompromising, unyielding and hard. Eventually the hardness can reach the point of cruelty.

The misanthropic tendency

When in this weak state in which they completely lack confidence, they have no feelings of love or warmth. They feel isolated and unprotected and may need somebody to be with them all the time for support, yet at the same time they have an aversion to being with people, especially strangers: **aversion to company**. *Anacardium* individuals can become **real misanthropes**, with a fear of associating with others. Eventually they will reach a stage of paranoia where they suspect everybody and feel that they are being followed, pursued by others who want to do them harm.

The hardness and cruelty

Anacardium is also one of the first remedies to consider for **cruelty**. These people can be extremely cruel to both people and animals. They are capable of torturing animals and can be **indifferent** to the torture of humans; they may even enjoy seeing others suffer violence. It is as if **they are devoid of all ethical feelings of morality**. Of course, there is a spectrum of degrees of hardness in Anacardium that ranges all the way up to people who are capable of inflicting torture; not all Anacardium patients manifest cruelty, but the element of hardness is quite common.

Most of these people possess a deep feeling of inferiority and inadequacy that they are unable to escape. Such a sense of inferiority may be appeased by the feeling of power that can be bestowed upon one by an authority; for this reason, one might expect that many of the cruel and sadistic interrogators working for repressive political regimes may be sick people needing Anacardium as their constitutional remedy. Working in such a capacity, their urge to subjugate others and to torture can be fully satisfied. They are deprived people without morals, but with malice, who suddenly find an outlet to express their maliciousness. It is a perverted state. It is intriguing that during the interview these people do not appear capable of cruelty; they seem soft and nice. One might even be inclined to confuse them with *Staphysagria* during the first interview. However, when they are given authority by another, the cruelty can emerge. Again, the violence of Anacardium dwells in the interior of these people; externally they appear quite placid. Sometimes the hardness gives way to a complete lack of self-confidence, and a person who was considered strong, hard or even cruel completely loses these characteristics and becomes a "little nothing," with no confidence at all and a desire for encouragement and approval at all times.

The double will

There are stages in the development of the Anacardium image. All of the symptomatology of this remedy is not apparent from the outset. For instance, the familiar **personified double wills** of Anacardium - an angel sitting on his right shoulder telling the patient to do one thing and a demon on the other telling him to do exactly the opposite - arise only in the late stages of pathology, especially with the beginning of schizophrenia. It is an hallucination. This familiar theme, expressed in the above manner, which appears in the texts will not be encountered in the vast majority of Anacardium patients. The **conflict** will instead more often manifest itself in different ways and to varying degrees with such expressions as:

"I hate my sister and I love her at the same time."

"I am two persons; one criticizes people and the other justifies them."

"There is a conflict inside me between the love I have and the feelings of hate that were left inside me after a certain period in my life."

She fears that she might hurt herself or others, something that she does not want.

"I have become wild. I cannot tolerate anything. I swear badly over trite things, or say very bitter things that hurt others quite deeply."

In a quarrel she had with her brother she wanted to harm him. She grasped a knife to throw at him, but at the same time she grabbed the knife she was thinking, "I will harm him and I will undergo the consequences. I shall hurt him and punish myself afterwards."

"I feel as if my mind is separated from my body."

Disposition to laugh at serious things while he may remain serious when he should laugh. He laughed during his father's funeral; he makes jokes when everybody else may be in tears from a scene in the street or cinema.

All these examples portray, to varying degrees, the same idea, the idea of a schism or a strong internal conflict .

Anxiety about the future

In the first stages of the development of pathology, the suffering provokes an **anxiety about the future**. They experience a constant sense of insecurity. They anticipate that small problems are going to expand into major ones. This anxiety, suffering and fatigue generated by perpetual inner conflict lead to an eventual compromise of mental vitality. They start suspecting that everything will go wrong and become suspicious of everything around them.

Memory

Memory loss is another characteristic of Anacardium. Initially the effect on memory is forgetfulness. They will be unable to recall what they have read. The mind is rendered empty from the effort made in trying to prove themselves. It resembles a form of mental paralysis.

There is one specific arena of life which is especially prone to evoke the Anacardium picture - school, especially around the time of examinations. A student, who has perhaps suffered the indignity of having been criticized by his teacher, will be determined to prove himself by excelling at his examinations. In the midst of his studying he will be overcome by a sudden profound loss of confidence. He will then feel unable to take the examination. His mind has become a blank; he is unable to remember what he has studied. There are other remedies that can similarly correspond to pre-examination difficulties and which, by way of contrast, we will briefly describe. Again, that which distinguishes Anacardium is the urge to be first - to prove oneself - in the face of perceived criticism; e.g. , "My teachers do not acknowledge my abilities."

Gelsemium will present an entirely different picture. Those requiring *Gelsemium* will experience intense fear at the thought of appearing for an examination; a feeling of paralysis and trembling often accompanies this anticipatory fear. Unlike Anacardium, they encounter no difficulty while studying; they have the stamina to study, and they do not suffer a similar memory loss. With *Gelsemium* the focal point of their difficulty is imagining themselves before the examiner, especially for an oral examination; that image paralyzes them with fear. They will say, "No, I cannot do it. It is better that I do not go. I give up." *Gelsemium* will want to give up; they are softer, far less determined than Anacardium. The fear in *Gelsemium* is an expression of cowardliness.

The case of a man, a student of economics in England, illustrates the *Gelsemium* dilemma. He was the son of a very rich man. When initially seen, he was almost at the point of quitting school. He was quite lazy and was unable to pass his examinations because he could not muster the initiative to study. He spent his time living a carefree life, driving expensive cars, entertaining girlfriends, etc. He felt that he could not concentrate, that his mind wandered. He wanted to succeed in school, wanted to study, but he was just too lazy. One dose of *Sulphur* greatly affected him. He was subsequently able to study and passed one examination after another... until he arrived at the final stage of his school program. The school was quite difficult, very demanding. The professor of his final course had already failed him three times. He became afraid of this teacher. He phoned his parents, telling them, "I have studied the subject completely. I know it very well, but **I am not going to take the examination. I cannot.**" The parents phoned me asking what they could do. This was quite a different situation from before; there was no longer the laziness of *Sulphur*, but a lack of courage to appear in front of the teacher. A repetition of *Sulphur*, here, would do more harm than good. This was a *Gelsemium* situation. [The practitioner has to be aware of such subtle differences if he wishes to prescribe correctly.] I recommended that he take a dose of *Gelsemium* 1M the day before the examination. He did so, appeared for the examination and did very well.

Picric acid will also be frequently indicated for pre-examination difficulties. The causation in *Picric acid* is **overexertion and fatigue of the mind**. These are people who have studied very diligently for a long time and who, as a consequence, have overexerted themselves. They do not experience the conflict of Anacardium nor the cowardliness of *Gelsemium*, but rather predominantly suffer from a tiredness of the mind. They may say, "I am so tired. I feel as if I have been thinking for ages."

The feeling of mental fatigue is **unrelenting** and will induce them to want to quit and forego the exam. In this state even five minutes of studying will be exhausting. One must exercise caution in discriminating between these remedies for they may all complain that they are exhausted. Therefore, one must look at the case deeply in order to ascertain the underlying reality. In the Anacardium case there will most probably be an underlying conflict, a strong desire to succeed, and a subsequent **sudden loss of memory**. Later, as the case advances into the next stage of development, peevishness, irritability, and violence may appear. The pathology develops progressively; it originates predominantly as anxiety and insecurity; later the aspects of the inferiority complex, of cruelty and the double will become more prominent.

In the second stage of development the memory deteriorates even further. Their memory loss may become so extensive that they begin to fear the loss of their sanity.

This is not a fear of insanity as such, but rather, because of their profound decline in memory, a fear that their health is going to take an ominous turn for the worse, that something very bad is going to happen. They suddenly realize that they are unable to remember anything, even from one minute to the next. Some will describe it as if "someone or something is holding my brain," not allowing it to work. The mind becomes feeble; he feels as if he is in a dream and does not have a direct perception of reality. The mind feels sluggish and dull. It is a state bordering on imbecility.

It is important again to emphasize that loss of memory is a very important characteristic of Anacardium, and, as stated, this memory loss is precipitated by the suffering produced by the anxieties and insecurities. A businessman whose business has been doing quite well suddenly begins to encounter one problem after another. He becomes anxious and subsequently notes that he can no longer remember anything. He has to make lists of things to remember. This symptom evolution can occur within a span of six months to a year in a person only thirty years of age. There is forgetfulness in the morning, especially on waking.

The irritability and violence

The **irritability** of Anacardium arises as these people begin to lose control of themselves. The constant suffering generated by their inner conflict, their struggle with their sense of inferiority, gradually erodes their control, allowing irritability and **violence** to surface. They may break all the things around them in a quarrel if they cannot harm the person involved. The irritability and the feeling of inferiority are connected; for instance, these people are liable to misinterpret someone else's behavior as an intended slight against them and react to it with irritation. Someone enters a room with flowers, for example, and the Anacardium woman is likely to respond, "Oh, you're bringing flowers for your daughter." In fact, the flowers may be for her, but her first reaction is to assume that the gesture is intended as an offense. Her feelings of inferiority do not allow her to accept that someone is willing to care for her, or be nice to her, or show her love and affection.

At this stage in the pathological development of Anacardium these people have no belief in love; they believe in brutal force. Anacardium patients who are quite introverted and capable of introspection will describe themselves in the following manner, "I have lost my control. I really want to do harm. I don't care about anything any more." They will report these symptoms as if they are not natural, integral aspects of themselves, but as something apart. The more assertive Anacardium patients are unable to take the least offense without rapidly flying into a temper. One of the initial expressions of their irritability is a great **tendency to swear**. This tendency may take place in a person who never before even thought of swearing. For instance, it may happen that after a shock a headache develops, and with it there arises this peculiar tendency.

Anacardium is one of the main remedies for those who have an irresistible desire to curse (*Nitric acid, Hyoscyamus, Nux vomica*). Subsequently, if the disturbance is left to develop, an increasing aggressive urge may appear, evoking more hostile actions; teenagers, for instance, may become juvenile delinquents, committing mischievous, malicious acts such as slashing tires, hitting people with chains, etc. They may join marauding gangs of hooligans. Some Anacardium patients may say that they experience violent thoughts only (e.g. , shooting or stabbing people), without ever reaching the point of actually committing violence.

Initially the natural feelings of tenderness, love, and sympathy diminish, leaving behind a dullness, blankness and hardness of emotions and thoughts. This torpor of the emotions occurs as a consequence of the suffering previously described, and this emotional void allows for the emergence of cruelty. After constant shocks, disappointments and hardships, they become insensitive, their emotions stilled, and they find that their stagnant emotions can only be, in a sense, revived by performing cruel actions. Their cruelty can almost be a source of joyfulness for them. The lack of emotional liveliness, the hardness represents significant pathology. It can be likened to a hard tumor - a tumor of the emotional body.

Some may see a similarity between the emotional inertia of Anacardium and that of *Sepia*. *Sepia*, however, will never enjoy doing harm. They will say, "I have no emotions, and I don't care." Sometimes they may become so irritable that they hit their children, but as soon as they do so they will suffer remorse and feel emotionally exhausted. This state is quite different from that of Anacardium. Another similarity is that in Anacardium, once the emotions have become blunted and hardened, there is a lowering of sexual interest which can develop into an aversion to sex.

Cruel Anacardium people who harbor malicious feelings toward the world can eventually develop paranoia. They will begin to believe that everyone is their enemy, that they are pursued by enemies. They are afraid of everybody, even those who may approach to hug them, and become suspicious of everything. As they progress further, they may enter a delusional state in which they feel **as if they are living in a dream**. Reality and dreams intermingle as their confusion increases. It is at this point that they will say, "I have an angel on the right who says to do the correct thing and a demon on the left who says to do the wrong thing. Someone is telling me to do one thing, and someone else is telling me to do the opposite." This delusion is characteristic of a patient who is approaching the final stage of Anacardium. As we have noted, not all Anacardium patients will express such a division in this way nor in the way it is expressed in the texts, but there is a similar idea underlying their symptomatology. The irresolution, the hesitation, and the lack of confidence are manifestations of that theme. The constant second guessing about a course of action, the questioning of one's capabilities, etc. creates a split that progressively enlarges until a schizophrenic condition may develop. Finally there is the appearance of fixed ideas involving the belief that **they are double**, that **they have a demonic half**. They see devils and angels, etc., the main idea being that of a schism.

The religious aspect

On examining the lives of most Anacardium patients one would not be inclined to identify them as religious people. On the contrary, they are people who believe in human power. As the pathology progresses, however, there is a tendency to develop a **religious turn of mind**. This attitude, though, is not one that is motivated by a true religious spirit. These are people who have engaged in much cruelty, who did not care about others; they have lived a life of hardness and eventually reach a point where they ask themselves, "Have I done right or wrong?" They become afraid of God and of angels; they fear the consequences of their past actions and become preoccupied with their salvation. Thus, we can see how these people, who had previously exhibited cruelty, hardness and violence as part of their sickness,

now take on a religious bent. It is pathology, not spiritual maturity.

There may be some tendency to confuse *Anacardium* with *Lycopodium*. There are several distinguishing points. *Lycopodium* will not want to assume responsibility; they will try to shun it. Even their family can become a burden, and they will contemplate deserting them. *Anacardium*, on the other hand, will attempt to undertake responsibilities to an extreme degree in an effort to prove themselves. These two attitudes are wholly dissimilar. *Lycopodium* persons are not cruel; they are cowardly. They have anxiety about their health and anxiety about seeing blood. *Anacardium* could well enjoy seeing blood. Blood and violence stimulate them; their stilled emotions are aroused by violence. Otherwise, in the later stages, they are incapable of the more usual forms of emotional arousal. They have experienced a lot of suffering, and, as a consequence, their emotions have become blunted. This scenario is unlike *Lycopodium*. *Lycopodium* people are selfish; they like to enjoy themselves. They are often among those who, when attending seminars, conferences, and the like, will show no restraint. They will be eager to establish a licentious relationship with any woman to whom they are attracted. Their pleasure is a priority. This is an aspect of *Lycopodium* that serves to illustrate the significant differences between the two remedies.

An important point to emphasize in the recognition of *Anacardium* patients is that in any given patient there is usually a preponderance of one of the following pathological states - either the **inferiority complex**, the **cruelty** or the **double will**. Patients should exhibit evidence of at least one of these qualities to justify the prescription of *Anacardium* on the basis of psychological symptoms alone.

Generalities

Anacardium is, of course, also indicated for physical disorders; e.g. , stomach troubles, rheumatic and arthritic conditions, cervical stiffness, vomiting during pregnancy, constipation, trembling and paralytic weakness, epilepsy,

etc. In many of these conditions a very characteristic sensation is that of bluntness - of **a blunt plug in the affected part**. This sensation can be located anywhere - in the eye, in the head during a headache, in the stomach, in the rectum in association with constipation, in the spine. This sensation of a plug should not be confused with the iron rod sensation in the rectum of *Ignatia* nor with the sensation of a lump or a ball in the rectal/perineal area of *Sepia*.

Another keynote sensation of *Anacardium* is that of **a band around an organ or an extremity**; pain in any area may be accompanied by the sensation of a band-like constriction. Other remedies produce a somewhat similar sensation, but each has a distinctive quality. The *Anacardium* band sensation is similar to the feeling produced by an elastic bandage; in *Anacardium* this elastic sensation is very well-defined with discrete boundaries. *Platina* also produces an elastic bandage sensation, but the feeling is more diffuse than that of *Anacardium*. *Tuberculinum* produces a hoop-like sensation, especially around the head, which feels as if an unyielding iron band is constricting the head. *Cactus* produces more painful, wire-like constricting sensations.

A tendency to sighing and amelioration from same is a symptom often met in *Anacardium*, especially in those individuals with a shy, timid temperament and lack of self-confidence. A general **amelioration comes from eating**. He eats and in one or two hours is hungry again and has to eat; otherwise he feels very bad. Sometimes there is general weakness not long after eating. Another modality of *Anacardium* which it shares with *Pulsatilla* and *Ferrum* is an **amelioration by moving about slowly**.

Head

Pressing headache in different parts of the head as from a blunt instrument pushing in, worse with motion, mental exertion, coughing and bending the head backwards; better with eating, exercising, hard pressure, and by falling asleep. The feeling of a plug or a blunt instrument is not always described as such; sometimes the description may be of hardness in the head or a heavy feeling in a particular location, of a piece of metal or wood in an area of the head, etc. Hysterical type of headache from strong smells. Gastric headaches. Periodical headaches. Vertigo is worse on stooping and rising, worse on walking. Little boils on scalp.

Eyes

Pressing pain as from a plug on upper orbit. [*Rheumatic tearing*.] Objects appear too far off. Vision indistinct [*dim*]. Blue rings around the eyes.

Ears

They imagine that somebody is whispering in their ears. Difficulty in hearing. Loss of hearing. Pain as if from a plug. Painful twitchings in left meatus, like electric shocks. Pain when biting teeth together. Feeling of stoppage, as if from cotton.

Nose

Loss of smell. Hay fever. *Illusory smell*.

Face

Pale. Expressionless; childish expression. Twitchings of mouth and fingers during sleep. Burning dryness of external borders of lips. Eruption on the left side of the face, covered with small blisters which discharge a yellow serum and itch terribly.

Stomach

A general **amelioration by eating** is a strong keynote, but symptoms return soon after eating. Nausea (especially morning nausea) and **dyspepsia** are relieved by eating. Nausea of pregnancy is relieved by constant eating.

Empty feeling in the stomach at 11 a.m. , resembling Sulphur. Pressing **pain in the stomach after mental exertion** and one or two hours after eating, during the time of digestion. Stitching pain on breathing. Breath stops on eating and drinking. Loss of appetite alternating with excessive hunger. Desire for sweets and salt and aversion to beans and peas.

Abdomen

There is constipation in Anacardium which is similar to that of *Nux vomica*. Frequent tenesmus during the day without the ability to expel anything. Frequent urging for stool after eating. Pressing pain around the umbilicus. Pain feels like a blunt plug pressing into the intestines. Abdomen hard. Painful flatulence. A lot of rumbling and flatus after eating.

Rectum

Inactivity. Ineffectual urging; inefficient stool. Rectum feels plugged with a foreign substance, without power of expulsion, even of a soft stool. Intense desire for stool, but during the effort for evacuation the desire goes away. Itching of anus after coition.

Respiratory

Respiration is interrupted (choking) on coughing, on swallowing or drinking. Cough, resembling whooping cough, is excited after talking or eating. Cough after eating with vomiting of food and pain in occiput. Dull pressure, as from a plug, in the right lung. Oppression with internal anxiety and heat.

Chest

Heart: Palpitations in the aged which come after mild acute ailments, such as coryza, with accompanying anguish. Heart feels suddenly swollen with great fear of dying.

Double stitches in the heart -- stitches occur twice in succession followed by a long interval.

Back and extremities

Stiffness is a characteristic associated with the back pain, especially in the cervical region. *Dull pressure in the shoulders, as from a weight.* Diseases that affect the spinal cord with paralytic weakness; trembling of the lower extremities, the knees being most affected; the sensation as of a band around the body or certain body parts; and the sensation of a plug being driven into the inner parts, especially when moving. Restlessness of the legs while sitting, better when walking.

Sleep

Disturbed sleep with screaming and very vivid dreams that seem real the next morning; dreams of dead bodies, of killing others or others killing him, of being pursued, of fires, of old events. In the morning he awakens tired with the inclination to go back to sleep.

Skin

There are different types of skin eruptions in Anacardium: one is pustular, another is erysipelatous, and still another is a form of neurodermatitis which consists of small vesicular lesions filled with a colorless, watery fluid. These lesions are grouped closely together. The eruption is rather dry and itches terrifically. The itching is worse at night.

Itching and burning that cause extreme irritability; the patient digs his nails into the skin in order to scratch. Eruptions that look like variola. *Excessive desquamation.* Skin eruptions with erysipelatous appearance that spread quickly and cause easy swelling. Skin insensible. Warts.

Clinical

Mental and neurological disorders

Digestive disorders

Duodenal ulcer, dyspepsia, hemorrhoids, *hyperchlorhydria*.

Skin eruptions

Erysipelatous, variola-like, pustular neurodermatitis, eczema. Warts.

Other ailments

Alcoholism. *Asthma.* Constipation. *Deafness, chronic.* *Debility.* Dysmenorrhea. Momentary mental paralysis before examinations. Headache. Heart affections. *Liver diseases.* Pemphigus. Rheumatism. *Self-abuse.* Illusion of smell. Stiff-neck. Tendon injuries. Vomiting of pregnancy. Whooping-cough. Writer's cramp.

Causation

Checked eruptions. Prolonged mental exertion with anxiety. Examinations. Sexual excesses. Sudden shocks. Disappointments.

Relationships

Follows well: *Lycopodium, Pulsatilla, Platina*.

Followed well by: *Lycopodium, Pulsatilla, Platina*.

Antidotes

Antidoted by: *Clematis erecta, Croton tiglium, Coffea, Ranunculus bulbosus, Rhus toxicodendron, Juglans cinerea, wine*.

Inimical to it: Alcoholic drink, cold drink, warm food.

Antidote to *Rhus* poisoning.

Dosage

For mental disorders the high potencies from 200c upwards are more effective.

Cases

1. Pain in left abdomen with gnawing sensation in epigastrium; "must eat something or the pain and gnawing become unbearable," a cracker is sufficient. The symptom has appeared daily for years, the hour varies. Anacardium 200 gave such marked relief, even before she left the office, that she forgot to eat her luncheon, which was long overdue. There has been no recurrence in six months. For several days after taking the Anacardium, she noticed a constant taste and smell of peppermint.
2. On November 2, 1922, a retired officer, aged 38, who had suffered from mild fever and dysentery in the East during the war, followed by a nervous breakdown necessitating six months' rest in 1918, came to me complaining that for a year or more he had been much troubled by a sore, tender, condition of the stomach which had baffled his family doctor. It affected the region below the ensiform cartilage, was agg. when the stomach was empty, especially the first thing in the morning, but was >> after food. There was no acidity, nausea, or vomiting, and the bowels were regular, but the tongue was coated every morning, and he had noticed mucus passing from the bowel for some time. I found marked tenderness in the region complained of, over an area of about half-a-crown, and some tendency to puffiness, but no tenderness over the caecum. I made no alteration in his diet, which was reasonably light, and prescribed Anac, 3 in daily powders, medicated in thirds. When I saw him a fortnight later, on November 17, 1922, he was able to report that the discomfort and soreness were much less; they no longer woke him at 5 a.m. as formerly. The motions, previously semi-solid, were becoming formed, and he had seen no mucus from the bowel. He was still better a fortnight later, with a continuance of the same remedy, the former flatulence was becoming much less, and he stated that "he had had less discomfort in the stomach than for the last year." The tenderness had greatly decreased, and the bowel mucus had not returned. It was not long after this that he was able to report complete freedom from his trouble, and I could find practically no trace of the former tenderness over the duodenal area. I saw him occasionally for some time after this, and verified the fact that the bowel mucus never returned, so the slight associated colon irritability cleared up with the other symptoms.

Anagallis arvensis

Synonyms: Scarlet Pimpernel; Weather-glass; Red Chickweed

Natural order: Small weed belonging to the Primulaceae.

Mode of preparation: For Homeopathic use the tincture is prepared from the whole fresh plant.

The essential features

Anagallis is a seldom-indicated remedy, but one that cannot be replaced if needed. In homeopathic therapeutics most of our treatment failures are not the result of an inadequate knowledge of the large polychrests, but a lack of familiarity with the smaller remedies; as a consequence, we inappropriately attempt to employ polychrests for tasks better suited to the "lesser" remedies. Our success rate would be much higher if we knew the entire range of pathogenesis of these seldom-indicated remedies and when to use them.

Our materia medica shares many similarities with the **natural diseases**: some remedy images are common and appear as frequently as certain diseases; such as, influenza, the common cold, certain rheumatic or arthritic conditions, etc., and some remedies, like some clinical syndromes, are so rare that a general practitioner may require them only once in his lifetime, if ever. The difficulty in practice is that, though there is a reasonably predictable scale of frequency for remedies and diseases, no one can predict just when he will have a rare case on his hands; consequently, a good homeopathic physician should be familiar with all remedies, at least inasmuch as information about them is available.

The pathogenesis of Anagallis consists primarily of symptoms involving the skin and the brain. It is a remedy that produces **dry, itching, circular eruptions** (ringworm), mostly on the hands and palms of the hands, which, if suppressed, may be replaced by **bilious headaches** or **serious mental pathology** or even **convulsions** (epilepsy). In my experience it cures eczema located primarily on the palms, fingers, and dorsum of the hands. At first the skin becomes dry; soon crops of vesicles appear which contain a very thin fluid, thinner than water; the vesicles increase in number all about the original colony of lesions, and the amount of fluid within each vesicle also increases until it ruptures. The skin within the base of the ruptured vesicle remains raw and cracks, leaving the skin feeling painful and unprotected. Then a new colony develops in another location and goes through the same progression; in this manner the eczema spreads. Just before the vesicles break open they itch intensely.

The nails are affected similarly. It appears that the first layer of the nail is destroyed and subsequently cracks. The skin around the nails is also affected.

Anagallis suits sensitive and rather hysterical persons who are very easily excited, both mentally and emotionally. It affects the mind in a very **pleasant** way, producing a state of **exhilaration**, of **intense activity of the mind**. This exhilaration and activity is of a pathological degree; consequently, Anagallis can prove useful for **manic-depressive** states. An individual under the influence of Anagallis feels literally on top of the world, very self-assured and graced with a surfeit of of mental power. There is also great **joyfulness** and **hilarity**; he **finds pleasure in everything** he does. He feels that he perceives everything that goes on around him, and, at the same time, his mind is full of ideas, **thinking many, many thoughts**. However, he cannot apply his mind in a constructive and disciplined way; his mind seems frenzied, flying capriciously to whatever subject, unable to concentrate on any one subject. The state is similar to a mild inner delirium. Nonetheless, the patient feels that his mind is very clear and strong and maintains that he is enjoying the best time of his life.

Such mental pathology is most frequently encountered in younger people who are engaged in intensive spiritual practices and who, at a certain point, feel that they have attained a superconscious state. While it is clearly apparent to the observer that the affected individual looks full of joy, the state is an unhealthy one, leading to irresponsible behavior. The insanity is not overt; it is not readily apparent that the patient's mental state is unbalanced. Usually the person claims that he has attained a high spiritual consciousness and has, therefore, transcended the necessity of attending to earthy, practical matters; he feels he need do nothing mundane at all. He is quite willing to discuss his inner spiritual state with anyone who comes along.

Consistent with his **excitability** is a very high sex desire which drives him to pursue frequent sexual encounters. There is also at times an erethism of the urethra, a tickling or burning that prods him to rather compulsive copulation.

The Anagallis state is one which can be seen in those taking drugs, such as amphetamines or cocaine, which exert an exactly similar effect: the speeding up of mental processes. Similar states are provoked by some homeopathic remedies: the manic phases of *Agaricus muscarius* are similar, and, of course, the resemblance to *Coffea cruda* symptomatology is quite apparent.

After a period of such intense activity of the mind the whole organism seems very tired, almost prostrated; depression and despondency settle in, as well as a form of anxiety which is felt in the chest. Hypochondriacal anxiety is seen.

Generalities

Anagallis has a reputation for expulsion of splinters from the body, much like *Silica*. This quality is most probably due to the fact that contained within its pathogenesis is a **pain like splinters**. It will heal wounds from splinters.

Trembling of the whole body in the evening in bed. Tremulous weakness, enervation. Epileptic, clonic convulsions. Bloody perspiration. General weakness from mental exertion. Trembling and shivering at the same time - a chilly trembling. Trembling is felt in the heart and in the whole body, especially in the evening in bed. Clonic convulsions and epilepsy are seen.

Head

Headache **associated with digestive disorders**, such as eructations and rumbling in the abdomen. Intense headache with nausea and pain all over the body in liver dysfunction. Headache on coughing. The headache is relieved by coffee.

Constriction, tension in the forehead, over the eyes. Itching of the scalp. Perspiration on the forehead.

Eye

Pain in right eyeball, worse touching the lid. Sees glittering objects in candlelight, worse before left eye. Objects seems to be moving, floating about, towards noon. Itching of the eyelids.

Ear

Tickling and **itching**, worse in **left** ear. Humming noises in ear. Twinging pain; in right ear. Sensation as if ear were obstructed.

Nose

Watery, yellow discharge. Epistaxis. Violent sneezing, with tickling of the tip of the nose.

Face

Herpes circinatus. Tearing pain on right side of the face.

Mouth

Sensation of coldness of the tongue; near fraenum. Viscid saliva. Salivation. Swelling of gums around decayed teeth. Tearing toothache; in molars.

Throat

Urinary organs

There is some erethism in the urethra driving to coition. Burning pain during erections, ceasing during coition. Burning pain during urination. Tingling in urethral meatus. Voluptuous sensation. Acrid, gonorrhoeal discharge. Must press before he can pass urine. Urine is of a dark color.

Genitalia-male

Drawing pain in spermatic cords; in right testes. Tearing pain in spermatic cords. Increased sexual passion.

Genitalia-female

Sterility.

Cough

Dry cough.

Chest

Anxiety in the evening, in bed. Itching of mammae, nipples. Pain in chest after eating. Trembling of the heart.

Back

Coldness. Pain from lifting; before sneezing; in lumbar region; in sacral region when lifting. Pressing pain in lumbar region.

Extremities

The hands are primarily the seat of Anagallis eruptions, especially the palms and the fingers. There is intolerable itching, which is ameliorated by **rubbing**. Dry, bran-like eruptions; **ringworm**. Vesicles, in crops on hands, between the fingers, which appear in continuum, as soon as the older vesicles disappear new crops appear. Hands and fingers are **dry**. Psoriasis on the fingers. Wandering pains in practically all of the joints. Pain in shoulder extending from the arm to the neck. Pain in the upper arm, worse on motion. Pulsative pain in finger. Swelling of joints. Trembling of lower limbs during chill.

Sleep

Sleepiness. Restless, unrefreshing, short sleep. Wakes up too early. Amorous; anxious; confused dreams.

Skin

Clinical

Manic-depressive states. Epilepsy. Hysteria. Ringworm. Unhealthy skin. Arthritic and uric acid diathesis. Gout. Neuralgia.

Relationships

Compare: *Primula obconca*, *Cyclamen*, *Agaricus*, *Coffea* [joyous, excited],
[chilly, catarrh] and *Rhus toxicodendron*.

Lithium carbonicum [rough skin, ringworm], *Sepia*, *Tellurium* [ringworm],

Pulsatilla

Antidotes

Coffee.

Dosage

From 6c upwards.

Anantherum muricatum

Anantherum muricatum
Andropogon muricatus
Andropogon squarrosus
Cuscus grass
Vetiver or Viti-vayr

The essential features

Anantherum is a remedy that stimulates the lower passions of man, most specifically the sexual passions, to such excess that an individual so affected may be driven mad by the sheer force of his desire. It creates an insatiable desire to satisfy the sexual urge, driving the person to repeated sexual contacts. If this urge cannot be satisfied, he is driven to masturbation. The desire is pathological, indicative of an organism completely out of check, impulsively driven to actions which could very well lead to its rapid self-destruction.

This is one of the remedies that should be increasingly required in the current milieu of sexual liberation and its attendant furious and incessant desire for sexual satisfaction (now much frustrated by the AIDS epidemic). While not intending to disparage homosexuality *per se*, it must be acknowledged that this remedy will find special application in that subset of homosexuals exhibiting such intensity of sexual behavior. For these individuals sexual satisfaction lies above all other concerns. They seem to be exclusively driven by their unlimited sexual urges, perhaps having two or even three sexual liaisons during the day, yet still feeling so highly sexually aroused at night that they cannot sleep and are compelled to go out in pursuit of yet another encounter. Should they fail in their search, they will have to resort to masturbation. Their sexual instinct seems to have been aroused beyond any control, their entire life revolving around the urge for sexual satisfaction. In our texts it says, "Venereal appetite increased by every attempt to satisfy it until driven to onanism and madness." Such is the sexual state of many homosexuals and individuals needing Anantherum today.

The loss of energy caused by such practices is so great that these individuals become depleted, washed out at a very early age, and a state of insanity begins to ensue.

This remedy can induce the desire to dress publicly in a **peculiar, grotesque manner**, all the while **hoping to impress others with their shocking appearance**.

Anantherum can be indicated for certain cases of homosexuals who have the urge to dress in the "punk" fashion seen today. Only those "punks" possessing an irresistible urge to wear grotesque clothing in a public place correspond to Anantherum; obviously this is not the motivation for many "punks." Another characteristic of these patients is that they return again and again to the same places to engage in exactly the same activities.

Anantherum is one of the main remedies for insanity after excessive sexual promiscuity and activity. It must be understood that the sexual excitement is tremendous, literally driving the helpless individual to pursue sexual contact. There is violent desire with violent erections, even priapism. It is a state of monomania.

It is very interesting that Andropogon, an alternate name for the remedy, is a Greek word indicating an androgynous person with a beard - simultaneously suggesting bisexuality and an excess of male hormones.

Anantherum affects men more than women, although I believe that it will prove suitable for those cases, among female homosexuals, who are more masculine and incessantly crave sexual intercourse. In such cases this remedy will provide a certain balance, reducing the sexual demands and helping to restore sanity. I am of the opinion that homosexuality and sexuality in general, when practiced with such self-destructive intensity as that described above, is the result of suppressed Syphilis.* The pathology of Anantherum reflects the effects of primary syphilis as well - chancre-like ulcers of the penis, sores and glandular swellings. Abscesses and Kaposi's sarcomata are met with this remedy as well, and it is a remedy which should be considered in AIDS patients when they exhibit behavior such as that described above.

Another aspect of Anantherum is its tendency to invoke a state of self-satisfaction, a kind of narcissism that can be seen quite prominently in some cases of male homosexuals. They seem "satisfied with themselves," as if ready to savor pleasure all the time, lacking a sense of duty, of responsibility. They appear to adopt the attitude that everything is here on earth for their own pleasure. They feel that they are more intelligent than others, more sensitive, more capable in their work, and more well-suited to enjoy sex than anybody else. They love to travel in pursuit of sexual encounters. They are happy with themselves, prone to laugh and sing, yet any astute observer can easily perceive the delusional quality of their thinking, as well as the imminent possibility of eventual madness. In our texts it says: "Great self-esteem; great satisfaction with himself and his labor; internal complacency with smiles. Foolish joy and absurd complacency. Gay humor with disposition to laugh and sing. Cheerful, gay mirthful."

Another syndrome seen in these cases is the inevitable result of such an attitude. These persons, so closely attached to their objects of pleasure, experience **tremendous jealousy** if others have something that they themselves lack. The texts say, "Ungovernable jealousy; everything causes jealousy." They become attached not so much to a particular partner, but to the idea of pleasure; thus, it is another's experience of pleasure that becomes a threat and provokes such jealousy. As a natural consequence of such a lifestyle, of such intense identification with earthly pleasures, once they begin to suffer from some kind of disturbance in their health, they become overwhelmed with a fear of dying. The fear that pleasure may end and be replaced by suffering is unbearable. They become **restless with a constant fear of death**.

At this stage they may develop a strange fear of water, such that they are unable to swallow water even though thirsty. Even the mention of the word "water" causes a spasm of the throat, a tightness precluding swallowing.

Fear of shining objects is a characteristic of this remedy which can cause it to resemble *Stramonium*; however the destructive force of Anantherum is much less than that of *Stramonium*. Anantherum will very much regret any damage which may have resulted from their spells of anger.

This remedy has a great deal of convulsions and spasms, and it should be thought of frequently in epilepsy, particularly when the patient's morality is rather low and his sexual demands high. Convulsive tics occur.

Eventually these persons become hypochondriacal; in this state even the presence of other people aggravates their symptoms. They do not want to see or hear anyone - aversion to company; they seek solitude and obscurity. They lose their self-confidence, and they become suspicious and irritable.

At this stage we may see another aspect of this remedy: as the **anger increases** to tremendous proportions, they grow **quarrelsome**, intolerant of contradiction, and **ready to strike** and destroy things or people. A sense of destructiveness permeates all their thoughts and conduct, including a desire for self-destruction.

The intellect becomes dull and blunted, the memory weakened. Apathy, depression, and suicidal ideation supervene, with a constant inclination to weep. And at this stage many phantasies, visions and hallucinations begin to occur.

At this point they may decide to attempt to improve their rapidly declining health, but the course of action they follow often retains the character of their previous behavior. They develop monomaniacal attachments to a specific type of diet or a specific program of exercise, pursuing the discipline with relentless attachment irrespective of results.

Eventually, in the last stages, we see confusion of the mind as if intoxicated, mental alienation and idiocy.

Such is the story of this interesting remedy which, though it has been very much neglected in the past, is so urgently needed in our times.

Anantherum may be confused with *Bufo*, *Platina*, *Lachesis*, *Stramonium*, *Thuja*, *Cannabis indica*, etc.

Generalities

This remedy has been considered a specific for certain **skin disorders**. In its pathogenesis we find: Crusty, herpetic eruptions, granular rash; red, scarlet eruptions, scaly eruptions; syphilitic ulcers; **warts**; **abscesses**, suppurations; **inflammation of glands**, atrophy of glands.

An interesting symptom is **sensations of hard tumors** in different parts, especially on the genitalia.

General tremors. Chilly trembling. General exhaustion. Attacks of stupor and faintness, followed by a paralytic sensation of the right side of the body, tongue, and

upper and lower extremities. **Malaise and debility**, with constant restlessness. Great bodily and mental debility with melancholy accompanied with suicidal ideas and copious sweat at the least movement.

Epileptic **convulsions** commencing with sadness, restlessness, hiccough, contraction of the diaphragm, burning in the stomach, congestion of blood to the head; then loss of consciousness, falling down, violent movements of the limbs, bloody frothing of the mouth, seminal losses, involuntary stool and urination.

Clonic convulsions of the body. Spasmodic attacks, with contraction of the limbs, of the eyes and features of the face. Eclamptic convulsions and involuntary movements of the limbs as in chorea. Coldness during convulsions.

Aggravation after coition, by **motion** and heat.

Vertigo

Here we see a strong aspect of the remedy which produces a state **as if drunken**, intoxicated. Vertigo with debility and stupidity of the head. Vertigo and dullness with cerebral congestion, red face and tendency to fall backward. Vertigo with feeling of drunkenness and staggering gait. Vertigo with debility in the back and lower extremities, unable to remain upright. Vertigo with contraction and digging in inner canthi of eyes, extending into brain.

Head

In the head we have several keynotes peculiar to this remedy such as: Sensation as if brain were laid bare and **cold air passed** over it through head. Sensation as though there were **water** in head worse when walking. Sensation as if heavy objects and balls moved about in head when lying on right side. Sensation as of a ball **rolling in brain**. Motions in head at night especially while lying on right side. Trembling sensation in the head. The general idea is that it has **feelings of motion inside the head**. Sensation as if something turned round in head, with pains in stomach, great appetite, colic, sexual desire, chills and choking. Congestion of blood in the head, with great heat, dizziness, loss of consciousness, and epistaxis (this last symptom as well as others in vertigo section and elsewhere point out that the remedy may be of use in high blood pressure in oversexed individuals).

Eye

In the eyelids and eyebrows we also see peculiar symptoms. **Warts and lupia in the eyebrows**. Ulceration of lachrymal canal. **Ulceration of margins of lids** with inability to separate them, crusty eruptions. Inversion of eyelids. Heaviness of lids. Has **difficulty opening the lids**. Trembling of the lids. Paralysis of optic nerve, amaurosis. Spasmodic contraction of eyes, which remain turned upwards; contracted pupils. Spasmodic motions of the pupils, which obscure the sight at intervals. **Light** produces **itching** in eye. The images of objects are retained in an annoying manner. Everything seems excessively bright and shining. Sees fiery circles. Muscae volante in considerably younger persons. Dimness of vision, as if from watery vapours before the eyes. **Photophobia**. Unsteady, wild look.

Ear

After listening for some moments, the hearing becomes fatigued, and the words are confused and indistinct. Heat in the interior of the ear, with pulsation and sensation as if there were abscesses in them. He frequently hears a noise as of waves beating against the shore, with a deafening sound, which prevents him from hearing a word.

Purulent discharges. Tearing pain behind the ear. Increased wax. Damp weather aggravates impaired hearing.

Nose

In the nose we have further peculiar symptoms such as: **Crushing** sensation at root of nose. Pressing pain in root of nose. Nose enlarged, red and covered with many small blood vessels. A boil or a small **tumor on tip** of nose. **Ulcers** in nostrils.

Discharge greenish, bad smelling. Discharge copious; offensive; purulent. **Sneezing in cold air.** The air which passes through nostrils seems icy cold and caused sneezing. Liquid comes out through the nose on attempting to swallow. Burning, smarting; stitching pain in nose.

Face

The face becomes red, cyanotic during vertigo; it has a vacant expression. Spasms in face, convulsive movements as from tic douloureux, or trismus, with pain in lips and chin. Pain in facial bones as if crushed or dislocated. Yellow or red spots. In the face we see **miliary** eruptions, **urticaria**, pimples, eruptions which are **crusty**, scabby eruptions, **herpetic** eruptions; miliary and urticarious eruptions; **erysipelatosus swelling**; **abscess**. Swelling and suppuration of submaxillary glands. Ulcers; on lips; in corners of mouth.

When we have intense symptoms on the skin or in the eyes we may not find the mental-emotional-sexual pathology.

Mouth

Scurvy. Boils on gums; ulcers on gums. Exfoliation of different parts of the buccal cavity. Gums **feel hot** with **cold sensation in teeth**; swelling of gums; of tongue. Tongue fissured; on edges, bleeding. Tongue **feels cut on edges**. Inflammation of tongue; gray tongue. The tongue is fissured, lacerated and as if cut on edges, with copious salivation and debility. Difficult speech; from swelling of tongue. Stammering. Constant inclination to **clench** teeth together. Gnashing and grinding of the teeth, they crumble and break. Sensation of cold in the teeth with heat in the gums and the whole mouth. Toothache - worse in afternoon, evening, night - aggravated from **change of weather**; from wine; from coffee; from anything cold; by the least contact; cold air; from drinks; during eating; from masticating. Pressing toothache, as if teeth were wedged. Toothache feels as if teeth were being pulled out.

Throat

Pain on swallowing. Frequent and stubborn abscesses in the tonsils. Inability to drink, in spite of great thirst, on account of spasm in the throat, which contracts and feels tight as soon as he hears anything said about water, or sees shining objects. Has difficulty swallowing liquids. Liquids taken are forced into nose. Sensation of lump, plug in throat. Sensation sometimes of burning heat, sometimes of **icy coldness** in esophagus. Feeling of **crawling** in esophagus. Sensation as if he had a burning stick extending to esophagus and reaching down to stomach. Swelling of throat. Tickling as of some live thing in esophagus, with fits of suffocating cough. Difficulty of speaking with drowsiness, with glandular inflammation.

Stomach

Very painful pressure, with short anxious respiration. Stitching pain extending to chest. Pains that leave him no rest day and night and engross him entirely. Spasms and cramps in stomach hindering respiration. Sensation of a hard tumor starting from pylorus and extending to liver. The stomach feels as if it were full of ulcers. Extreme debility coming from the stomach, and which can in no way be relieved. Burning in the stomach as if it were on fire. Very painful contractions in the epigastric region. Many times the stomach symptoms are accompanied by headache. Increased hunger at night, has to get up to eat something. Unquenchable thirst. Desire for cold water; strong liquors; cider; **sour** drinks. Love of strong odors; desire for **garlic**. Desires **aromatic** drinks. Painful eructations especially after eating vegetables. Foul eructations. Incessant nausea and inclination to vomit. Vomiting during headache; vomiting with constant dread of death. Vomiting of bile. Vomiting of food, and often of blood, after meals. Vomiting of acrid, burning matter followed by bile and blood. Vomiting undigested food.

Abdomen

Tympanitic distension. Dropsy, edema. Inflammation and swelling of liver with a **pulsating** aching dull pain in the liver region. Inflammation and swelling of the liver as if caused by abscesses, with edematous swelling of the belly, and even of the whole body; prostration; stool hard, difficult; blackish. Dull pain in the spleen. Lancinating pain in the spleen; pulsative, digging pains in the region of the liver. Twisting and tearing pains in bowels, with nausea and vomiting. **Pulsation** in the hypochondria. Swelling of glands in inguinal region; spleen. Tumor like hernia or buboes in groin.

Rectum

Large hemorrhoidal tumors and abscesses; tumors like mushrooms. Suppurating hemorrhoids. Obstinate constipation. Stool knotty, like sheep-dung, hard, lumpy. Anus prolapsed and very painful. Stool with bloody, slimy mucus. Brownish-yellowish stool, very offensive. During diarrhea and vomiting, nose and ears very cold.

Urinary organs

Frequent emission of urine which is turbid. Frequent ineffectual urging. Urine discharged by drops. **Involuntary urination** at night in sleep, during cough or while walking. Stitching pains in ureters. Acrid, greenish, yellow, thick discharge with **priapism**. Fullness and distention of the bladder with inability to urinate. Clear urine with chalky sediment, and looking like milk when shaken. Clear abundant urine, day and night, with debility, great thirst, dryness of the mouth. Urine with iridescent pellicles. Urine thick, red and very sedimentous. Sensation as if the urethra canal were obstructed by tumors and excrescences. Ardor urinae.

Genitalia-male

We see the definite and strong action of this remedy upon the sexual sphere in men and less so in women. Men have a tremendously increased sexual desire. In the text we read: **Violent sexual passion**, violent erections. **Priapism. He tries to satisfy his desire until he is driven to masturbation and madness.** During coitus all his sufferings cease only to reappear afterwards with increased severity. Sexual desire with attacks of impotency. Eventually the excessive practice will give way to **impotency**, no erections, while the desire is strong. Eventually the desire disappears as well. The enjoyment is lost during coition and the seminal discharge is difficult and incomplete. Nightly **seminal emissions**; without dreams. Ulcers and pustulous herpes-like acne rosacea on the penis. Herpetic; eruptions. Eruptions on prepuce of penis. Edematous; swelling of scrotum. An indurated ulcer, like a chancre on the penis. Inflammation and swelling of the testes. Sensation of hard tumors in the testicles and spermatic cord, with severe pains in these parts. Syphilitic ulcers on penis.

Genitalia-female

Sterility as from atrophy of the ovaries. Prolapsus of uterus and displacement. **Induration** of cervix. Hard tumors like scirrhus on the neck of the womb. Vulva inflamed and ulcerated. Congestion of uterus. Swollen uterus. Eruptions whitish and reddish in vulva. Pustules like confluent smallpox, like measles and scarlatina. Burning pain in ovaries. **Sensation** of swelling in the ovaries. **Menstruation** retarded; the blood dark, thick, followed by fetid, light coloured leucorrhoea. Total suppression of menses. Leucorrhoea can be greenish; milky; offensive; purulent; thick; thin, watery; white. **Walking** aggravates **leucorrhoea**. Disposition to masturbate. Bright red menses. Burning pain in uterus during menses extending to kidneys.

Chest

Impeded, obstructed respiration with constriction in stomach. Paroxysmal cough, spasmodic, followed by copious mucus; greenish, purulent expectoration. Cough from

tickling in larynx. Exhausting, suffocative, violent cough. Whooping cough.

Heart **seems paralysed**, as though it could not bear up any more, with death-like weakness. Palpitation in heart on sudden waking. Violent palpitations, with suffocative attacks from the least emotion. Atrophy of mammae. Erysipelas; inflammation of mammae. **Excoriation of nipples**. Increased milk. Stitching pain in mammae.

Back

Lancinating pain in lumbar region. Stiffness of neck and back. Contraction of the trunk, with sensation as if the back became crooked. Sensation as if stabbed between the ribs. Sensation as if a nail had been driven into the kidneys. Paralytic weakness of vertebral column and extremities. Pain as if scapulae were broken. Lumbago with great debility.

Extremities

Abscess and ulcers in arms and hands. Cracked skin on hands. Swelling of ganglia of axillae and chest. Gangrenous abscess in upper limbs. Erysipelatous swellings of the forearms. Erysipelatous inflammation of elbow. Paralytic weakness of the arms.

Convulsive motions of upper extremities, especially of the forearms. Very painful boils on legs. Eruption on foot. **Diseased and distorted nails**. Excoriation between thighs. **Sciatica pain** becomes localized **in heel**. Rheumatic pain in leg; **in heel**. Burning pain in fingers. Offensive foot perspiration. **Pulsation** in fingers. While walking: acute contractions in the extremities of the toes and under the nails, with bleeding fissures in the feet.

Sleep

Constant drowsiness with inclination to go to bed and difficulty of speaking. Awakes towards midnight with inability to go back to sleep. **Unrefreshing sleep**.

Dreams of epidemics, contagious diseases and especially of hydrophobia. Anxious dreams that he cannot define. Dreams of falling from a high place; of feasting; of journeys; of disputes and quarrels.

Fever

Skin cold and frigid and pale or violet. Stinging and burning heat.

Skin

The symptoms of the skin are prominent and are characterised by **abscesses, boils and ulcers**. Ulcers yellowish, violet, swollen, everted, syphilitic, on different parts. Crusty herpetic eruptions. Granular rash. Red pimples like urticaria with itching and burning. The skin is scarlet and always burning. Moist herpetic, scaly eruptions.

Whitish eruptions. Erysipelas. Pruritus. Miliaria; measles, smallpox, scarlet fever. Syphilitic ulcers. Bluish spots. Excessive itching all over, especially in the evening, and at night in bed. The skin is very tender, it breaks, ulcerates, and suppurates readily. Sensation as if he wore a hair shirt that pricked him everywhere.

Warts. Coldness and paleness of the skin.

Clinical

Sexual mania, sexual perversions, impotency, manic-depressive states. Convulsions of all kinds. Tic douloureux. Cancer. Abscesses. Boils. Erysipelas. Tumours. Syphilitic ulcers. Glandular inflammation.

Causation

Sexual excesses

Relationships

Compare: *Platina, Bufo, Cannabis indica, Lachesis and Thuja*

Antidotes

It is antidoted by aromatic liquors.

Inimical to it: wines and spirits.

Dosage

6c to highest potencies.

* A complete explanation of this statement is given in my book "A New Model for Health and Disease" G.V.

Angustura vera

Angustura cortex, Galipoea cusparia, Cusparia febrifuga, Bonplandia trifoliata, Galipoea officinalis

English: Angustura bark

French: Angusture vraie; Ecorce de Bonplandia trifoliata; Ecorce d'Angusture

German: Angustura rinde

Italian: Angustura

Danish and Swedish: Angusture

Spanish: Quina de Carony

The essential features

Angustura vera has come down to us as a remedy for rheumatic conditions with fatigue and stiffness of the extremities bordering on paralysis. In our texts it is said:

"He does not have confidence enough in himself to undertake and perform voluntary motions." There is a tendency in these patients over several years to progressively develop paralytic stiffness and weakness; the rheumatic complaints tend towards a paralytic state. There is stiffness and tension or a drawing feeling in the joints and muscles, with crackling of the joints.

Some characteristic symptoms or conditions seen in this remedy are: torticollis (drawing of the head to one side), tetanus and tetanic spasms with aggravation from touch, "lock-jaw where the lips are drawn back, showing the teeth;" twitching or jerking in the muscles, worse from touch and noise; electric shocks.

Angustura individuals are overly excitable, overly vivacious people whose strong emotions border on hysteria. Their entire nervous system seems to be in a state of uncontrollable oversensitiveness and excitability. Their will appears to be paralysed; they are unable to bring it to bear to control this exaggerated excitability, an excitability which is especially provoked by the slightest offence (*Nux vomica*) or trifle. Offences which would leave anyone else unaffected aggravate these people tremendously. They lose all control if anyone offends or criticizes them.

These lively individuals are very animated when engaged in conversation; they display a great flow of ideas, much as does *Coffea*. They look cheerful, gay and happy; however, behind this external appearance there is a feeble and effeminate nature lacking in stamina and steadiness, devoid of any real will power or tenacity. They possess a good and lively mind, especially in the afternoon, but again without stamina. They are so mentally and emotionally excitable that they can reach states resembling ecstasy or hysteria. Their imagination can be vivid, the exaltation of their mind tremendous, but it should be understood that behind this apparent vivacity there lies a weak mind.

Their thoughts easily wander. In our texts we read: "feels cheerful and lively when performing no intellectual labor, but becomes dizzy when reading." They can become very easily excited about a certain project, and they possess the creativity to envision the project in their mind, but they lack the intellectual power and endurance to concentrate enough to bring it to fruition. They will think and think, conjuring up great accomplishments for the future, but the next day they will do nothing about it. They theorize rather than actually perform.

The stiffness of the joints, the pains and the tension induce restlessness, similar to that of *Rhus toxicodendron* although to a lesser extent, and this physical restlessness is akin to an *Angustura* mental dynamic - while mentally excited, they cannot maintain their concentration on one project; many ideas come and go in their mind. In our texts it says: "feels unable to dwell upon his subject, owing to some internal uneasiness, such as is experienced by those who anticipate some great pleasure, or also owing to all sorts of plans crowding upon his mind." It is interesting to note that this syndrome is strikingly similar to *Coffea cruda*. Indeed in *Angustura vera* we see a tremendous craving for coffee. It is when the *Angustura* mind begins to function even less optimally, with sluggishness and confusion, that the craving for coffee increases as a means of maintaining the pleasant excitability of the mind. Crude coffee has a strong effect on this remedy, bringing about a pleasant excitement; it also antidotes the treatment promptly. These patients are very sensitive to coffee.

In the sexual sphere there is easy excitement and strong desire, but the male is not highly potent. In the female we see violent sexual desire with involuntary orgasms.

Angustura vera is characterised in its emotional sphere by great **touchiness**. The main keynote in this sphere is a tremendous sensitivity to any kind of criticism causing these persons to immediately take offense at even the slightest remark. The same idea is encountered when the peripheral nervous system is affected with jerkings or spasms and the patient cannot bear to be touched because of the resulting aggravation of the spasms. There is such an emotional touchiness that if somebody makes the least remark against them, they will be devastated and unable to forget it for several days.

In our texts we read: "He keeps bitter feelings for even a slight offence." Some authors refer to *Angustura* as resembling *Nux vomica* because of the similarities between both remedies, including the tendency to take offence easily. Upon analysis of its mental-emotional structure, however, we see that *Angustura* is totally different from *Nux vomica*. It lacks the boldness and the "male" irritability of *Nux vomica*; in fact, *Angustura* patients are timid and will not defend themselves. There is an element of cowardice in them deriving from the fact that they are faint-hearted, effeminate, and feeble. They more resemble the *Staphysagria* personality, but without the tendency to suppress emotions; they are more likely to express them, especially when they feel they are among friends. The irritability is more a form of annoyance than real irritability.

Whereas at one stage of pathological evolution *Angustura* patients may display overstimulation of the mind and the overexcitement that accompanies it, there is another stage in which they become dissatisfied, displeased, and a form of restlessness and discontent prevail. Subsequently they become absentminded and begin to have difficulties in concentration. Mental confusion supervenes, similar to the effects of intoxication. If they try to exert their mind by studying or even reading, they feel confused - aggravation from mental exertion. The mental state is one of dullness, sluggishness, difficulty of thinking and comprehending, all worse in the afternoon. They become serious and averse to telling or hearing jokes. Eventually they feel as if they are living in a dream. They completely lose their self-confidence and become easily discouraged and irresolute, unable to decide what they want in life. They become fearful about little things, taking alarm very easily, and extremely suspicious. They may even suffer delusions. They may come at last to loathe life.

Generalities

General weakness and **stiffness** as if the marrow of the bones were stiff.

Paralysis of different parts. Tension of muscles while walking feels as if limbs were paralysed. Cracking of all joints.

Tetanic spasms aggravated by **touch** and by drinking lukewarm water.

Caries and painful ulcers of **long bones** that perforate them. Flushes of heat with **perspiration and anxiety**. Orgasm of blood in sleep in the morning. Desire to stretch. Electric-like shocks.

Standing ameliorates symptoms.

Angustura in high potencies 30 or 200 could be used in some cases of *Rhus-tox.* poisonings where *Rhus-tox.* symptoms are appearing but not responding to high potencies of *Rhus-tox.*

Bruised sore feeling as after a blow. Twitching or jerking of muscles, excitability to touch and noise, catalepsy.

Vertigo

Has a vertigo which is very similar to the one we see in *Argentum nitricum*:: when **crossing a bridge** and **seeing running water**. Even has vertigo while walking **near** running water. Vertigo or dizziness while reading

Head

In the head we have certain keynotes such as: Pain in the head at **twilight**. Headache **alternating** with asthma. Pressing headache in occiput in the afternoon. Pressure in both temples, as if about to faint. Migraine. A stitch as from electricity darting up and down from the temples. Tensive pain in the temporal muscles, when opening the jaws; drawing headache in morning. Shooting headache extending from temple to temple and up and down. Headache is ameliorated on falling asleep. Raising head ameliorates headache. Air ameliorates headache. Headache in temples is ameliorated from stooping. Laying head on table ameliorates the headache. Twitching of muscles on the sides of the head. Dizziness in the open air. Head is drawn sideways, first to the right then to the left. Feeling of heat in head during headache. Heat at night; in bed.

Eye

Agglutinated in the morning and also in the night. Redness. Contraction of pupils, dilatation of pupils. Burning, smarting, pain from canthi in the evening. Pressing pain in the evening. Tension and pressure in the morning as if the light was too strong. Vision is acute. Objects seem too far distant must bring them closer. Feeling of dryness under the upper lids.

Ear

Transient drawing several times, now in the right, now in the left ear. Sensation as if something was placed in front of ears. Tearing in a boil over the right mastoid process. Very painful tearing in the interior of the right ear. Heat in ear and both cheeks. Noises in right ear. Ringing in right ear. Stitching in; pinching in ear. Tearing pain in front of ear. Hearing impaired; acute.

Nose

Pain in nose on biting. Smarting, sore feeling deep in the nose.

Face

Pain in the masseter muscles of the cheek, as if he had chewed too strongly and had tired them. Drawing in the facial muscles. Acute pains in both cheeks, occasionally darting through eyeballs and temples, aggravated on stooping, stepping, or by mental excitement. Trismus neonatorum in cases where much mercury had been given. **Exostosis** of lower jaw. Feeling of heat in both cheeks, without externally perceptible warmth. Cramp-like pain in malar bone. Cramp-like pain near the articulation of the jaw, in the masticator muscles. Sensation of heat on lips. Great dryness of the lips. Itching of cheeks.

Mouth

White; pale discoloration of tongue. Dryness without thirst. **Dryness** of the mouth and lips. Dryness of tongue at night. **Tip of tongue feels burning**, raw and smarting as from pepper. Roughness of palate; tongue. Saltish or sour salivation. Bitter taste after smoking and after dinner. Bread tastes sour. Ulcers on gums. Caries. Toothache in incisors; molars; upper teeth; lower teeth. **Cold finger applied ameliorates toothache**. Pulsating; drawing pain. Drawing pain from cold ameliorated by finger.

Throat

Mucus in trachea. Tickling in larynx; in trachea. Hoarseness of voice from mucus in the trachea. Low voice.

Stomach

Emptiness, faintness, hungry feeling after siesta. Painful tension at the pit of the stomach. **Desires coffee**. Desires cold drinks; liquid food; desires also warm drinks but has pains after warm milk. Stitching or cutting pain after warm milk. Thirst during heat. Sensation of thirst without desire to drink. Increased appetite. Appetite wanting at noon. Aversion to fats and rich food; pork; solid food; meat. Nausea while walking in open air. Pain while exercising. Gastric derangements, indicated by acidity, coated tongue, pappy, unpleasant taste and loss of appetite.

Abdomen

Pain in umbilicus extending to sternum or to chest. Milk brings about pain, especially warm milk. Rumbling before diarrhoeic stool. Cutting pain in hypogastrium; liver. Distension of belly.

Rectum

External hemorrhoids. Large hemorrhoids. Diarrhea in daytime. Diarrhoea day and night. Chronic diarrhoea, with debility and loss of flesh. Costiveness. Pain, tenesmus during stool. It has all kinds of stool : hard, knotty, nodular, lumpy; mucous, slimy; soft, thin, liquid, watery, white, yellow.

Urinary organs

Frequent urging to urinate with scanty evacuation. Desire to urinate even immediately after urination. Tenesmus. Dysuria. Pale color of urine. Burning. Cloudy urine on standing. Black; dark; white; yellow, light, orange color. Colorless; copious; scanty. Amorphous sediment.

Genitalia-male

Voluptuous itching of the tip of the glans, which forces one to rub. Itching of penis; of scrotum; of the whole area in genitalia. Drawing pain in spermatic cords; in left testes. Jerking pain in spermatic cord. Shivering.

Genitalia-female

Violent **desire with involuntary orgasms**. Milky leucorrhoea. Pressing pain in right ovary. Sensation as if the **uterus is beating against the right ovary**.

Chest

Irregular, convulsive respiration. Intermitting **spasmodic** breathing.

Arrested respiration. Asthmatic respiration alternating with headache. Rattling respiration while walking in open air. Tickling in larynx from cough. Cutting, stinging sensation in larynx from cough. Irritation and pain in larynx from coughing. Whooping cough. Cough with belching. Cough in the daytime; at 3 p.m. ; in open air; while walking in the open air; hacking cough while walking fast in open air. Violent cough. Constriction, tension, tightness. Oppression, tension, tightness on ascending or while walking quickly. Pressing pain in sides of chest during expectoration. Pressure in upper part of chest, like after violent running.

Cutting pressure in both sides of the chest, first only during expectoration; afterwards changed to cutting thrusts, which continue even on holding the breath.

Heart feels suddenly swollen with great fear of dying. Violent palpitation of heart while sitting and leaning forward. Sensation of painful contraction of the heart. Pain in chest on exertion of arms. Motion aggravates the constriction felt in chest. Spasms of chest.

Back

In the back we see pains, twitchings, quiverings etc. The peripheral nervous system seems excitable, always **worse with touch**. Sensation of tremulousness and uneasiness in muscles of back. The cervical region is primarily affected with drawing pains and stiffness worse raising arms. There is a peculiar **quivering** in cervical region. Spinal irritation; in cervical region. Painful heaviness of cervical region on waking up in the morning while still in bed. Pains in cervical region extending to the jaws. Back feels as if it is broken in the lumbar region in the morning in bed. Pain in sacrum in bed, at night is ameliorated by rising and walking. Drawing pain in dorsal region between scapulae in the morning in bed. Lameness in lumbar region on stooping. Twitchings like **electric shocks**. Pain in dorsal region between scapulae. Pain in spine. Pain feels as if cervical region were dislocated when lifting arm. Drawing in the neck.

Extremities

In the extremities we see the potential for paralysis more than actual paralysis. Cramps, heaviness and weakness manifest frequently. Paralysis of the joints of feet.

Cracking in all joints is also characteristic. If he walks a bit more than normal there is easy fatigue and **a heaviness in thighs**, a kind of **paralytic weakness**.

After great exertion in posing for an artist, in a difficult position with uplifted and stretched arms, a weakness in arms, disabling him for any work; complained of a stiffness in elbow joints and lamy heaviness of arms. Heaviness in upper limbs; **numbness**. Hip joint disease. Cramps in knee while standing, while walking.

Pains in the **knees**. Noses on legs and feet. Drawing pains in all extremities.

Jerking stitches in the left thigh, and in the upper border of the ilium, extremely painful, and felt only when sitting. It is a remedy that strongly affects the joints causing easy inflammations. Abscess in ankle joint. Eruptions on foot. **Exostoses** on tibia. **Caries** of long bones that perforate them right through to the marrow.

Coldness of the fingers.

Sleep

Many dreams. Unpleasant; vivid; weeping dreams. Sleepiness in the forenoon while reading; while sitting. Sleeplessness. **Frequent waking**. Spasmodic yawning in the morning.

Fever

Chill at 3 p.m. Chill at 9 a.m. Quotidian. Periodicity regular and distinct.

Chilliness in the morning; on waking. Chill in hot weather, in the summer.

Touch aggravates chill. Chill is ameliorated in the open. Fever **at night, 3 a.m.** with or without chill. Fever without chill. Fever in the evening after eating.

Fever alternating with chills at night. **Warm room aggravates fever.**

Coldness, followed by heat same day; recurring now in evening, then at noon, then in morning, with thirst in beginning of fever and vomiting of bile; after traveling through swamps in a hot climate.

Skin

Caries and very painful ulcers that affect the long bones. Goose flesh. Tubercles.

Voluptuous itching of the tip of the glans, which forces one to rub.

Clinical

Arthritic and paralytic conditions. Bone pains. Caries. Diarrhea. Injuries. Intermittent fevers. Myopia. Tetanus.

Relationships

Compare: *Ruta, Rhus toxicodendron, Coffea, Ignatia, Nux vomica, Mercury, Silica, Natrium muriaticum, Pulsatilla, Ranunculus bulbosus.*

Remedies that follow well: *Belladonna, Ignatia, Lycopodium and Sepia*

Antidotes

It is antidoted by: *Coffea, Bryonia, Chelidonium.*

Dosage

From the lowest to the highest.

Cases

1. Stiffness in the elbow joint and paralytic heaviness in arms making him unfit for any kind of work, in consequence of holding the arm for a long time upwards during sitting as a model for a picture. A great many things have been applied without benefit. Angustura 3x gave great relief at once and cured in two weeks by taking five globules night and morning that length of time. -Dr. Landesmann

N.M. Choudhury, *A Study on Materia Medica*, p. 42

2. A lady ran a pin in to her foot; two weeks after she was taken with tetanic pains, striking from the point injured to the back of the heel, then up the limb and up the back; she had darting spasmodic pains from the nape of the neck to the jaws, both sides; jaws stiff not closed; the pains began to be terrific. Angustura 3x was given every half hour. In an hour the pains abated, and she gradually recovered in the space of four days.- Dr. Hubbard

N.M. Choudhury, *A Study on Materia Medica*, p. 42

Anhalonium lewinii

Anhalonium Lewinii

Lophophora williamsii
Mescaline; "Mescal buttons"
Peyote; Peyotl; Pellote
Natural order: Cactaceae

The essential features

This seldom-indicated remedy - at least in the past - will be much more frequently indicated in the future. Anhalonium activates specific areas of the brain which seem to be concerned with the higher and highest functions of this organ; it appears to affect what could be called the spiritual aspect, or, even better, the transcendental aspect of our existence. I believe that these functions, or rather, this capacity of the brain to apprehend new dimensions in understanding and achieving higher consciousness are going to come into play increasingly in modern times, either through natural means, such as spiritual practices, or artificially through the action of powerful hallucinogenic drugs, such as Anhalonium. As members of this generation, and probably future generations, intensively pursue spiritual goals through consciousness-raising activities or the use of drugs, the sheer intensity of their focus and exertions in this regard, the impact of such fervent auto-stimulation will cause an unhealthy central nervous system reaction in more and more individuals. It is the nature of such reactions that we shall discuss as we review the pathogenesis of this drug.

I would like to mention here that diseases develop in a continuum and are influenced and shaped by the way we live; that is to say, by the way we think, what we feel and the way we behave, as a generation. They do not develop as separate, abrupt and accidental phenomena. The drug culture, the sexual liberation movement, the decline in moral values, and the establishment of new codes of "ethics" propelled by greed and self-interest will put their seal on the diseases of the future. The tremendous increases in cancer, in mental diseases and AIDS are some of the warning signs of the wrongdoing not only of a few persons, but of an entire generation. This drug produces mental conditions that simulate what could be called false "spiritual" or "transcendental" or "mystic" states. Sometimes when dealing with the sick, you will be perplexed as to what is happening in Anhalonium cases. Is it a real spiritual experience the individual is going through, part of his spiritual evolution, or is it dangerous pathology which must be counteracted immediately?

Anhalonium cases fall primarily into two groups - those who are on the spiritual path and trying to evolve, and those who have come out of the drug culture and are literally trying to survive. In both of these groups you will meet pathology needing treatment with specific remedies, one of them being Anhalonium.

In Anhalonium cases it seems as though, for no apparent reason, the brain is focally stimulated in areas which affect the subconscious mind predominantly. It is the subsequent effect of the subconscious mind, so stimulated, upon the individual which induces the unique pathognomonic picture of this remedy. Practically all of the known pathology of this remedy is centered around mental phenomena, plus some motor incoordination. Very little is known about Anhalonium's pathological effects upon the rest of the body.

Anhalonium seems to paralyze the logical mind, the individual's ability to think in a logical manner, and to create vivid visions of new dimensions in time and space. It appears as if its initial effect is to break down the usual concept of time and space, replacing it with an entirely novel experience. Time seems prolonged, space disintegrated. The patient mistakes localities, makes mistakes in space and time; he loses his conception of time, the present seeming to merge with eternity.

Coupled with this initial reaction there is a sense of personal disruption - a sense of depersonalization, a loss of self-knowledge and self-control, and dissociation from the environment.

As the individual's will power weakens and self-control diminishes, there is a simultaneous increase in insight into the inner workings of the individual's psyche and an increased self-awareness. Bodily awareness is also heightened. The individual becomes clairvoyant and sometimes given to prophesy. It is as if the logical mind were relinquishing control, and the subconscious or a part of the superconscious mind were taking over. There is also an increased excitement which can culminate in ecstatic states, reminding one of *Agaricus* states. The mind becomes very active and perceptive, and the individual develops a sense of greater facility in comprehending intellectual issues. Many ideas abound; the mind seems extremely clear and able to perceive complex inner issues. However, these ideas and visions penetrate the individual's consciousness in too rapid a succession, seeming to impose themselves upon the individual, who cannot control them. He seems unable to resist them; he is compelled to attend to them, even to respond to them verbally. The peculiarity of Anhalonium in this regard is that the involuntary visions, which are often quite colorful, **do not frighten** the individual; furthermore, though he knows that the visions are unreal, he seems to experience and attend to them as if they were real.

There is a flight of the imagination (an exaltation of fancies) as if the cerebral circulation had suddenly been tremendously activated, and the individual seems to slip into a world of visions and delusions. He has the impression that he is merging with the environment, and he becomes confused about his identity. These

overpowering visual illusions compromise completely his ability to function in the world. During such times the individual wants and needs someone beside him; he has a strong need to express himself.

There is definitely a sense of selfishness, of egoism in this desire to express himself, where he will insist that others listen to what he has to say concerning these visions. There is even loquacity, sometimes with hasty or incoherent speech.

In this remedy "beautiful" illusions are typically seen. Grotesque experiences are much less marked. There is a lack of the panic which one would expect in such states.

It is not normal for an individual undergoing such overpowering illusions to remain untouched by fear, as is the case in Anhalonium, and this lack of fear becomes a characteristic of the remedy.

There is a strong sense that the person is separated from his physical body, that the body is immaterial, and that he is floating in the air. There is a sense of being double, or that objects are double, or that he is separated from the physical world, which he is observing from above.

The Anhalonium patient has colorful visions, sees brilliantly colored objects; objects also may appear small and in motion. Objects may appear enlarged and then diminished; letters are diminished. Everything is strange; everything is transparent. There is an exaggeration of time - it passes too slowly.

Anhalonium has illusions that he sees figures and faces of people wearing masks - it seems that they do not want to show their real face, their real intentions, that they are hypocrites, that they are scheming.

He has delusions that he is great and immortal, or that he is dead. Audio delusions occur - that he hears music, hears noises or voices.

He feels as if he had two wills or that his will is separated from his thoughts. Sometimes he sees gruesome forms, the grotesque, monsters, but this is the exception.

It is easy to recognize that this remedy will be a valuable tool for treating schizophrenia or hebephrenia.

Another interesting facet of these cases is the fact that they respond to such delusions by talking and commenting upon them as if they were real. They participate in the delusions/illusions by talking about them. They seem to feel or express no fear other than that of wanting somebody near them to talk to during their illusional or delusional states.

They respond enormously to music. They may have the sensation of being carried out of their body by listening to music. Drums may produce euphoria.

Their delusions and illusions are greatly affected by skin contact; if somebody caresses them, the visions or sounds are heightened.

As was noted earlier, sometimes it will be difficult for the homeopathic practitioner to discern whether these states are really pathological or the result of a conscious effort to achieve spiritual evolution. I think one parameter which might be employed to help determine whether these states are something to be treated or not is whether or not the patient feels annoyed by these visions, even though they may not scare him; his annoyance may be what leads him to call on you for help. When these experiences are of a spiritual nature and therefore conducive to the patient's growth, you will find that the experiences make sense to the individual. The transcendent information his visions provide enable him to identify solutions to heretofore unresolved deep personal dilemmas; the visions in a sense force him to acknowledge previous errant behavior and provide an impetus for him to change his actions and his life. It is my belief that if an individual does not change, despite such warnings, then such otherworldly experiences will become hazardous, confusing, and, finally, tremendously annoying for the individual. They may even threaten his mental sanity.

The homeopathic physician must be much more thoughtful and observant than many conventional psychiatrists, who in the face of such phenomena will most probably apply a diagnostic label and institutionalize these patients, drugging them with toxic psychotropic agents, and possibly ruining their chances for a normal life. We must not forget that we are living in an era when the central challenges placed upon individuals pertain to their ultimate spiritual growth, and that we homeopathic practitioners still have much to learn and comprehend before we can be of real help as healers to our fellow human beings. The explosion of hallucinogenic drugs in our times demands of us that we comprehend the phenomenon in depth, rather than ignore it or accuse drug users, in order to be able to help.

To continue with our description of the pathogenesis, we observe further that individuals who need this remedy, when not in this peculiar state which subjects them to visions and illusions, are introspective, brooding people, who are not very sociable. They have a desire for solitude. They could be described as egocentric.

The presence of other people actually aggravates their symptoms. They lack self-confidence when with others, and they want neither to speak nor to be spoken to.

Fear, apprehension, dread of people - anthropophobia. They feel isolated and, often, forsaken. They are also prone to irrational changes of mood, and they can be irritable, scolding, and often will employ irony against themselves and/or others.

They are the type of people who feel, even at an early age, that they do not belong to society, that they are something apart. They become distrustful and resentful toward society, and they can easily fall prey to what can be termed an "existential anxiety."

Anhalonium young people will be inspired by spiritual ideals and inclined to follow a path of inquiry and selfless renunciation! Not suprisingly, the outcome of such an inclination will frequently be tragic, as they might easily turn to drugs and be caught there.

One might reasonably ask if it is possible that such seemingly noble and profound decisions, decisions having lifelong consequences, could be the result of some

underlying mental pathology. The answer, in my experience, is unfortunately yes, but not, of course, in all cases. There are people who seek a spiritual path because of very healthy impulses, but unfortunately I have met others who were mentally ill, yet believed themselves to be seekers of truth when they should more aptly be called seekers after their lost sanity. They feel that they have lost their inner balance and believe that this can be regained through spiritual liberation. Most of the time, these people desperately need homeopathic treatment.

Returning to the pathology of Anhalonium, eventually the patient becomes apathetic. Additionally, there is mental prostration and exhaustion (brain fog). The mind becomes confused; it is difficult for them to arrive at accurate conclusions - dullness and sluggishness; difficulty in thinking and comprehending. There is stupefaction, as if the brain were intoxicated. Often they seem absorbed in their own thoughts.

Mental work is impossible. Thoughts vanish, and they lose their ability to adapt to new circumstances. Monotonous thoughts. Anhalonium displays a lack of initiative, insecurity, irresolution, and indecision. Weakness of memory; does not remember words.

These persons may experience anguish with fear of death. Eventually there is a kind of resignation from life, and a desire for death and suicidal depression can develop.

Sexually, there is either an increase or a diminution in desire. In women we also see lesbianism and nymphomania.

A study of this remedy by the well-known French doctor, G. Broussalian, provides some interesting insights into this remedy. The study is mentioned in the "Dictionary of Homeopathic Materia Medica" by O. A. Julian.

"Marvelous imaginations, exaltation, beatitude; the mind is transported towards the sky to fall suddenly into fright, stupor, shivering and tears. The rational goes side by side with the irrational, or follows one another with vertiginous rapidity. Marvellous theories are worked out; the world is organised and suddenly becomes deformed. Everything seems suddenly aggrandized, the limbs seem enormous, the notion of time disappears then suddenly the person feels completely punctured, the depersonalisation, the degradation appear after the visions.

"Auditive hallucinations of bells, extra-terrestrial musics come to add to the agony, and all these may lead to syncope. Loquacity may alternate with complete mutism, the levitation with paralysis, jokings with weeping...Waking up is painful, the expression loses its mimetics, a kind of catalepsy takes the place of the marvelous. Anesthesia takes the place of hypersensitiveness, the muscular sense is lost, the tremblings, the pain of the limbs make the patient weak..."

Generalities

Cold feeling in blood vessels in inner parts. Lack of vital heat. Cold feeling all over the body. Cold perspiration. Lassitude. Sensation of heat. Numbness externally.

Increased reflexes. Relaxation of muscles. Sensation of muscular strength.

Some pathological conditions to be found in this remedy: Basedow's disease; hypertension; paralysis, paraplegia.

Worse by light and motion. Better by lying, rest and darkness.

Darkness ameliorates while light and especially sunlight aggravates. Change of weather aggravates.

Head

Headache with disturbed vision. Frontal headache with visual disturbances.

Trigeminal neuralgia, pain pulsating, congestive. Vertigo. Brain tired.

Eye

Objects are seen small and often very brilliant. **Optic hallucinations.**

Brilliant visions in front of eyes when closed that are difficult to remove; it needs an effort of the will to open them. Noises or touch are perceived by a colored vision. Double vision. Objects seem **transparent**. Pupils dilated.

Ptosis of eyelids.

Ear

Exaggerated reverberation of ordinary sounds. Acuteness of hearing.

Nose

Illusions of aromas. Smell blunted.

Face

Left sided trigeminal neuralgia. Disinclined to make the least movement. They scarcely move the lips and jaws in articulating. Paralysis of the tongue.

Stomach

Nausea worse motion, **better lying down**.

Genitalia - male

Diminished sexual passion. Weak erotic sensitiveness. Sexual passion increased especially in homosexuals.

Genitalia - female

Diminished desire. Desire wanting. Homosexuality. Tribadism.

Sleep

Sleeplessness from fancies, from activity of thoughts. Visionary dreams

Clinical

Central nervous system

Relationships

Compare: *Agaricus*, *Cannabis indica* [time sense disordered; fantastic visions]; *Gelsemium* [paralysis of accommodation]; *Opium*, *Picric acid*, *Coffea*, *Platina* [objects seem small and distant]

Dosage

From 6x up to the highest potencies.

Cases

1. ... Mme. T., aged 82, had never, properly speaking, been ill. She called me in for an extremely disagreeable symptom, which she described as "visions," and from which she had suffered for three or four months. By night, on awaking, and even by day, when wide awake, she believes that she suddenly sees persons or objects which do not exist, and which quickly vanish. These visions never have a terrifying or hostile character, but are odd, unexpected and seemingly meaningless. They are generally characterized by rhythmic movement. At one time Mme. T. sees a working painter, cleaning the mirror above the chimney-piece with a duster; at another time it is her daughter-in-law entering the room; or again, the curtain cords executing dances in the air. As a rule the people who appear are unknown. The sense of reality is always perfect and although clearly aware of the absurdity of the symptoms, she cannot distinguish between the visions and reality. They are never immovable, and never last long. She sometimes sees animals passing near her. It may happen too, that the hallucinations may be auditory: the people pass by singing or muttering something, but this is not very frequent. A very disagreeable impression which Mme. T. experiences is the sensation of a presence behind her.

Besides these hallucinations Mme. T. complains of a certain amount of agoraphobia. She is afraid to go out of the house. Out of doors she has the sense of being in danger and also of strangeness, things having an unexpected, unfamiliar appearance. She is often very irritable, impatient, and complains of getting very easily bored. Having to remain indoors, and short sight preventing reading, she is condemned to a life of inactivity. She dislikes solitude and is glad to receive visitors, even though in the evening they tire her.

Questioning evokes other symptoms: vertigo, with tendency to fall backwards; noises in the ears; advanced bilateral cataract; frequent insomnia; flatulence; slight tendency to constipation. Physical examination reveals no definite anomaly; slight abdominal ptosis and some varices in the legs. For her advanced age Mrs. T. is remarkably healthy.

The hallucinations from which she suffers seem to be chiefly due to auto-intoxication. It should be observed that the lenticular and auricular sclerosis is probably also from the same cause.

Clarke gives as characteristics of anhalonium: coloured visions of extreme intensity, associated with moving forms of fantastic design, the movements being in some respects regulated according to musical time.

Now these hallucinations, which had lasted for several months, and occurred at any moment of the day, disappeared entirely after the first dose of anhalonium 30. The indications depended chiefly on the intense visual character of the hallucinations, variable and lacking in definite effect on the patient. The hallucinations of absinth, arsenicum, hyoscyamus, of kali bromatum, opium, phosphorus, stramonium, of lachesis, platina, and antipyrin &c., are all accompanied by distress, by fear, and present a terrifying character. Those of ambra, belladonna, agaricus, cimicifuga, sulphur, &c., are attended by a markedly excited state, with tendency to react to the visions. Valerian has somewhat variable hallucination, agitating, but not affecting the patient greatly. The hallucinations of cocaine have always the character of persecution; those of canabis indica are attended by anxiety; the patient speaks to the appearances; and they also have this distinctive sign, that they modify the normal proportions of time and space. In the same category is platina, which magnifies things with the sense of pride; while sulphur beautifies them. Cimicifuga and opium have visions of rats and mice, the first with more agitation and mania, the second more fantastic, with fixity of ideas. The ecstatic tendencies of agaricus should be noted, the gloom of lachesis, the fear of death of aconite, lachesis and arsenicum and the sense of guilt of kali bromatum. Lastly, in diagnosing the remedy, natrum salicylicum should be thought of. It often answers to the onset of mental derangement, and in this case would have covered the noises in the ears and the vertigo, though the delirium of this last remedy is somewhat sullen and it also presents a state of lassitude and drowsiness, in sharp contrast to the wakefulness and even insomnia observed in the patient. In these conditions, and the actual state of our *Materia Medica*, anhalonium constituted the simillimum and was what cured the patient.

I would, however, add that, according to my personal experience, the troubles set forth in our repertories under the rubric *Mentality* are the more easily cured by our remedies if definitely linked with an organic condition [auto-intoxication or coenaesthesia]. In the case in question, the sight and hearing being affected by general organic causes, the symptoms lost in effective value. On the contrary, when the psychic, sentient element dominates the pathogenesis, cure by medical means alone is more difficult and elusive. In such cases, cure should always be attempted in accordance with the law of similars; but aided by psychic and psycho-analytic methods, which I always employ in such cases, following up, by observing the sequence of action and reaction, the chain of events which has led the patient from normal health to the actual morbid state.

Dr. Allendy, Paris, Translated from the French by A. Speirs-Alexander M.D.

"The British Homoeopathic Journal", Vol. 18, No. 1, pp. 68-69.

Anthemis nobilis

Synonyms: Roman chamomille, English chamomille.

Natural order: Compositae.

The essential features

This remedy should be thought of in cases of children with colicky pains and diarrhea, especially if these are caused by intestinal parasites such as ascarides, lumbricoides, etc. *Anthemis nobilis* should be given even greater consideration if such cases are left untreated and ultimately suffer **convulsions**; it also deserves our strong consideration if these children are very restless and listless, unable to concentrate their minds on anything, and **remain calm only when somebody is reading to them**. **Convulsions that are preceded by gastrointestinal problems** is a keynote for this remedy; e.g. , convulsions after intestinal parasites.

This remedy possesses certain peculiarities, ones that comprise some of its main characteristics, such as a **deep coldness in the abdomen**, and a **congested feeling in the bladder** with pains extending to the spermatic cords. Liver congestion with spastic colitis and headaches is a pathological combination of *Anthemis*.

The mental state of this remedy is one of anxiety and intellectual weakness. He feels that he has no control over his own mind, as if his thoughts come and go by themselves. His mind wanders, and he cannot concentrate. His mind is indolent, and he is unable to force it to do any strenuous work, such as studying. Eventually he develops an aversion to any kind of serious mental work whereas previously he liked it very much and could do it easily. It is a passive state of mind in which the patient can respond mentally only when there is an outside stimulus, such as when somebody reads to him. The *Anthemis* mind is one that goes towards dementia.

There is apprehension, a fear that something terrible will happen to him. This kind of apprehension is so oppressive that **he has to go to a room alone and cry it out**. **Weeping relieves** this inexplicable **apprehension**.

When out on the street, he feels nervous and is **afraid that he may be run over by a car** - a keynote of this remedy. He will see a car and become immediately afraid that he will be run over. This fear is worse at night. The fear of being run over by automobiles is sometimes so strong that it forces the patient to stay at home, a tendency which may escalate into eventual **agoraphobia**. Usually the prevailing feeling is one of wanting to remain at home alone, of not wanting to mix with the world. It is not that he does not want to mix with people, rather he feels that he cannot cope with all the bustle and noise of modern life.

This remedy will be indicated when the patient has a history of colitis and amebiasis or other intestinal parasites, the intestinal symptoms of which have since subsided, and when at present his mind seems tired and unable to sustain any effort. Additionally, there is great anxiety and fear and a state of mind bordering on dementia. Yet, despite the impending dementia, the impressions of the outside world are too intense for the patient. He becomes peevish and low-spirited. There is a tendency to be worse from 3 to 5 p.m. . Also, there may be restlessness at night.

This small remedy, as can be seen from the above description, has its own unique personality, the recognition of which will lead to its successful administration.

However, it is quite likely that other remedies which may appear somewhat similar, most notably *Sepia*, *Picric acid* and *Phosphoric acid* , will have been prescribed earlier for these patients.

Generalities

A **general feeling of coldness**, sensitivity to and aggravation from coldness. Worse from touching cold things. Local coldness deep inside the organs especially in abdomen. General weakness, enervation. Clonic **convulsions preceded by gastrointestinal symptoms**. Excited, full pulse. Frequent, accelerated pulse in the evening.

Vertigo

Vertigo which is ameliorated by holding the head high and aggravated by **bending the head forward**.

Head

Aching on vertex as if there were pressure from within and a feeling as if the **top of the head will be blown off**. Pain in forehead as from congestion. Headaches are **worse on bending head downwards**. Headache is ameliorated by closing eyes.

Eyes

Lachrymation on going in a room colder than the previous one. Eyes water after rising from bed and at the same time running of **clear water** from left nostril. Aggravation indoors. Tenderness of eyeballs on pressure.

Face

Pale face with dry lips. Swelling of parotid gland.

Mouth

Tongue white coated with red islands.

Throat

Pharynx feels raw. Disposition to swallow saliva constantly in order to relieve rawness which is not actually relieved. Has **difficulty swallowing liquids** but not solids.

Stomach

Loss of appetite. Flushes of heat felt inside stomach, a kind of **internal warmth** that has as a result desire to eat. Nausea is ameliorated in open air. Desire for meat.

Abdomen

Continued itching in the anus as from ascarides. A **deep coldness inside of abdomen**. Pain in right hypochondrium with desire for stool but only mucus comes out. Stool like sheep dung. Periodical constipation for a few days then stool soft again.

Urinary organs

Pain as from distension or congestion. Feeling of congestion in the bladder with pains extending to spermatic cords. Pain in neck of bladder on urging to urinate. Frequent urination at night. Burning pain in urethra during urination.

Genitalia - male

Frequent erections. Pressing pain in spermatic cords. Nightly seminal emissions after midnight.

Chest

Dry cough in the afternoon; **on entering a warm room**. Open air ameliorates cough. Paroxysmal cough. Tickling in larynx from cough; in the afternoon. Has cough on entering warm room from open air. Constriction, tension, tightness of heart. Swelling of axillary glands.

Back

Coldness when dressing. Aching pain in lumbar region.

Extremities

Burning ulcers on leg. Coldness of hands. **Coldness in leg when dressing**. Coldness of foot. Itching of sole of foot.

Sleep

Frequent waking.

Skin

Ecchymoses. Boils.

Clinical

Convulsions because of ascarides. Agoraphobia. Intestinal parasites. Headache, vertigo. Congestion of liver with spastic colitis and headache.

Relationships

Compare: *Picric acid, Sepia, Cina, Teucrium*.

Antidotes

Coffee, camphor.

China is "useful after abuse of chamomile tea when hemorrhage from uterus results."

Dosage

From 6x to 200

Anthracinum

The essential features

Anthracinum is indicated in patients who suffer chronically from carbuncles, boils, hydradenitis, and tumors which tend to have a malignant appearance, a reddish-black color, and cause a burning sensation and **extreme pain**. In Anthracinum, ulceration takes place easily, with sloughing and excruciating burning pains. Cellular tissues become edematous and indurated. Anthracinum meets septic conditions with enormous swelling, intolerable burning pains, and with dark-red discoloration of the inflamed part. Generally in this remedy there is a tendency to easy suppuration and sepsis.

For the most part, the central theme of Anthracinum is concentrated upon the intolerably painful, dark-red or **blackish abscesses** that resolve slowly and only with difficulty, even after days of discharging.

In its mental-emotional state, Anthracinum produces an analogous picture: we see a person who has a deeply imbedded **emotional abscess**. This malignant abscess is very difficult to "open." The patient feels that there is no hope of recovery; the "abscess" will not come to the surface and discharge its contents. It is an abscess that has been formed out of a very painful emotional experience.

In its constitutional form, Anthracinum can be compared to *Natrum muriaticum*. Like *Natrum muriaticum*, this remedy retains so much deeply hidden grief that one might consider it to be the major remedy for silent suffering, its darkest emotional wound buried deeply within its psyche. It is as though all the emotional and mental suffering of the Anthracinum patient has been enclosed in one big blackish boil.

There are differences between the two remedies though. Unlike *Natrum muriaticum*, the Anthracinum patient does not seem to realize this suffering; it is as if he (or her) is resigned to it, as if this intolerable suffering is now his natural state of being. He (or she) will never talk to anyone about it. This remedy seems to **restrict** the individual's free expression of emotions, so much so that the patient says nothing for years on end about a traumatic event that he experienced in the past.

What is interesting is that the patient **hardly seems to remember the incident** in spite of the emotional trauma's impact on his life and health. It seems as if its effect penetrated straight to the subconscious mind and remained there, totally hidden from consciousness, but nonetheless producing a profound effect upon the health of the entire organism. The consequence of such a grievous experience is an eventual "**withering**" of the psyche; it is as if a **senility of the emotional level** were produced in which youthfulness and joy are lost, and subsequently replaced with unexpressiveness. The patient is **unable to feel, to express** or to share deep emotions. She trudges through her existence in an apparent state of confusion, especially concerning her emotions, where nothing is clear, nothing is perceived properly, where she herself does not know how she feels. It is amazing how this remedy withholds emotional expression while at the same time storing the hurt emotions in an encysted wound, a malignant abscess that, once open, will cause the patient to cry for days on end, sometimes not knowing why she is crying.

After the remedy has been prescribed, it is interesting to see in such cases how the enclosed emotions, which remained unexpressed and subconsciously painful for years, are poured out as tears with such intensity that one is reminded of a malignant tumor which is suddenly opened and pours forth an endless discharge. The observer may think that he has a perfect case of *Pulsatilla* in hand. But one should refrain from prescribing *Pulsatilla* in such cases; it is far preferable to wait, perhaps for even a month or two, before the daily crying completely drains the dark emotional abscess.

Unless we learn to evaluate correctly the development of a case and let it unfold by itself, without interference, we will never accomplish a real cure in difficult and complicated cases.

Actually, these patients may often display the mildness of *Pulsatilla* in their external conduct, while they manifest the emotional deadness of *Natrum muriaticum* or *Phosphoric acid*.

As you observe the face of Anthracinum and its lines of long suffering, you may be certain that these individuals **will not tell you that they have ever experienced a deep traumatic event**. It seems as if they themselves were not aware of the nature of the grief that overwhelmed them even as it occurred. Perhaps their lack of awareness was the result of confusion following the experience, confusion which compromised their memory of the grief. Only the subconscious mind has registered and remembers the experience. It is after the remedy that they finally realize and talk about, and weep over their experience.

The traumatic experience in Anthracinum relates primarily to interpersonal relationships, such as losing a loved one or someone who was relied upon for help or protection - a lover, a parent, a husband or a wife, not so much a child.

It is interesting to observe in these patients that they look and act as if they were **old and tired**. They will give you the impression, without admitting to it however, that they shoulder their misery and suffering silently, without complaining, without making a lot of fuss, while at the same time being **quite emotionally dead** inside. The sense of premature old age is also depicted in the face, which looks much older than the actual age and is covered with very fine wrinkles.

From time to time they will explode with anger, and they can prove quite violent, especially before the menses. Many days before the menses they can be on edge, irritable and impatient; they will shout with the least provocation, especially at their children. Irritability during the night is seen. As soon as the menses start

flowing there is relief. Actually, **all discharges**, whether from an abscess or otherwise, immensely relieve the constitutional symptoms.

In the mental sphere, confusion seems a prevailing state. They do not have a clear idea as to what they want or have to do, and they lack the introspective ability to peer deeply inside themselves and understand their emotions. Many times they have the feeling that death is approaching. At other times there is an inexplicable anxiety that their husband or wife has had an accident after but a few minutes' delay in his or her anticipated arrival. They can imagine the spouse's death and the entire scenario afterward up to and including the funeral.

It is also interesting to see the effect of the Anthracinum disturbance upon the **sexual sphere**. While the emotions are still ensnared as a result of their painful experience, these patients' free expression of **sexual desire is inhibited to such a degree that they no longer care about nor enjoy sex**. It is as if they only tolerate the sexual act and refrain from actively participating in it. The indifference to sex, or the decreased desire, can result in an **aversion to sex**. We observe in the sexual sphere the same withering or **dwindling** that we see in the emotional sphere.

A final observation - during septic fever Anthracinum may display a state of overexcitement with a desire to bite, combined with dizziness, confusion and restlessness, and finally, stupor or unconsciousness.

Generalities

In Anthracinum states we may see small ulcers and haemorrhagic infiltrations in all mucous membranes and glands. Ulcers that are deep, sloughing and have a blackish appearance. Fetid abscesses with acrid pus.

Blackness of external parts. Cancerous affections, ulcers of glands.

Patients with septic conditions who are easily and rapidly prostrated with weak pulse, depressed, anxious, and restless. Heat alternates with chills in rapid succession. A sense of constriction on the precordial region which brings on anxiety. Patients with histories of **successions** of boils, carbuncles, tumors, cysts, eczemas etc.

Black and blue blisters, hemorrhages with black and thick blood. Hemorrhage consists of dark clots of blood; hemorrhage of non-coagulable blood, hemophilia; hemorrhage of ropy, tenacious blood.

Enormous **swellings** of the inflamed parts.

In the history of such patients try to find out whether they have been handling **raw wool** material, which can be a confirming point in your diagnosis.

Paroxysms of trembling. Single muscles tremble. Epileptiform convulsions. Clonic **convulsions**. Clonic convulsions in drunkards. Complaints from suppression of perspiration. Benign tumors, atheroma, steatoma.

Vertigo

Vertigo during headache.

Head

Indescribable very painful headaches. Headache with chills. Headache as **if smoke** - with a heating pain - is passing through the head. Small hemorrhages in all parts of brain. Symmetrical hemorrhages in brain. Carbuncles near ears and temples.

Erysipelas.

Eyes

Great dilatation of pupils.

Ear

Swelling in front of ear. Gangrenous parotitis.

Nose

Nose is red on the right side, redness extends to the cheek. Swelling and redness of nose. Offensive, fetid discharge. Imaginary and real odors that are putrid.

Face

Abscess on lip. **Black pustules on lips**. Erysipelas with dark brown redness, extending from lower lip to rest of skin. Cancer of submaxillary glands. Swelling of submaxillary glands. Swelling in lower right jaw of a very hard, stony nature without much pain. Tearing pain in lower jaw. Lockjaw. Can hardly open the mouth to show tip of tongue. Stiffness of muscles in lower jaw. Swelling of parotid gland after exanthemata.

Mouth

Throat

Inflammation of tonsils. Pain in throat. Laryngeal and retropharyngeal glands are swollen, infiltrated and hyperaemic. Swallowing is very difficult with much thirst. Throat is edematous from above larynx to mouth. Right tonsil painful.

Stomach

Appetite is wanting. **Averse to eggs** and worse from eating them especially when slimy, averse to odor of eggs, averse to meat fats. Desires sweets, chocolate. Flushes of heat in the stomach. Violent pain; burning pain in stomach. Extreme thirst; thirst during heat. Vomiting followed by diarrhea; vomiting of bilious and slimy masses. Nausea and vomiting with chill.

Abdomen

Rectum

Painless diarrhea, bloody, following vomiting. Painful bloody diarrhea. Diarrhea worse after eating. Collapse with the diarrhea similar to cholera states. Pasty, papescent stool. White stool.

Urinary organs

Kidneys swollen with small spots of hemorrhages. Copious clear watery urine at night. Suppression of urine. Scanty urine.

Chest

Accelerated respiration. Respiration quick and laborious.

Back

Extremities

In the extremities we observe a lot of the characteristic manifestation upon the surface of the human organism of Anthracinum. Always bear in mind the malignancy, the fury of the appearance, the color, the enormous swelling that takes place so rapidly, the intolerable pain, the sloughing of the affected area.

Carbuncles. Burning ulcers on lower limbs. **Gangrenous ulcer on leg.** Lower limbs have ulcers, **ulcers with a black base.** Leg has ulcer which is painful at night.

This remedy is indicated in the worst cases of felon. Felon beginning in nail with panaritium. Felon beginning in nail with sloughing. Malignant felon (onychia, paronychia, panaritium, etc.) with burning.

Brown, bluish discoloration on leg. Blue discoloration on thigh. Livid discoloration on thigh. Boils on the leg. Gangrene of the leg. **Black blisters on thigh. Black vesicles on thigh.** Blebs on knee. Edematous swelling of foot. Swelling of knee.

Extremities feel cold. Leg feels cold. **Anthrax.**

Exhaustion, weakness felt in upper or lower extremities. Eruption of arms and hands, crusty and full of cracks, discharging pus and an acrid fluid with painful itching.

Large vesicles on palm of hand. Yellow vesicles on the palm of the hand beginning in the nail. Red streaks on forearm. Itching of the hand worse at night.

Swelling of upper limbs. Black pustules on upper limbs. Scales on upper limbs.

Gangrene - like swellings of the extremities. Dark, red inflammation of the hand.

Cramps in the hands when washing them. **Tetanic convulsions** of upper limbs.

Pain; Burning pain of fingertips, tearing pain on tip of fourth finger.

Sleep

Comatose sleep. Restless sleep. During chill has restless sleep. Before chill restless sleep. Unrefreshing sleep

Fever

Feels cold in general. Creeping chills alternating with cold. Septic fevers. Fever in the evening. Continued fever, typhus, typhoid. Has continuous fever [typhus, typhoid] that is petechial. Zymotic fever. Weakness during fever. Has perspiration at night; perspiration is cold; **sticky**; there are complaints from suppressed perspiration.

Clammy, sticky, viscid perspiration. Weakness from perspiration.

Skin

Black pustules on the skin. **Malignant** pustules. Black ulcers on skin. Burning ulcers on skin. Bluish-red spots on the skin. Blue boils on skin. **Carbuncle.** Skin is crusty and moist. A sensation as if skin was touched by nettles. Black vesicles on skin. **Bluish vesicles** on skin. Erysipelas. Gangrenous erysipelas. Itching. Cancerous ulcers; deep ulcers. Ulcers have blackish, albuminous bloody discharges; brownish albuminous discharges. Ulcers **foul**; gangrenous; phagedenic. Bluish spots on the skin. Fetid pustules; itching pustules; lumpy pustules; vesicles on skin; yellow vesicles on skin.

Clinical

Skin

Acne; boils; carbuncles; erysipelas. Malignant pustule. Phlegmonous inflammation and ulceration. Small pox. Ulcers. Whitlow.

Other

Parotitis gangrenosa. Splenic fever. Cynanche cellularis. Epileptiform convulsion.
Insect bites with swollen glands.

Causation

Dealing with raw wool even many years before the appearance of symptoms.

Relationships

It is followed well by: *Aurum muriaticum natronatum* and *Silicea*.

It follows well: *Arsenicum album* and *Phosphoricum acidum*.

Antidotes

It is antidoted by: *Camphor*, *Coffee*, *Arsenicum album*, *Rhus toxicodendron*, *Silicea*, *Lachesis*, *Cargo vegetabilis*, *Pulsatilla*, *Kreosotum*, *Carbolic acid*, *Salicilicum acidum* and *Apis mellifica*.

Dosage

From 12c up to the highest potencies.

Cases

1. Results of Antitoxin - Anthracinum. John Herman, 38 years old
June 21st. Was antitoxined in March, because his children had diphtheria and has been sick ever since.

-Carbuncles on shoulders, from roots of hair down, large and small.

-Soreness.

-Burning.

-Discharging, stinking pus.

-Enlarged cervical glands.

-Dull pain in abdomen, begins after eating and ends in diarrhea.

-Diarrhea worse after eating.

-Yellow, thin slimy, sputtering stool.

-Dull pain in head; begins in bridge of nose and extends above eyes.

-Weakness in lower limbs; numbness; Worse from exertion.

-Soreness and tired feeling in arms.

- Profuse perspiration on forehead and face.
- Worse from light exercise.
- Extreme thirst.
- Chilliness, worse from drafts.
- No desire for food.
- Eggs and odor of eggs aggravate.

Anthracinum cm.

He began working about ten days after taking the medicine. I saw him August 1st and he said the one prescription cured him.

2. High school girl minus tonsils and history of diphtheria. Recently had toxin-antitoxin followed immediately by "grippe." Remained very pale, white and exhausted, unable to attend school. The exhaustion was especially sensed in the hands which were also numb. Cramps in the hands when washing them or whenever flexing the fingers; could not lift anything. Constantly spitting mucus from the throat; easy perspiration.

Anthracinum CM, Fincke, acted exceedingly well.

3. May 17, 1900. Mrs. -, of medium height and size has had a small, hard swelling at the edge of and beneath the right lower jaw in the sub-maxillary region for two weeks, which has gradually been increasing in size. She also has a swelling of the palmar surface of the tip of the left thumb, and a suppuration at the base of the nail of the left third finger.

The swelling under the jaw was as large as a small hen's egg, not sore to touch, but quite painful at night. Her tongue was large, flabby and white; she was weak and had no appetite. No other symptoms could be obtained.

Her general health has always been good. One dose, dry, of Merc, sol. 50m. F.

May 21, four days later, she sent for me to come and see her. The swelling had increased to double the size and was still hard and painful, especially at night, but was better from warm applications. She now complained of chilliness. One dose dry of Hepar. 200.

May 23, two days later; the swelling was still increasing. There was a constant dull pain with throbbing, with the same aggravation at night. A red spot had appeared under the chin with soreness to touch. Otherwise the conditions were the same, the relief from warmth and the general chilliness. One dose, dry, Sil. 200.

May 25, two days later; the swelling was now as large as a fist, very hard, throbbing pain with occasional burning, stinging pain. Almost no sleep the last two nights. The redness had increased and there was a soft spot in the centre. She was still chilly but had a profuse general sweat last night. One dose, dry, Anthracinum 1m. F.

May 27, two days later, there was a marked improvement, less swelling, less pain and less redness, which was less sore to touch. Has had two fairly good nights, but with the same general sweat. Appetite better and feels better generally.

May 29. The swelling is constantly decreasing, but is still hard; there is no pain. The skin over the red spot is peeling off and the redness has about disappeared.

June 8. Very little swelling left, but is still hard. Most of the edge of the lower jaw can be felt.

A week later the swelling was about gone.

4. George M., farmer, age 65 years.

Chills alternating with heat in rapid succession and loss of appetite preceding the rapid growth of a purplish tumor on the chin. The base of the tumor and the surrounding tissue indurated. Discharge watery and bloody. Submaxillary lymphatics swollen large as a hickory-nut -- painful.

Given Anthracinum 30th, immediately subsidence of all symptoms. Disappearance of the tumor in ten days.

5. Dr. N.M. Choudhuri relates an interesting case of anthracinum in his materia medica: "I saved a man's arm from amputation. His troubles started with an ordinary felon. Alarming symptoms very soon made their appearance and his whole hand from the elbow joint to the finger tip became one huge mass of swelling. Amputation was the only thing they thought that might possibly save the man's life. Under the action of anthracinum, within an incredibly short time the swelling got dispersed, the pains vanished, the sloughing stopped and he became his old self minus the loss of his big finger which had sloughed off before he came to the homeopath."

Antimonium tartaricum

Tartar Emetic

2[K(SbO)C4H4O6] H2O

Trituration and solutions

The essential features

This remedy finds its primarily usefulness in severe cases and hospitalized cases; these cases may be classified according to the organ system principally affected:

- a. the respiratory system
- b. the digestive system
- c. the nervous system

This remedy is most frequently of use in affections of the **respiratory system** (in contradistinction to *Antimonium crudum* where the main seat of trouble is the digestive system). Antimonium tartaricum is most effective for disorders of the lower respiratory tract - the trachea, bronchi, and lungs. Inflammations of the lower respiratory tract must be serious for this remedy to be indicated.

It is especially useful for **advanced** stages of **bronchitis**, **broncho-pneumonia** or **pneumonia**; also in weakly children with low to moderate fever, nausea and **audible rattling of mucus in the chest**; and in the **pneumonia** or **bronchopneumonia** of old, "broken down" people whose immunological reactive ability is almost extinct, and who appear to have **no power to expel the respiratory tract mucus**, which makes an audible rattling noise as the patient labors to breathe.

In such patients one realizes immediately that the case is one of severe lung inflammation; the patient appears to be nearing death quickly. Kent writes: "If you have ever been in the room of the dying, you have heard what is called the death rattle; it is coarse like that. Now and then there is expectoration of a mouthful of light-coloured, whitish mucus. The condition is one in which the chest is steadily filling up with mucus, and at first he may be able to throw it out; but finally he is suffocating from the filling up of mucus and the inability of the chest and lungs to throw it out.... This remedy has the coughing and gagging and retching, but in the state of great relaxation, prostration and coldness. It seems as if he will die. When you hear him cough, you are at once impressed with the idea that there must be some profound weakness in his lungs' power. We know that it is the power of the lungs to produce an expulsive action with the deep inspiration. They have no such power in Ant-t. The chest is full of mucus and it rattles ... he is suffocating and is really passing away, dying from carbonic acid poisoning due to a lack of expulsive power..." Nash says that Antimonium tartaricum is one of our best remedies for the hepatization of the lungs after pneumonia.

The clinical signs in such cases readily suggest that hypoxia is severe; a compensatory laboring of the heart is evident. Amidst this distressing presentation another characteristic sign of Antimonium tartaricum is apparent - **drowsiness**. The patient feels **very sleepy**, and on closing the eyes, he feels as if he is losing consciousness. It is a form of sleepiness that is close to a comatose state. Were you to have to wait until the next day to prescribe the remedy, you might well fear that it would be too late.

Your apprehension might be multiplied as you further observe the patient: the face looks very pale, or livid, sickly and shrunken; the nose is pinched; the eyes are drawn back, with dark rings around them; the lips are pale, dry, shrivelled; the nostrils are flapping, and there is a dark appearance inside the nostrils. The face is covered with cold sweat. You hear the laboring respiration with the coarse rales, and you wonder whether he will be able to empty the chest of the accumulated mucus. You stand there, taking in the situation - the patient looks exhausted and almost ready to faint; then a retching and gagging comes, and the patient turns around to vomit and begins to struggle to expel some matter, as you sit there observing helplessly. You see the mucus coming out, yet you do not know whether it is from the stomach or from the lungs, and after he has struggled so and has finally expelled some matter, he looks so sleepy and exhausted that you do not feel like asking any questions. Such is the situation with an Antimonium tartaricum bronchopneumonia.

The patient becomes increasingly weak. He looks **anxious** and **desperate**. His face twitches, and it is drenched with sweat. He becomes more and more drowsy, and it is obvious that his power of reaction is receding. At this point delirium may supervene - muttering delirium; talking to himself. If he is spoken to, he seems to return to consciousness; he answers correctly but drifts back into the delirium at once. In some cases stupor is interrupted from time to time by spasms.

The above is the general picture that you will face with a typical serious Antimonium tartaricum case. However, whether the disease in question be acute or chronic, the Antimonium tartaricum patient will give the impression that his ailment is serious, that death is approaching. This impression is shared by both the patient and the doctor and accurately reflects the gravity of the clinical situation. Kent describes his experience concerning this matter: "The atmosphere of the room is pungent, more pungent than foetid or putrid, and makes you feel that death is in it. The family is disturbed; they are going hither and thither, and the nurse is in an excited and busy state, and you enter upon this scene to make a homeopathic prescription. It is one of excitement and one that you cannot act rapidly in, but one in which you must make a very quick prescription. These things will interfere somewhat with your thinking at the time that you must do the best thinking and the most rapid thinking."

Many times you will have to differentiate between an Antimonium tartaricum and a *Carbo vegetabilis* lung inflammation. The difference is that in *Carbo vegetabilis* the rattling is not so prominent or coarse; also the breath and the extremities are cold. In *Carbo vegetabilis* the shrunken features of the face do not figure so strongly. In the Antimonium tartaricum patient you will have some nausea or retching and gagging, and though the dyspnea, the paleness of the face, the cold

perspiration, and the desire to be fanned are present in both remedies, the differential diagnosis is not so difficult. Tyler writes: "One sees how invaluable it is for desperated conditions, and how with *Carbo vegetabilis* it is one of the "last gasp" remedies."

The homeopathic physician should be sensitive enough to such situations and at the same time balanced enough in his mind and psyche to be able to assess the situation correctly, evaluate it properly, and act accordingly. This is not a matter of intuition, but rather of clear knowledge, aided by a well-classified anamnesis consistent with the clinical situation that he is facing. We must never forget that ours is an art and a science that takes into consideration the unstable parameters of all life's energies and how they change and interact in health and disease, and we must honor the science by applying our knowledge with prudence and wisdom. I am greatly exasperated when I hear homeopaths say in a totally irresponsible way, "My intuition says that this is the remedy." I have seen repeatedly that this kind of practice can lead to protracted suffering for the patient. When you have firmly fixed in your mind the situation described above and meet it in a patient, you can make a quick decision, one that looks like intuition, but which is in fact **knowledge properly applied**.

Because of deficient oxygenation of the brain, this remedy is prone to have profound **sleepiness** bordering on a comatose state with most of its complaints.

When Antimonium tartaricum affects the gastrointestinal system, we see **intense nausea**, vomiting, prostration, general coldness, cold perspiration and sleepiness.

Nash says it is a great remedy for **cholera morbus**, for the advanced stages of this **severe** acute gastroenteritis, as long as the patient's appearance is similar to the one described above.

When this remedy affects the nervous system, we see trembling, internal and external: trembling of the head with paralytic trembling of the hands on every motion; trembling of the whole body with great prostration and faintness. Convulsions also occur: convulsions with tetanic spasms, with unconsciousness; epileptic convulsions with intense nausea or vomiting; convulsive movements; convulsions from suppressed eruptions; contraction of all the muscles, especially of the abdomen and upper limbs.

The two remedies *Antimonium crudum* and Antimonium tartaricum have much in common, though as we have seen they also have differences, each one possessing its own individual nature. The similarities between the two become most apparent when we consider the mental-emotional picture of this remedy, beginning first with the Antimonium tartaricum child.

The child is fretful, peevish, whining, moaning, and it will **not allow you to touch it**. It will resist being examined by the doctor. It is an angry child, one which will **yell if you merely look at it** while it is cross. The anger actually affects the child's entire system, as is reflected in our texts; e.g. , the child **coughs** when he is **angry**. This is only a partial indication of the nervous state of this remedy - the sensitivity and the suffering. Despite being difficult, however, the crying of Antimonium tartaricum will not be as exasperating as the crying of the *Antimonium crudum* child.

"Ill humor on waking, with rubbing of his eyes as if in a stupid sleep, and **howling if anyone looked at him**; with intolerance of noise." (Emphasis mine.) Farrington says that "if you persist in your unwelcome attention (looking at the child), it will have a convulsion." When a child reacts so strongly when looked at and is so averse to being touched, it indicates that the nervous system is in a very precarious state. The child feels that it needs protection; this need then accounts for another characteristic of this remedy: the child, seeking protection from people (even those he knows) around him, **clings to his mother**. Such behavior immediately brings to mind *Baryta carbonica*. However this child is much more irritable and peevish than is the *Baryta carbonica* child; it seems to be very emotionally upset and clings for help out of despair rather than timidity, as is the case with *Baryta carbonica*. The *Baryta* child is quiet and placid and usually wants to remain unnoticed, but it never shrieks when looked at. Nonetheless, the two remedies act in a complementary fashion.

Here we must mention an important observation made by Hahnemann: "*The child will not allow itself to be touched, without whining and crying, whereby the toes and the fingers are drawn inwards!*" I stressed the last sentence myself as it reflects the magnitude of the reaction. This observation provides a measure of the effect of this remedy on the nervous system. It shows how the "endmost parts" of the nervous system (the toes and fingers through which, in large part, we are able to stay "in touch" with the outside world) almost convulse to protect the organism from unwanted external contact! From this observation we can understand why this child does not want to be touched.

Antimonium tartaricum children do not want to remain lying down in bed, but instead **want to be picked up and carried around in an upright position**, especially when suffering from asthma or bronchitis. If they lie down, their breathing becomes quicker, irregular, unequal, and more difficult; they gasp more, cannot expel phlegm, and in general seem to suffer when they lie down. They toss about with great restlessness and throw their arms about constantly. Farrington says, "A nursing infant suddenly lets go of the nipple and cries as if out of breath, and seems better when held upright and carried about..." In general, whether suffering from difficult breathing or colicky pains or toothache, these children want to be carried upright and will feel better in that position.

The Antimonium tartaricum patient is an irritable, quarrelsome, despondent, and nervous individual; one who is usually in a **bad humor**. Anything disturbs him. He is depressed, melancholic, and he complains often of different ailments. It is immediately apparent, when faced with such a patient, that his nervous system is in an excitable state, and that peevishness and fretfulness are its primary characteristics. The muscles of the face twitch; the entire organism trembles and is

prostrated: trembling of head, trembling of hands. This remedy's picture fits that of alcoholism.

In the midst of this nervous state, apprehension and fear emerge; a sensation of fullness in the heart and a feeling of heat emanating from this area make the individual even more anxious. Nausea evokes anxiety, and the **greater the nausea, the greater the anxiety**. He has the impression that he is actually going to die. A similar anxiety surfaces during the respiratory problems: the chest fills up with mucus, which he cannot expel, and then he becomes apprehensive that he cannot survive this situation for long. It is not a fear of death that he experiences, but a sense that death is near. He becomes **restless** and anxious; he worries about what will happen to him. He fears that he will not recover, that this illness will last forever, and then he becomes desperate.

The Antimonium tartaricum patient is an angry person, but the anger tends to be self-destructive, damaging his own organism rather than other people. He will seldom be inclined to violence toward others. If strong emotions arise within him, they tend to upset his system and create symptoms. Consequently, **it has ailments from anger or vexation**. Some examples are: amblyopia after strong emotions in a pregnant woman; breathing and toothache worse upon becoming irritated; and coughing after anger, especially in children, is a keynote.

In the texts we note, "Dreaded to be left alone **even for a few moments** lest he should be dreadfully nervous and not know what to do with himself." In Antimonium tartaricum there is a tremendous **mental restlessness**, a mental unease that frightens him. What he actually dreads most is that this nervousness will overcome him and will become self-destructive, beyond his control, and he will commit suicide. Actually, we see that if this nervousness does become overpowering, he can go into a **suicidal mania**. In such a state he will rave and not know what is doing. He can be overpowered by thoughts of shooting himself; even worse, he may develop a craving for self-destruction.

The state of excitement of Antimonium tartaricum sometimes can manifest as a kind of "wild," abnormal gaiety, which later subsides to be replaced by peevishness and anxiety.

Mental confusion, especially after sleep, may be seen. With the confusion, there is indifference to everything.

Antimonium tartaricum will often be of service for teething children with a rattling cough.

Generalities

Much **rattling of mucus with little expectoration**, usually frothy, white. Edema of lungs. Emphysema. Cyanosis. Cyanosis neonatorum. Threatening paralysis of the lungs. Drowsiness, **sleepiness**, debility and **sweat**. **Intense nausea** that causes anxiety and vomiting. Vomits with great effort. Vomiting is followed by great debility, drowsiness, loathing and a desire for cooling things. Eruptions on face and chest.

Worse: with *warmth in general*; warm room, warm weather or being overheated. Worse from cold and damp. Generally the attacks are *worse at night*. Considerable aggravation towards evening, continuing all night.

Lying down. Motion. Sour things. From anger or vexation. From touch, from being looked at.

Better: General amelioration after frequent emission of pale urine.

From expectoration, *sitting erect*, *from vomiting*, eructations.

Head/vertigo

Vertigo with sudden flickerings in front of eyes. Dizziness with cough. Consciousness faints away on closing the eyes. Vertigo alternating with drowsiness.

Head feels heavy and confused in the morning on waking, as if he has to sleep more. Clears up during the day. Dizziness on raising the head from the pillow. On waking in the morning feels as if the brain were balled into a heavy lump. Painful drawing in the right temple extends down to the zygoma and upper jaw. Feels as if **brain was pressed together**; stupid and sleepy.

Headache worse lying down, better sitting erect. Headache **as from a band** compressing the forehead. Headache with sensitiveness of epigastrium. Head hot and sweaty.

Eyes

Kent gives a picture of the whole remedy in his description of the eyes:

- "Clinically Ant-t. has been confined in its use mostly to the mucous membranes of the chest, but it has the same passive conditions of all the mucous membranes of the body, discharge of white mucus from the eyes. "Eyes prominent, glaring. Dim, and swimming. Gonorrhoeal ophthalmia." But the rheumatic furnish another form of this remedy, another face of it, like the Antimonium crudum. The joints are affected, take on a passive, slow infiltration and become dropsical. Gouty infiltration of the joints, and these are especially bad during the cold wet weather. **Eye symptoms of this gouty character. Eyes infiltrated along with the joints**, so there is a gouty state of the eyes. The gouty state affects the whole body. The mucous membrane is pale instead of being red and inflamed; it is pale and relaxed and it appears to ooze; mucus forms upon it very readily." -

Flickering, sparks before the eyes. Vanishing of sight and hearing. Blackness before the eyes. Eyes feel so tired that they close. **Inclination to press the eyes tightly together**. Sticking, like electric stitches, in both inner canthi.

Face

Hippocratic face in serious acute diseases, **sunken**, with extreme **pale**ness, **cold sweat**, black circles around eyes, with an expression of extreme anxiety. Dry, scurfy, shrivelled lips, sometimes livid or cracked. Face bright red and bloated; smutty, filthy color. **Spasmodic agitation of facial muscles**. Convulsive twitches in almost every muscle of the face. Facial twitching especially **when coughing**. Incessant quivering of lower jaw. Eruptions around the mouth, especially in corners with pimples, vesicles and swelling. Aphthae on lips. Pustular eruptions resembling smallpox and leaving a bluish mark.

Mouth

Burning blisters on left side of the tongue. Tongue **very red and dry in the centre**. Tongue covered with a **thick, white pasty coat**; in the morning thick and yellow. Biting nails. It is painful to move the tongue. Increased saliva, must expectorate frequently. Flow of tasteless, **clear water in mouth** which runs out in great quantities. Sour taste in the mouth. **Profuse spitting**; must often spit even while eating. The gouty state also affects the teeth; rheumatic pains in teeth with pains in joints. Teeth covered with mucus. Gums bleed as if scorbutic.

Stomach

The word "emeticus" employed for this remedy has been coined from the Greek, meaning "something that makes you vomit", and the nauseous properties of this drug confirm its reputation. There is **intense nausea, retching** and gagging, and then **vomiting** even with the least food or water; vomiting of even a spoonful of water.

Kent says - "With the stomach symptoms and bowel symptoms there is this constant nausea, but it is more than the nausea, it is a **deadly loathing** of every kind of food and nourishment, a nausea with the feeling that if he took anything into the stomach he would die; not merely an aversion to food, not merely a common nausea that precedes vomiting, but a deadly loathing of food. The weakness takes on an increased anxiety, and he increasingly suffocates when he is offered food.

Kind-hearted people often want him to take something, for perhaps he has not taken any food all day, or all night; but the thought of food only makes him breathe worse, increases the dyspnea, increases the nausea, his loathing and his suffering..... The vomiting is more or less spasmodic...Gagging and retching and straining to vomit. The stomach seems to take on a convulsive action, and it is with the greatest difficulty after many of these great efforts, that a little comes up, and then a little more, and this is kept up. Vomiting of anything that has been taken in to the stomach with quantities of mucus." -

If you can perceive the meaning of the word **deadly** that Kent uses then you understand the extend of the nausea. The nausea is accompanied by an anxiety; the greater the nausea the greater the anxiety. Anxiety in stomach, a deathly sinking as if about to die.

After vomiting feels relieved but exhausted and wants to go to sleep. You have to visualise the whole scene, the intensity of the organism's reaction, to get the feeling and be able to recognise it in the patient.

This remedy should be carefully differentiated from Ipec. as the two remedies have a lot in common, especially in affections of the chest, with coarse rattling and nausea or vomiting. But the Ipec. has a more steady and constant nausea where in Ant-tar. the nausea is intermittent, comes in crisis, in waves. There is violent retching and gagging and straining to vomit. But if he manages to bring out some matter he is **relieved** while Ipec. is **not**. The nausea is more intense but less obstinate than the Ipec.

The problem for contemporary Western homeopaths is that they do not handle cases of such severity any more and they do not see these situations frequently, whereas

in India or Pakistan one can see many more such cases.

We hope that homeopathy will soon be given a chance to prove what it can do in Hospital cases; before that however we need totally dedicated homeopaths able to make a proper study of the materia medica and who can then apply it easily and correctly.

There is no worse feeling than a severe case on which you do not know what to do homeopathically - and there is no better satisfaction than a severe case that has done well under homeopathic treatment.

It is a thirstless remedy, like *Ipecacuanha*. If water is offered by others in the acute cases it will irritate the patient, especially if the nausea is present. Sometimes there will be thirst but this will be the exception.

Violent pains in region of stomach, constantly increasing until they cause fainting. Vomiting until he faints away. Once he vomits there is exhaustion and sleepiness.

Vomiting returns after sleep. The vomiting is better on lying on right side.

Vomiting of **thick, white, ropy mucus**. Tough and **stringy**. Vomiting large quantities of mucus. Vomiting of slime with bile, a tough, watery mucus, then some food, then bile. Vomiting of blood. Bleeding ulcers in stomach. Desires apples, fruits. Craves **sour fruits**, buttermilk and **acids** which aggravate. The stomach is immediately upset if he takes vinegar with his food, or anything sour. Aversion and worse from milk, makes him nauseous and vomits it in curds.

Abdomen

Passive congestion of the liver with vomiting of bile. Pressure in hypochondria with distention, mostly in region of liver. Region of liver sensitive.

Abdomen distended, tympanytic and sensitive to pressure. The abdomen may be distended from serum or from flatus. Feels as if **full of stones**, though he may have not eaten anything, worse after long sitting or stooping. Sensation of a lump in abdomen.

Colicky pains, **cutting like knives**. Violent pains in abdomen with vomiting and purging; severe colic with drowsiness. Pains in abdomen after vomiting. Pains in inguinal region before menses.

Rectum

Violent shifting of flatulence, without distention of abdomen. Watery, mucous, bloody diarrhea; stools as green as grass, slimy; frequent, profuse. Relief of pains after loose stools. Tenesmus during and after loose stools. Diarrhea in eruptive diseases; cholera morbus. Diarrhea from alcoholic drinks, in drunkards.

Urinary organs

Highly reddened urine. Urine dark brownish-red, of strong odor; spasm of bladder, urine scanty and red. Violent tension in perineum, especially on walking, with strong inclination to urinate. Sediment of urine, gray, milky, red filaments.

Genitalia - male

Pain in testes after suppressed gonorrhoea. Orchitis; sexual excitement; warts behind glans penis, with ulcers elsewhere. Pustules on genitals and thighs. Tingling, formication in penis.

Genitalia - female

Severe bearing down in vagina. Before menses, pains in groins and cold creepings.

Leucorrhoea of watery blood, worse when sitting, comes in paroxysms. Menses too short.

Chest

For the real picture of the symptoms of the respiratory system the reader is advised to refer to the chapter "essential features" where they are quite thoroughly described. Here we shall add some detailed symptoms that you may meet with in this remedy:

Feeble voice, he cannot speak a loud word. Groaning and moaning with a weak, hollow, soundless voice. Breathing quick, short, trembling, difficult. Attacks of **unequal breathing**, sometimes shorter, sometimes longer, which is better on **sitting upright**. Abdominal breathing. Gasps for air at the beginning of every coughing spell. As the cough grows less frequent the patient shows signs of "carbonised blood". Edema and impending paralysis of the lungs. During five hours had at least six pounds of fluid evacuated, and still both lungs seemed filled with a fluid secretion. Acute pulmonary edema. Atelectasis, with symptoms of asphyxia; with edema of unhepatised portions of lungs; breathing labored, orthopnea; mucous rales. **Violent cough after each meal**, ending with vomiting of food. Sensation as of a leaf obstructing wind pipe. Asphyxia neonatorum, the new-born is breathless, pale and gasping. Child springs up, clings to those around; calls for help in a hoarse voice, or bends backward and grasps at its larynx.

Cough and dyspnea better lying on right side and by eructations. Cough after 2 or 3 or 4 a.m. ; sitting erect ameliorates. Coughing and gasping consecutively. Velvety feeling in chest in heart diseases. An uncomfortable hot feeling arising from the heart with anxiety. Pulse rapid, weak, trembling; very much accelerated with every motion. Palpitation of heart with loose stools. Sensation of coldness in blood vessels.

Back

Violent pain in lumbo-sacral region; slightest effort to move causes retching and cold clammy sweat. Pain in the back as from fatigue especially after eating and **while sitting**. Cramp in muscles of neck, stiffness. Pain in the small of back before and on rising from bed, as if one had carried a weight there. Sensation as of a heavy weight hanging on end of coccyx. Sensation as if vertebrae rub against each other. Painful pustules, like small-pox on back; miliary eruption on the nape of neck.

Extremities

Gouty, rheumatic and arthritic conditions. Synovitis. Limbs overfatigued, a sensation coming from the back; weakness of all limbs especially the legs. Hands cold and moist with **icy-coldness of the finger-tips**; tips of fingers dead, without sensation, dry. Numbness and coldness of the legs; the feet go to sleep immediately after sitting down. Tension in the hamstrings on walking. Trembling of the hands. Jerking up of limbs during sleep.

Sleep

Great sleepiness with nearly all complaints. Sopor. Coma, with pale puffed face; **sleep comatose with delirium**. Deep, stupefying sleep. Restless at night with anxious tossing about; awakens with dyspnea. In the morning when awaking sweat all over and clear remembrance of heavy anxious dreams. Lying on back while sleeping with the left hand passed under head. Cries during sleep, with fixed eyes, and trembling limbs. Yawning alternating with coughing.

Fever

Extreme coldness of the whole body and **shiverings** are characteristics of the remedy. Sudden drops in body temperature. The temperature tends to drop below normal in many serious acute conditions. Chill lasting 45 minutes followed by vomiting, headache heat and thirst. Chill **spreading from within** and from vertebra over abdomen and limbs, with retching, belching and a drawing tensive pain in lower limbs. Violent but not long-lasting heat, succeeding a long lasting chill; worse from every exertion. Long lasting heat, after a short chill, with somnolency and sweat on forehead. Burning heat of the whole body, chiefly in the head and face, increased by the least movement.

Perspiration on parts affected. Profuse nightly perspirations; perspiration frequent, cold and clammy. Intermittent fevers, with lethargic condition. Skin covered with a **running, sticky sweat**.

Skin

Eruption of **pustules** like varioloids, as large as peas, filled with pus, with red areola (like small pox) and which afterwards form a crust, and leave a scar. Itching pustules that soon dry up. **Vesicular eruption** over body filling quickly with pus, very painful, soon drying up and forming crusts. **In variola:** backache, headache; cough and crushing weight on chest before or at beginning of eruptive stage.

Clinical

Bronchitis, broncho-pneumonia, croup. Atelectasis. Emphysema. Acute pulmonary edema. Asthma. Cyanosis, asphyxia neonatorum.

Crusta lactea: vitiligo; prurigo; obstinate pustules, pustular impetigo. Variola.

Chorea. Alcoholism, delirium tremens. Paralysis agitans.

Acute gastro-enteritis. Stomach upsets, vomiting.

Gout, arthritis, rheumatism, lumbago, stiff neck.

Relationships

Should be compared with: *Ipecacuanha*, *Carbo vegetabilis*, *Ammonium carbonicum*, *Arsenicum*, *Laurocerasus*, *Aethusa*, *Baryta carbonica*, *Opium*.

Complementary: *Phosphorus*, *Silica*, *Baryta carbonica*.

Dosage

From the lowest to the highest.

Cases

1. A little son of C.P. K. Esq., aged two years, became hoarse and croupy from almost any exciting cause. His father was an asthmatic subject, and his mother was feeble and cachectic, and their little son was, on the whole far from being strong and vigorous. His nurse had observed for some days that he was indifferent about his playthings and wanted to be held in the arms, and yet he ate and slept as usual. Without any previous exposure, a severe attack of croup came on in the middle of the night; all at once he became hoarse and coughed frequently. Being called immediately, I observed that his breathing was very labored and that a profuse perspiration was standing upon the face, and that the trachea and larynx were rapidly contracting. Gave Tart-emet. 3rd trit. about five grains in half a tumbler of water, and a teaspoonful every ten or fifteen minutes. The effect was almost magical, as the disease seemed to be arrested at once. The medicine was continued for more than an hour, when the little fellow went to sleep. He breathed better and better, until he awoke quite relieved. He had attacks subsequently, which the same remedy speedily removed.

Dr. A. E. SMALL

"The indications for this remedy in croup are based on the predominating symptoms of partial paralysis of the pneumogastric nerve. The short, hoarse, nearly suffocative breathing is accompanied by a whistling noise, heard even at a distance, whilst the thorax expands only with the greatest muscular effort, and the greatest anxiety and uneasiness, together with great prostration is manifested. The head is thrown backwards; face livid and cold"

2. Pustular eruption leaves ugly, bluish-red marks on the face, also similar eruption on genitals and thighs; so painful patient can neither sit nor walk. Sleepless from pain and irritation. Tart-emet 2 cured.

Dr Dudgeon.

Pustules with red areola, which leave large scars behind; crusts brown; eruption very painful; decided drowsiness, with nausea; longing for acids, with aversion to milk; the eructations taste like sulphur; severe colic pains; short breathing, and rattling respiration; do not like to be touched.

N. M. Choudhuri, *Materia Medica*, pp. 48-49

3. Gave Tart-emet in the case of a lady who was in the fifth month of pregnancy, of good constitution, with the following symptoms: febrile motion after every meal, with pungent heat in the face, dampness in the palms of the hands, anxiety during the paroxysms which lasted two or three hours, mouth slightly bitter, not much appetite, no thirst, constipation.

Ant-t.

A. TESTE, *Homeopathic Materia Medica*, pp. 383-384.

Antimonium crudum

Native sulphide of Antimony SbS₂

The essential features

Antimonium crudum is a seldom-prescribed remedy which should be used more frequently in practice. The following is a description of the constitutional Antimonium crudum patient, the type of person who will in the course of his lifetime develop the symptomatology of this remedy.

Antimonium crudum preferentially affects the emotional level. These patients display an unbalanced emotional state, the emotions vacillating between an extreme **sentimentality**, which is expressed, and a very **closed, withdrawn state of moodiness and sulkiness**. Antimonium crudum is one of the most emotional, most **sentimental** remedies of the materia medica, their behavior possessing a mellow or, at times, melodramatic quality. This remedy has **spells of sighing** and can be confused with Ignatia when this condition is present.

The sentiments can be overwhelming in Antimonium crudum. With but slight provocation, these persons swell with emotions, and physical swellings erupt in an analogous manner. A characteristic of this remedy is the ready production of physical indurations; ie, the development of lumps, callouses, warts. The extent of these patients' emotionality is excessive, their sentimentality pathological. It is also a sentimentality that lies hidden within these individuals. Everything seems to make a deep impression on them. They will observe outside events in a silent manner; however, these events make a tremendous impression upon them.

These individuals are not extroverts. *Argentum nitricum*, by way of comparison, is also sentimental, but in an impulsive, very expressive manner, and quite extroverted.

Antimonium crudum's sentimentality is internal and is expressed only in specific circumstances, and it reflects a painful sensitivity to the outside world.

These are refined, oversensitive individuals with great weaknesses in the emotional sphere. They possess a vacillating temperament - a lack of steadiness of the emotional body, which can be contrasted with a steady, constant suffering of the physical body, focused in the stomach area.

Were one to consider the solar plexus as the seat of the emotions, then one would not be surprised to observe that the Antimonium crudum patient always suffers from affections of this area. With every upsetting emotion, with every stress, in every complaint that concerns his health, this area is affected. Cramps and cramp-like pains are often the first signs. The solar plexus seems to be oversensitive and the first area to receive the impact of any stress. In the first stages the patient will complain of a **stomach neurosis**; later however, he will develop more advanced pathology - **gastritisdyspepsia, gastritis, or duodenal ulcers**. Kent says,

"It

does not matter much what kind of complaints he suffers from, the stomach takes part in it."

The **sentimentality** of Antimonium crudum is expressed in two different ways. On the one hand, in situations where the individual feels free to express his emotions, he exhibits an inordinate level of melodramatic sentimentality that is intensely romantic, quite out of place, and bears little relation to reality. On the other hand, after such "romantic" experiences, he is prone to undergo painful emotions. The important concept to remember in Antimonium crudum is that circumstances which evoke reactive and sensitive emotions - situations which "touch" the emotions - often prove painful.

The emotions are so easily and excessively stimulated that Antimonium crudum patients cannot control them. The emotions are neither violent nor brutal, but rather refined and of a romantic, mellow flavor. It is difficult to describe this kind of sentimentality which, in constitutional Antimonium crudum patients, will be very similar to what we often see in persons who have drunk a little too much wine: they become a little drunk and start talking very emotionally about themselves and their feelings, revealing a soft, sentimental nature that looks a bit ridiculous to the sober, but always induces sympathy in their listeners. It is a state in which they lower their guard and allow their innermost feelings expression in an utterly sentimental and often ridiculous way; such as, talking in rhymes or reciting

poetry. To be sure, later they will regret their folly, and here we see the second phase of the emotionality of Antimonium crudum - upon experiencing painful emotions they become sulky and withdrawn.

There is a kind of **emotional immaturity** in Antimonium crudum. This immaturity will be frequently seen in children. In this respect Antimonium crudum looks like *Baryta carbonica*, and sometimes complements its action. The remedy is also often indicated in the elderly, like *Baryta carbonica*. In my experience, though, Antimonium crudum is more often indicated for children than adults. When you see an immature child with redness and inflammation of the eyelids, cracks in the corners of the mouth, and a pustular eruption on the cheeks or chin, then you have a case of Antimonium crudum.

The Antimonium crudum sentimentality can be precipitated by other stimuli, particularly **fever** and the **menses**. Fever of any type can evoke tremendous sentimentality in children or adults. In women, sentimentality is greatly accentuated before or during the menses. In such cases, their sentiments obfuscate their perception of reality; they easily fall in love and unrealistically fantasize love affairs. Not surprisingly, during this unguarded period of emotionality, these women are hurt very easily, shifting then to the other extreme. They close up and do not want to speak to anybody, not even their closest friends. In this latter state they become easily depressed, ruminating upon the things that have happened to them, unable to get over them. They become **peevish**, **morose**, dissatisfied, and irritable, but never aggressive. They are passive people. They want to disappear from the face of the earth; so they withdraw and brood and **sulk**.

This is the most moody, the most **sulky** remedy of our materia medica. It is "overtly" sulky, one can say. Their sulkiness shows; they cannot hide it. It is immediately noticeable. When moody, when hurt, everyone around knows they are in a mood. The feeling that others get from them is: "Do not touch me! Do not come near me! I do not want any interference." They do not want any contact. They wear a long face. They want no one to approach them when in such a state, much less **touch** them. The mere **look** of another person irritates them. The spouses of Antimonium crudum patients will say that if these patients are hurt, they become moody and sulky and stay like that for days at a time.

When in such a sullen state, the Antimonium crudum individual finds physical or emotional touch painful. He is a miserable, "touchy" person, one who finds it very difficult to live in this "brutal" world, or so he thinks. No doubt those around him will think differently - that **they** cannot live with him.

Referring to the *Repertory*, Antimonium crudum is one of the four bold remedies appearing in the rubric "aversion to being touched." Each of these remedies possesses this symptom for different reasons and under different circumstances. In Antimonium crudum, framed within the sentimentality and emotionality of the remedy, the aversion to being touched is seen as a function of the psychological state primarily. Antimonium crudum children can reach a point at which even the look of another person becomes as unbearable as being touched physically; therefore, they do not want to be looked at or touched.

Sometimes such a state as that described above will arise for no apparent reason, especially in children. At times, the condition can border on hysteria. One might think that such states belong more to women, but Antimonium crudum is indicated mostly in men.

It is exasperating to witness a previously pleasant boy go into an Antimonium crudum acute state during a fever or a common cold. He is worse than a *Chamomilla* child, and, of course, much worse than *Calcarea phosphorica*. The child cries and screams; he is peevish and impossible. The mother will say his behavior is driving her to despair. He does not want to sit or lie down, to play or talk, or anything. The whole day, without pause, the child cries and screams and scolds and strikes out if he is addressed, talked to or touched. He hardly goes to sleep before he is awake, and once again weeping and moaning. Anything that catches his attention does so only for a few seconds, and then this inner state of torment returns, and he resumes crying and shouting. If the child has a high fever, it may evolve into anything, any illness. If you suspect the remedy, you should make a point of asking what the child likes to eat, or, if you are lucky, the mother will give you the information that the child keeps asking for **cucumber**. This, then, is a case of Antimonium crudum. It matters not whether this initial fever will develop into mumps, scarlatina, chicken pox, pneumonia, or anything else. You need not hesitate. However, if you lack the information about the desire for cucumber, the child will probably be given *Chamomilla*, *Calcarea phosphorica* or *Cina*, etc., but with no effect, of course.

The child is not aggressive; it does not attack others or hit like the *Cina* child, or even worse, the *Curare* child, who has the impulse to hit like *Stramonium* and *Tuberculinum* children.

There are Antimonium crudum children, however, who do not behave so extremely as described above, especially if they are not constitutional patients, but only need this remedy during an acute. In these cases you will not see such a dramatic change in their character, but only withdrawal, a sulkiness or moodiness, and the same underlying sensitivity, though much reduced and less expressed.

Continuing with our description of the younger constitutional Antimonium crudum patient, we note the following picture: when a young boy, the Antimonium crudum child's romantic feelings come alive in his imagination. He falls in love much like the *Natrum muriaticum* boy; he experiences strong emotions, imagining many romantic scenes, making up stories, and living these fantasies intensely. He does not dare tell his sweetheart about his love for her, but at night in bed he melts away from love and romantic emotions. *Natrum muriaticum*, *Staphysagria*, and Antimonium crudum are somewhat similar in this respect.

Our understanding of this emotional state is further expanded and qualified by additional information provided in our texts: "goes into ecstasy while walking in the

moonlight," "weeps when he hears the sound of bells," "is affected by the stained windows of the church." Though you will very seldom hear your patients say that they "go into ecstasy in the moonlight," you will, if you ask, definitely hear that such circumstances affect them. It is a fact that most Antimonium crudum cases will confess that they are especially influenced by the moonlight, especially that of the full moon. It evokes certain strong emotions of which the patient is aware. As our young boy grows up, he eventually experiences his first love encounter, and, as reality usually differs from the imagination, he is very vulnerable to being deeply hurt. Antimonium crudum is one of our main remedies for **love disappointment**. He is almost certain to be disappointed and hurt in love; furthermore, he is equally certain to come down with stomach cramps or headaches as a result.

In my experience, Antimonium crudum suffers from the consequences of grief far more often than is indicated in the *Repertory*. It should be upgraded in the rubric, "ailments from disappointed love." In Antimonium crudum, the consequences of grief usually occur in the stomach, as in *Natrum carbonicum*.

After experiencing such a grief, our young man goes to the opposite extreme - he becomes closed and sulky; he refuses to communicate, to talk with others. His emotions remain however, not deadened but strong. The difference now is that his emotions are of a negative quality.

Ultimately his emotional balance becomes unstable: he swings from the one extreme of sentimentality, expressed in somewhat of an artistic or poetic manner, to the other extreme of withdrawal, depression and sulkiness.

The Antimonium crudum person usually feels that he has been badly treated by others and that he deserves better, but such sentiments are passively felt and not talked about. He will not complain; he is reluctant to discuss a disturbing situation, to offer his point of view. He feels that he will not be understood and, consequently, that discussion is a waste of time.

When the Antimonium crudum individual attempts to initiate amorous contact with another person, his overtures are always so sentimentally couched and intense that the other recoils from them, often reacting as if something were wrong with her suitor. Antimonium crudum perceives this repulsion and is deeply hurt.

If he goes out into a moonlit night with his girlfriend, the moonlight has a tremendous effect upon his emotions. He feels inspired by the moonlight; his emotions are brought to such a height that he can hardly control them. He will then express himself in a poetic or artistic way. This inclination is so strong that he will do it in spite of his suspicions that his behavior is not going to be understood by his girlfriend and that he may be ridiculed. At this point others will think of him as being a bit "crazy." Do not anticipate that the Antimonium crudum patient will tell you during the consultation that he becomes sentimental in the moonlight, as if it were a symptom, for he thinks that this behavior is natural.

After such an incident, he will go home and not stop thinking about it; recurring thoughts of the incident keep him awake at night. He becomes depressed, miserable, and he does not want to live in this world any more. At this point he will be bothered by stomach cramps or pains. His hemorrhoids or headaches may also flare up, and all this physical suffering adds to his misery. He thinks he is not fit to live in today's world, that he should have lived a century ago when people were more romantic and sentimental. He wonders what is going to happen to him, where he will end up. He becomes anxious about his future.

After many such events as the above he comes to **loathe life**, and the actual desire to die surfaces. As he goes to bed, his mind becomes constantly fixated upon the idea of **shooting** himself. Sometimes these thoughts are so tormenting, so persistent that he has to get out of bed and walk up and down the room in order to get rid of them. Sometimes he will get up and walk while still asleep.

This pacing at night should not lead one to mistake Antimonium crudum for a restless remedy. It is a remedy that can easily become prostrated; it can be weak, but not restless. Such weakness is similar to that of *Stannum*, not *Arsenicum album*. *Arsenicum* is very restless while Antimonium crudum is not.

Remember that once this intensely sentimental individual is overwhelmed by his feelings, he cannot control them; the emotions are too powerful. Great excitement arises during the night while lying in bed. He may be lying in bed with a high fever when he is overtaken with an irresistible desire to talk in rhymes, which makes him look ridiculous to bystanders.

Considering the strong connection between sexuality and the emotional sphere, it should not be surprising that the sexual sphere in Antimonium crudum is quite strong. Antimonium crudum's sexuality can reach nymphomaniacal proportions in women. They get so involved emotionally, so out of control of their emotions, that they may act foolishly.

In the Antimonium crudum male the primary state of sentimentality and romanticism is associated with increased sexuality. He has a strong desire and need for sex. He is easily excited, with easy erections, and although he is a highly-sexed individual, he will never be aggressive.

However, when he enters the state of sulkiness, depression and withdrawal, his sexual power recedes and the strength of his erections is diminished, even to the point of **impotence**. His genitalia may even seem to dwindle and become shrivelled; both the **testicles** and the **penis** seem to be **atrophied**. He loses his virility and feels as if he has aged suddenly. In this state excessive irritability may surface, and it is then that you may see some signs of aggressiveness. Actually, Antimonium crudum can be indicated in **old people**, people who feel this way not only because of their age, but also because of their pathology.

So, in Antimonium crudum we see an individual who is quite unbalanced and who vacillates between one emotional extreme and the other, whose solar plexus, stomach or

entire digestive tract is affected by his frequent emotional upheavals.

As mentioned, the first organ affected will be the stomach. Remedies that may complain of stomach problems after grief in descending order of frequency are: *Antimonium crudum*, *Natrum carbonicum*, *Nux vomica*, *Ignatia*, *Colocynthis*, *Staphysagria*, *Robinia*, etc. The differential diagnosis of each of these remedies must be based upon an intimate knowledge of materia medica. For instance, when we see a patient suffering from a duodenal ulcer, our mind goes immediately to *Nux vomica* because we know that of all our remedies, *Nux vomica* has the strongest tendency to disorder the duodenum. Or when you see constant and intolerable heartburn, your mind goes to *Robinia*. Similarly, the personality of your patient suggests one or another remedy. If you know the materia medica, you cannot give *Nux vomica* to an *Antimonium crudum* patient. *Nux vomica* is irritable; his irritation, even if latent, is perceptible. *Antimonium crudum* creates altogether another picture: the person is sweet, sentimental, and careful not to be hurt or to hurt others; such a personality coupled with a stomach affection arising as a consequence of a severed love affair or grief should bring this remedy to mind.

There is also another advanced pathological state of *Antimonium crudum* which affects the nervous system; in this instance we see spasmodic contractions in the extremities and face. The facial contractions affect the mouth primarily and are associated with respiratory problems, which can progress to suffocation and subsequent convulsions. Chorea may be seen, also jerking all over and moaning during sleep.

Mental **retardation** may be met with *Antimonium crudum*. Imbecility is a more frequent eventuality than insanity; **idiocy**. This remedy may benefit retardation in children in whom the fontanelles remain open for a very long time.

In this remedy we may observe a state similar to that of *Pulsatilla* in its progressed mental state - total passivity, without any reaction or response to any stimulus.

Antimonium crudum can appear close to such a state, though without such extreme passivity.

In *Antimonium crudum*, the patient will not leave her bed, will not speak unless asked, and demands neither food nor drink; however, she will gladly eat if hungry and food is offered. She may be seen to repeatedly pull at a napkin tucked into her shirt at the collar, or fold and unfold a cloth over and over. Neurological sensation may be so impaired that she may develop bedsores at several locations, due to contact with fecal matter, without seeming to feel them and without complaint.

Generalities

It is interesting to connect the internal overactivity of the emotions with *Antimonium crudum*'s **intolerance of external heat**.

External heat will aggravate, especially **radiant heat** as from an open fire, as well as warm rooms and the heat of the sun. Kent says: "The open fire is wholly against the Ant-c. patient. A child with whooping cough will cough more after looking in to the open fire. Such things are queer; they are so strange that there is no philosophical hypothesis to explain them, no theory that looks towards an explanation, but they are facts which we must accept."

There is an aggravation from alcoholic drinks, especially wine, and **sour wine** in particular. It is almost as if the alcohol creates internal heat which in turn aggravates the emotional state producing maudlin sentimentality, laughter, etc.; later, the next day or even the next hour, headaches or stomach pains appear as a consequence of imbibing the alcohol. In this depressed state he is likely to feel old, exhausted, and emotionally and physically drained. At this point his problems are intensely aggravated; the stomach pains, the headaches, the hay fever, the arthritic conditions etc.

He must not drink any wine in this condition for it will greatly aggravate the whole situation, both on the physical and emotional levels. **Anything sour** - whether wine, vinegar or pickles - which the patient frequently craves, can **upset his organism enormously**. His stomach pain, hemorrhoids and headaches are aggravated.

There is no remedy in our materia medica that can be so **upset by sour** things as *Antimonium crudum*; it should be elevated to capitals in the repertory.

Paradoxically, there is also an **intolerance to cold bathing**. Cold bathing will provoke symptoms such as headaches, arthritic pain, stomach pain, etc, like *Belladonna*. The child does not want to have his **usual bathing**; he is averse to it as if he understands that the bathing will aggravate him. You will be liable to confuse *Antimonium crudum* with *Sulphur*, *Belladonna*, or *Glonoinum*. Also, the problems of *Antimonium crudum* usually arise in **the evening and upon going to bed** - the depression, the suicidal thoughts, the anxiety, the **excitement**, etc; whatever is characteristic of your specific *Antimonium crudum* patient is liable to be intensified at night in bed.

The idea of the emotions swelling outward - the generation of emotions - can be extrapolated to the physical level, namely in the generation of either headaches or high blood pressure or discharges: discharges from the vagina, from the stomach, the rectum, the nose, etc. It is a catarrhal state with increased mucous discharges which can be provoked by taking sour things or sour wine or by getting a cold.

The pathology of *Antimonium crudum* gives one the impression that the diseased state is seeking an outlet through an abundance of discharges. The discharges are generally very profuse. The general idea of "lumps" should come to mind when contemplating this remedy. You will see watery stool with lumps of fecal matter mixed with it, lumpy leucorrhoea, and many lumps under the skin. Also, there is a strong tendency for callouses to form, especially very tender ones on the soles of the feet.

There is an aggravation from **loud noise**; noise aggravates the psychological state, headache, pain, etc.

There is another element seen in Antimonium crudum - **metastasis**. What is meant by this is a tendency for one given condition to transform itself into another pathological state; for instance, **headaches will be replaced by stomach pains**, or stomach pains may pass only to be succeeded by arthritic pains. Kent writes : "The whole gouty nature of the case seems to change so suddenly that you wonder where the more exterior symptoms have gone to, for all at once in a night, or a day, the patient commences to vomit and you have persistent vomiting lasting days and weeks, until the gouty symptoms come back into the extremities. It is wonderful how quickly this old fashioned metastasis will come on.." Here Kent points to a subtle characteristic of Antimonium crudum, namely the dramatic change from one group of symptoms to another.

When the patient's history is given, there will often be a story of headaches persisting for a period of time, then stomach aches, then headaches recurring as the stomach pains subside, then rheumatic pains (often gouty) replacing the headaches, and so on in a shifting pattern of metastasis. (*Abrotanum*)

Reiter's syndrome is covered by this remedy; Antimonium crudum produces all three conditions of the syndrome - arthritic conditions, conjunctivitis and urethritis - sequentially, or, we might say, metastatically.

One will frequently see headaches **associated** with stomach problems. The patient may have a chronic periodic gastritis, and each time the gastritis is exacerbated headaches also arise. There is an immediate association between headaches and gastric symptoms, or there may be **alternation** of the two conditions. Throughout all of the variations of the head, gastric and rheumatic symptomatology it will be readily apparent in these patients that the primary disorder is in the stomach.

Obesity mostly in the young age group and children.

There is a general **dryness of the skin** with cracking; cracks will be especially apparent at the nostrils, the mouth, and any juncture of mucous membranes and skin.

There is also a peculiarity seen on the fingers: cracks appearing on the skin next to the fingernails (cuticles). There are eruptions on the cheeks with discomfort (pain, irritation, itching, suppuration etc) from exposure to open fire.

Periodicity; symptoms return every three weeks.

Symptoms on left side only or crosswise, right upper and left lower.

Worse: Damp and cold; **cold bathing**; *sour food, vinegar, sweets, bread, pork*; moonlight; *touch*; *heat of summer*; *heat of an open fire*, of the sun; being looked at; overeating and over-drinking.

Better: In *open air* and at rest, lying down.

Head

The head is sensitive to both extremes of temperature, as if the Antimonium crudum patient cannot tolerate much stimulation from external or internal changes in temperature. He develops headaches from exposure to the sun, to the heat, to internal heat (as with alcohol) and from becoming cold, catching cold, chilliness etc. You will see headaches that can begin after a **cold bath**; that is, a person suffers from headache after chilling from a cold bath. However, sometimes the headaches will be ameliorated by cold applications.

The combination of headaches from heat, alcohol and cold bathing is one to which only Antimonium crudum conforms.

If the headaches are also accompanied or followed by **pains in lower limbs**, you have a definite confirmation of this remedy.

Antimonium crudum will always be **better while walking in the open air**, especially when the air is cool, and a very special amelioration occurs while walking in the cool night air in the moonlight.

Kent writes " Neuralgia in the head, crashing pains and dreadful sickness at the stomach with vomiting....comes on from taking cold, which slacks up the thick discharge in to a dryness of the nose.....sometimes these troubles pass off after an intense vomiting spell; sometimes they do not, but the headache may remain for days, not relieved by vomiting or relieved after prolonged vomiting."

One should be aware to differentiate Antimonium crudum from *Pulsatilla* here, as there is a strong resemblance at this point.

There is a connection between the head and the stomach, whenever the one is upset or painful the other is affected.

During headache the child becomes irritable and sulky and does not want to eat anything, leaves the table and goes to bed. **Total loss of appetite during headache.**

Stupefying headache with an anxious sweat breaking out while walking in the open air. Headache after suppressed discharge from nose; headache after suppressed eruptions. Headache as if the forehead will burst open. **Rush of blood to the head.** Congestion in head with high blood pressure and nosebleeds in fat people with red face. Itching of the scalp with falling of hair.

Eyes

There is **redness** and **inflammation of the eyelids** and of the conjunctivae, especially the lateral conjunctivae. The outer canthus is especially affected, being cracked, burning and sore. There is suppuration, nightly agglutination and morning photophobia. **Pustules** on the margins of lids. Ophthalmo-blenorrhoea; chronic blepharophthalmia in children. (Other remedies that correspond to subacute inflammation of the margins of the eyelids are *Tuberculinum*, *Clematis*, *Graphites*, *Euphrasia*, *Chrysarobinum* etc). Inflammation of lacrimal gland and ducts. Lids red with fine stitches in eyeball. Little, humid spot on the outer canthus, which pains severely when perspiration comes into contact with it.

Nose

Stuffed nose worse at night in bed, worse in a warm room; as soon as he enters a warm room the nose is blocked. There are **scabs** in nostrils which are sore and **cracked**; chapping of both nostrils with formation of crusts. Eczema of nostrils. Sensation of soreness in nostrils on inspiration. Nosebleeds with vertigo.

Face

In cases where the disturbance is not a deep one but appears on the surface - on mucous membranes and skin - an Antimonium crudum child may be easily recognised by looking at his face.

Skin eruptions are frequent with such children and appear on the **eyelids**, that are red, inflamed or with **pustules**, the cheeks or chin, which have a pustular (yellow crusted) **suppurating eruption**, the affected portion of the skin cracks easily, the lips are dry, the corners of the mouth are cracked or with eruptions, the nostrils are chapped with scabs and the outer canthi of the eyes are more inflamed and cracked. Such is the appearance of a typical Ant-c child.

You may also see a similar picture in adults, but very seldom will an adult in the Western world allow such a condition to appear for more than a few days on his face without using Cortizone creams to suppress it. It is likely that he will come to you after such suppressions, with arthritic or gouty conditions, stomach problems or headaches, if not with psychological symptoms.

Such skin eruptions can still be seen in India or other undeveloped countries, where the population is much healthier in general than in the West. In Western populations we see that diseases have penetrated the interior of the organism to a much greater extent.

Concerning skin eruptions, the homeopath should learn to recognise the localities in which the different remedies prefer to manifest their particular kind of disturbance. Sometimes the solution of the correct remedy will come from those very observations.

Pimples and boils on face.

Mouth

There is a great keynote seen in the mouth - a thick **white coating** on the tongue **as if there is snow** on it. Kent says: "the mucous membranes have a tendency to throw out a **milky white exudation** or deposit, and it is especially noticed on the tongue."

Yellow discoloration of tongue; edges of the tongue red and sore. Cracks in corners of mouth or boils; dryness of mouth at night. Severe bleeding of the gums. Salivation and odor of the mouth resembling mercurial salivation. Must draw quantities of thick yellowish mucus from posterior nares and spit it out.

Throat

Kent writes " He takes a cold bath at night on going to bed and gets up in the morning voiceless, cannot speak a word. This has come on in an apparently painless manner; he does not know that it is present until he attempts to speak in the morning".

Aphonia - **painless** - from getting overheated, better after rest. Hoarseness or loss of voice from a **cold bath**, from becoming overheated. Sensation as if a foreign

body had lodged in the throat with constant desire to swallow.

Stomach

The stomach, as we have said, is the weakest spot of this remedy, and it will be the first to be upset, deranged or cramped. The typical Antimonium crudum patient will feel a **spasm** or **tightness** in the area of the stomach all their life. Severe pains, cramp-like, in paroxysms, driving him to despair and to the determination to drown himself. Cannot tolerate much food and can be easily disordered by overeating, acids, wine etc. There are, as stated, all manner of symptoms in the stomach, especially stomach pains coupled with nausea and headaches.

Cramp-like pains, gastritis, duodenal ulcers. Constant nausea, a feeling as if he had eaten too much all the time though he may not have eaten at all. Eructations that taste of the food ingested.

Stomach feels distended; constant discharge of wind up and down; prolonged retching, nausea and vomiting. The vomiting does not relieve. Sour things and heat aggravate the stomach; there is also an aggravation by sweets. There is an especially peculiar food craving - **cucumber**. You may see a child very ill with fever, peevish, vomiting, and wanting only cucumber to eat. You may think that it is a *Chamomilla* child, but the desire for cucumber confirms Antimonium crudum. During fever or any kind of gastric disturbance this desire for cucumber may arise.

Antimonium crudum is a good eater, and he **puts on weight** easily. But you may see the opposite also, especially in children, who will be thin, eating sparingly and choosing their food carefully. They will not try any new food easily, they insist that they do not like it even if they have never tasted it. This lack of appetite leaves the child exceedingly thin, looking sick, without stamina.

There is a possibility that during gastric disturbances or fever he may develop an aversion to the sight or smell of food; food can provoke nausea. Bread and pastry can cause nausea and colicky pains. Though Antimonium crudum may have desire for sour things, pickles etc the stronger characteristic of the remedy is an **aggravation from sour**.

A feeling of a lump in the stomach, as if a lot of food were sitting there undigested, is often seen in Antimonium crudum. Vomiting may not relieve this sensation. Violent thirst with dryness of mouth and lips.

Abdomen

Diarrhea alternating with constipation may suggest this remedy, especially if this occurs in persons who are quite exhausted and appear prematurely aged (or actually are elderly). **Diarrhea** may occur after **sour food** and wine.

Abdomen distended after eating much, but there can also be a flat abdomen with distention of the stomach only.

Gurgling in the abdomen, as when air bubbles rise in water. **Loud rumbling** in the hypogastrium. Flatus forms immediately after eating and moves about audibly.

Violent pains in abdomen, burning, cutting with **much distention**. Fulness of abdomen.

Kent writes; "Violent abdominal pains, burning, great distention; there appears to be an increasing distention as if by a screw, gradually forcing down upon something, gradually increasing the tension. We find this state in the tympanitic condition of typhoid fever, we find it in cases of flatulence, we find it in summer diarrheas.

It will be associated with gastric symptoms and the white tongue, especially if such disturbance had been brought on by drinking sour wine, by taking a cold bath....."
Pinching pain and a sensation as if diarrhea will come. Pinching, as if rhythmically with the pulse in a small spot on the left side of the abdomen, quite low down. Sensation of emptiness in the bowels, better after eating. Inflammation and hardness of liver. Pain in the region of gall bladder.

Rectum

Diarrhea after deranging stomach from overeating; after acids, sour fruits, **vinegar**; after **cold bathing**; after drinking wine; after nursing; in old people; in summer, after being overheated; with nausea and vomiting; with colic; with **much belching**.

Watery stools mixed with lumps.

Stool first normal, then several small, but hard stools with violent straining in the rectum and anus until all is over. It seems to take very long to empty the bowels.

Very thin stool. Pappy frequent stool.

Stools entirely of mucus. Continuous mucous discharge from anus. Mucus comes out from discharge of flatus. Inflammation of the rectum. Catarrhal proctitis. Hemorrhage; discharge of black blood. Protrusion of rectum during stool. Troublesome hemorrhoids.

Urinary organs

There is a peculiarity in the genito-urinary system - urinary frequency, with scanty urine and with painful erections. Frequent urination with much mucus, intense burning in urethra and backache during emission. Cutting in the urethra while urinating. Involuntary urination on coughing. Profuse urination.

Genitalia - male

Great sexual excitement with fantasies of a romantic type. Uneasiness and restlessness of the whole body from sexual excitement, cannot sit still for a minute. Nightly emissions with or without voluptuous dreams. Lascivious dreams. Lascivious thoughts with erections at night while lying in bed that keep him very awake. Sexual organs small, **shrivelled**, **atrophied** with loss of sexual desire. Impotence.

Genitalia - female

Ailments from suppressed menses. Premenstrual tension, toothache with boring into temples. The ovaries of hysterical girls are easily affected by their emotional states, especially in the case of over-imaginative girls in love affairs.

Excessive sexual **desire from suppressed** menses. Menses **suppressed from a cold bathing** with tenderness in the ovarian region. Dark menses. During pregnancy gastro-intestinal and hemorrhoidal affections. Nausea, vomiting and diarrhea during pregnancy. Discharge of acrid watery leucorrhoea from the vagina, which causes smarting down the thighs. Watery leucorrhoea containing lumps.

In the womb, **pressure as if something will come out**; it seems as if the contents of the pelvis will be expelled or fall out. Manifestation of skin eruptions during pregnancy.

Chest

Dry, hacking spasmodic cough; cough is aggravated by looking into the open fire.

Coughing on entering a warm room from open air, with a burning sensation on chest. Coughing in **paroxysms** worse in the morning after rising. The first attack of cough is the most severe; the others then **diminish in severity**.

Kent writes "The first paroxysm occurs with great violence, racking his whole frame, and lasting a longer or shorter period, to be followed by one with less violence and another with less violence; perhaps after a dozen or less paroxysms of diminishing violence, he ends up with a dry, hacking cough which is not a paroxysm. When this first cough shakes the whole body, whether it is bronchitis or whooping cough, and the tongue is white, and there are more or less gastric disturbances, Antimonium crudum is the remedy. It will change the whole aspect of the case at once."

Dyspnea; short heavy breathing; difficult breathing after eating, after supper, associated with stomach problems. Heart palpitates violently; pulse irregular. Constriction of chest almost to suffocation; **suffocating asthma**. Convulsions associated with difficult, suffocative breathing. Severe itching upon the chest continuing the whole day. Violent **itching** on the **chest** wakes him at night, and he feels pimples in various places.

Back

Rheumatic pains in nape of neck and loins. Swelling of cervical glands. Spasmodic stitches in right scapulae, when sitting. Violent itching on back.

Extremities

Gouty or arthritic complaints. Arthritic nodosities on finger joints. Symptoms change with the changes of weather. Worse from cold bathing, from wet weather, cold weather and better with a hot bath. Drawing pains in arms, fingers, knees, heels and joints. Inflammation of the elbow ligaments. **Paralytic trembling** of hands with every motion and when writing. Paralytic pain in the muscles of the upper limbs, in bending the arms, as if they were overly contracted or weakened by this exertion. Spasmodic contraction of the arms and hands and of the muscles of the face. Muscular twitchings. **Numerous** horny **warts** on hands and fingers. Horny wart under nail. Nails grow slowly; out of shape; thick; **split**; are discolored.

Corns, indurations, **painful callosities on soles**. Large horny places on soles, close to toes. Great sensitiveness of soles while walking.

Sleep

Sleepiness during the day. Waking frequently at night as from fright. Horrible dreams about the mutilation of men. Anxious dreams as if he were to be hurt. Dreams of quarreling. Voluptuous, with seminal discharge. Children shriek and grind their teeth.

Skin

The skin is sensitive and has a tendency to become **hard, thick and sore** whenever it is under constant pressure like in the soles. A relatively light pressure will produce a callosity. **Horny excrescences**. There is a strong tendency in this remedy to develop hard, indurated and sore places in the skin. Urticaria with white bumps and red areola with violent itching. The skin is ulcerated. Dry gangrene. Pustular eruptions with an inflamed base that is red and sensitive. If he becomes overheated, boils with perspiration. Perspiration so profuse that it causes the finger tips to soften and wrinkle.

Eczema with stomach derangement. Pimples suddenly appear in an eruptive manner.

Copious, **exhaustive sweating** from slightest exertion; night sweats. Unhealthy hair.

Clinical

Arthritic conditions, gout. **Digestive problems** with emphasis in the stomach area; diarrhea. Catarrhal proctitis; prolapsus of rectum. Pustular skin eruptions; eczema; urticaria. Impotency. Chorea, spasmodic contractions. Aponia. Callosities; warts.

Relationship

Compare with *Pulsatilla*, *belladonna*, *Baryta carbonica*. *Ammonium muriaticum*, *Graphites*, *Variolinum*, *Chamomilla*, *Sulphur*.

Followed well by *Pulsatilla*, *Mercurius*, *Sulphur*.

Causations

Disappointed love, emotional stress, getting overheated, cold bathing, sour food, suppressed eruptions.

Dosage

From the lowest to the highest.

Cases

1. In the summer of 1964, I was called to visit Miss S.V. S, a girl aged 10, the daughter of an income tax officer in Bombay. When I arrived at the house, I found her lying in bed with a temperature of 104. The history narrated to me by the father was as follows:
About two months earlier the girl had an attack of fever. The fever continued for 6 or 7 days. It was suspected as enteric fever and she was put on chloromycetin. But the temperature continued and after a few more days she developed a few scattered rashes which seemed like measles but no one was sure. Then suddenly on the 10th day in the evening the temp. shot up to 107. The parents were upset, even the attending G.P. was worried. So a consultant was called in. He felt that possibly it was a case of measles with recession of the rash. He advised an ice pack and one tablet of aspirin every hour the whole night. He opined that if the temperature was not controlled her life was in danger.
The parents passed an anxious night but fortunately by morning the temp. subsided somewhat and in 2 or 3 days she seemed quite well. Everyone was relieved and happy. About 15 days later, for no apparent reason at all, one night the child developed temp. again and in 24 hours, by the next night, it shot up to 107. The G.P. was non-plussed and so the consultant was called in. The same opinion was given, same treatment prescribed and in 2 or 3 days the child was "well" again.
After about two weeks the same episode recurred all over again and the same procedure was followed!
By this time the parents had become tired and rather skeptical about the treatment given. So this time, when the child got temp. again they called me. On examination I found nothing except a coated tongue. I now asked the mother "Can you please think out and tell me, if you can, what brings on the fever every time?" "O yes," the mother replied at once. "This is an easy question. I know it. I have found out that every time she gets fever it is because she has eaten something sour. If only she will avoid eating sour things, I am sure she will never be ill. But she is so crazy after them, she eats them when my back is turned and suffers. I told the other doctors about this but they did not take any notice."
I now asked the mother how the child liked bathing. She replied "That is a funny thing too! Since the first attack of fever, the girl is avoiding a bath somehow or other. This was never the case formerly. She was always a clean child."
I further discovered that the child was thirstless in spite of the fever and this clinched the drug.
I now gave her **Ant-crudum 1M**, four doses to be taken every 4 hours till the temp. touched normal. With the second dose itself, the fever disappeared and never returned.

Now it is more than one year she is well.

Dr.P. Sankaran.

The Journal of the American Institute of Homeopathy Vol. 58 No. 7-8, p. 215, July -Aug. 1965.

Observation: The case is interesting because of the excessive reaction of the child to the sour food, though I believe that a deeper predisposition for an intermittent fever was lying there all along, triggered by some circumstances that we do not have information about. How can we explain otherwise the fact that the child was probably eating sour food before without causing the fever to appear...

In such a case it would be interesting to know of the changes that took place later, like whether the desire for sour food was diminished, or whether she would still eat sour food etc.

2. In the case of a certain child there had been noticed from his birth an occasional whistling sound during respiration, which usually occurred after waking from sleep, but also during the waking hours, and was always accompanied by loss of breath. At the sixth month, the symptoms were: General convulsions; spasmodic contraction of the arms, hands and feet, of the muscles of the face and eyes; then coma and trembling of the hands, followed by restlessness of the arms and head with staring of the eyes.

These attacks came on suddenly every hour and lasted several minutes. He had a large head and open fontanelles. *Ignatia 30* relieved these attacks at last. When the child was 15 months old, the whistling sound during breathing, already mentioned, came on more frequently and breathing was interrupted for a longer time. This showed itself after each waking from sleep and after every mental excitement. The child is backwards in every sense of the word. Fontanelles still open. The attacks are nearly constant and take the following form: Spasmodic contraction in closing the mouth firmly; stertorous breathing with danger of suffocation. After going to sleep it jerks all over and moans constantly, and has a croupy respiration. *Hepar, Calcarea, Sulphur, Ipec., Belladonna, Tartar emetic* were given without relief. Basing the prescription upon the whole history of the case *Ant-cr*, 2 was given twice a day with immediate improvement and a final cure.

Dr. Parsenow.

"Allg. Hom. Zeitg." iii, p. 124

Observation: This is an interesting case because it shows the kind of retardation that Ant-c. has coupled with convulsions and associated respiratory problems. A lot of information is missing especially concerning the deeper long term action of the drug in the retardation.

3. F., aged four years, passes large quantities of urine which is as clear and odorless as distilled water; much of it passes involuntarily; drinks often and much at a time; eyes are both inflamed -conjunctiva quite red, cornea dim- they are very dry and he keeps them closed; nostrils are very sore; mouth is very dry; emaciated to a skeleton; keeps the bed and sleeps much during the day; craves sour food; exceedingly irritable;-strikes and scolds; no sugar in urine. *Ph-ac.*, *Natr-m.*, *Lyc.* and *Sulph.* of no use. The mother says the boy cannot bear to be looked at. Ant-c. 6 cured.

Dr. Bernreuter.

Choudhuri's *Materia Medica*, page 45.

Observation: The case is interesting because of the quality of the urine which has not been recorded at all before.

4. A student, 17, had twenty three warts on right hand and thirty four on left, mainly on backs and fingers but a few on interior surface of fingers. In addition redness and inflammation of the eyelids. Cured in seven weeks with Ant-c. 200x.

5. Dr. M. Jousset has recovered a severe case of chorea which resisted all the usual remedies and was cured with Ant-c. prescribed on the digestive symptoms particularly the characteristic white tongue.

The last two cases are quoted in:

The Dictionary of Practical *Materia Medica*, J.H. Clarke, pp. 121-122.

Antipyrinum

Synonyms: Antipyrinum; Phenazone; 2,3-dimethyl-1-phenyl-3-pyrazoline-5-one

The essential features

Antipyrine is a remedy that is required in allergic conditions which manifest primarily in the skin or the upper respiratory tract. This remedy should be considered when a case resembles, but is not completely consistent with, *Belladonna*. It can also resemble *Ailanthus*, *Pulsatilla*, or *Chloralum*, but none of those options will seem satisfactory.

This remedy will be indicated in cases which present with a history of urticaria or **angioneurotic edema which appears suddenly and disappears suddenly** (like *Belladonna*), associated with intense itching and an **internal coldness**, as if there were **ice inside the body**. **The remedy seems to lower the temperature of the body**, depress the respiration and circulation, and produce at the same time **profuse sweat**. The kidneys may be involved, and there may be a general swelling of the body. The face will be **red and swollen**, edematous, puffy. The symptomatology in general will look like *Belladonna* or *Apis*, but because of the internal coldness, the differential diagnosis favors Antipyrine.

Another allergic condition for which Antipyrine may be indicated is **hay fever** characterized by **violent and continuous sneezing** - thirty to fifty times in a row - during which the eyes water and mucus runs from the nose. The breathing is also affected, eventuating in dyspnea which is worse on lying down, with **violent coughing**, expectoration of much mucus and **profuse sweat**. Itching and burning of the palate of the mouth occurs. Again, the face is red and swollen, especially the eyelids, creating the impression that the case is one of *Apis*, but there is not the expected aggravation from heat. To the contrary, there is a sensitivity to cold and profuse sweating whereas in *Apis* and *Belladonna* dry heat is prevalent. Also seen is **fever after rising in the morning**, soon dissipating thereafter.

Deep congestion of the frontal sinuses occurs, and **a headache may develop that makes him run up and down the room screaming**. When in such a state, the patient will fear that he may lose his mind if the condition persists. There is an element of hysteria in Antipyrine and a definite overexcitement with continuous crying. The congestion is such that the patient feels numb in his mind, stupid and idiotic; he cannot remember anything and actually thinks he is going to go crazy - **fear of impending insanity**. The characteristic here is not that he is afraid that he is insane, but that he **will become** so in the future. If the headache is extremely severe, he may have hallucinations of sight and hearing.

There is another keynote of this remedy that will be seen primarily in cases of gastroenteritis or in stomach problems or colitis. There is **a sensation as if the contents of the thorax and abdomen were being forced upwards**. There is a similar feeling of the right testicle being drawn up into the abdomen.

This remedy, as others which have been presented, meets a very unique set of conditions which cannot be treated with any other remedy. Nevertheless, most of us miss these little remedies when the cases first present to us, and we mistakenly subject our patients to a sequence of similar, but inexact prescriptions. In cases calling for Antipyrine, we usually employ several other remedies in succession, such as *Belladonna*, *Apis*, *Pulsatilla*, etc.

Consider, for instance, a patient who complains of fever in the morning after rising. He may need *Calcarea carbonica*, which has this symptom, but he also might need Antipyrine if the symptoms agree. *Calcarea* has the fear of insanity as well. However, the **internal icy coldness** that our patient complains of is not met with *Calcarea*, even though *Calcarea* feels the cold and is aggravated by it.

One cannot stress enough the importance of minute details and nuances of symptomatology. For example, there is a difference between the statements "I feel I am crazy," "I fear I will become crazy any minute," and "I fear that if this condition continues I will go crazy." Antipyrine has for the most part this last feeling, *Calcarea* the first. I realise that these are difficult and very subtle points of differentiation, but as one considers these fine distinctions and then re-examines the entire case, it will become apparent that the case displays the characteristic pathology of Antipyrine rather than *Calcarea*.

I acknowledge that the most difficult part of our science is the differential diagnosis of remedies, but all sciences have their innate difficulties which demand special dedication before they can be mastered. In our science the greatest possible dedication and enthusiasm is required.

Here are some rules for spotting small remedies:

1. Do not try to simplify or flatten the symptomatology of the patient in order to fit it to a remedy that you have pre-selected.
2. If you are not happy with any remedy, persevere in your interrogation for the little details that may surface and finally provide you with the clue.
3. Study all the small remedies **at least once a year** to refresh your memory.
4. Try to keep in your mind for every remedy one or two keynotes that impress you as rare and peculiar.
5. Once you have completed the taking of the case and your repertorization, and as you are studying the materia medica, trying to match the symptomatology to a remedy, remember that there is always a uniqueness for every remedy and that this uniqueness lies beyond the mere enumeration of a number of symptoms. Try to always match **this uniqueness** to the patient's symptomatology.

Generalities

Profuse perspiration with lowering of the temperature. **Internal coldness as if the body is full of ice.** Intermittent coldness. General prostration. Leucocytosis. Cyanosis; somnolence; blood and albumin in the urine. General weakness, enervation. Basedow's disease. Depresses circulation and respiration with vomiting and final paralysis. Cheyne-stokes' respiration. Rapid, full, irregular pulse. Clonic - epileptic convulsions; contractures; trembling and cramps.

Head

Sensation of constriction, of tension in the head. Headache with toothache or with earache. **Snapping sensation in head** driving the patient to run up and down the room screaming. Headache with dizziness.

Eye

Swollen eyelids to such an extent that eyes are almost closed. Conjunctiva red and edematous with profuse lacrymation. Lacrymation with coryza (running nose and constant sneezing). Complete loss of vision.

Nose

Tingling burning in nose, with violent constant sneezing and running of watery mucus. Nose eyes and face swollen. Coppery smell which comes and goes.

Face

Edema of the face, **puffiness** of the whole face, the eyelids and the nose are swollen and reddish like pomegranate. Dusky red face.

Mouth

All the teeth ache causing a general headache. Ulceration of lips and tongue.

Tongue swollen, bloody saliva. Tingling burning in gums, mouth and throat.

Lump in mouth about an inch thick; just below level of upper teeth. **Small lump in cheek.**

Throat

Abscess, white false membrane. Dryness, burning, swelling, left side of throat with aphonia. Left tonsil white and swollen. Tight, constricted feeling.

Stomach

Attacks of excitement accompanied by vomiting. Epigastric pain, causing to bend double and cry out. **Expanding sensation rising from stomach.**

Urinary organs

Incontinence of urine. Amount diminished.

Chest

Cheyne Stokes breathing. Hoarseness following aphonia. Sensation as though contents of thorax and abdomen were being forcibly drawn up towards throat, and right testicle to abdomen. Dyspnea, tightness of chest. Sensation of tumor over notch of sternum. Inability to lie down. Feeble and rapid pulse. Fainting spells.

Back

Feeling of numberless pins pricking him down each side of neck.

Extremities

Itching mostly on the inside of thighs. Erythematous patches on arms which eventually filled the whole body, leaving hardly any space between the patches.

Pain in limbs. Limbs swollen.

Fever

Excessive perspiration. Throbbing all over body, coldness of hands and feet.

Nervous shuddering without chill. Pulse goes up and down with the temperature.

Skin

Erythematous eruption appearing first in arms, going down and appearing last in legs. Rash, erythema, urticaria with troublesome itching, mainly between fingers.

Irregular rounded pimples lying close together, in some places confluent, forming patches, between which skin was normal, giving a marbled appearance. Eruption thickest on body and extremities, extensor more covered than flexor surfaces. Scarlet macular eruption.

Clinical

German measles; scarlatina. Acute multiform erythema. Urticaria; angioneurotic oedema; hay fever. Albumin in the urine. Epilepsy. Enuresis. Epistaxis. Headache during toothache or earache. Paralysis of heart. Cheyne Stokes respiration.

Relationships

Compare: *Anilinum* [skin], *Acetanilidum*, *Arsenicum*, *Chloral*, *Aconitum* [numbness, rapidity of attack].

Antidotes

It is antidoted by *belladonna*. The symptoms are much intensified in persons addicted to coffee in excess.

Dosage

From 30c to the highest.

Case

Miss T., aged 25, suffered for years from urticaria; no ordinary remedies gave relief. One day in desperation she took gr. v. antipyrin in an experimental way. It promptly cured. The cure was, in all probability, in accordance with the law of similars, inasmuch as urticaria has been known to follow after a dose of antipyrin. The Monthly Homeopathic Review, Vol. XXXIV, p. 313

Apis mellifica

Apium virus. Honey-bee poison.

N.O. Insecta

Tinctures are made of the whole bee or of dilutions of the poison with alcohol.

The essential features

Apis is a large remedy that has been but partially understood and little used, mainly because of a lack of appreciation of the inner nature of the remedy. Kent probably felt similarly when he said in his lecture on Apis: "We must be able to see in the general beginning of provings the disease which they resemble, for we do not always see the remedy in the advanced state. We see the disease in a state of progress and must be able to see it in the beginning. As was the disease in the beginning so was the remedy in the beginning. Things that have similar beginnings may have similar endings."

It is the subtle changes in the behavior of people in the beginning of illness that most of the time foretell and determine pathological changes in the end. To be able to code these subtle changes is the main objective of this materia medica. To understand the inner pathology and the idiosyncracies of this most interesting remedy we

have to look upon the effect that the **bee sting** has on the human organism and its side-effects: a **sudden edematous swelling** which is **hot, burning and stinging**, and which forces the person to **shriek** because of its suddenness and intensity. Few people stung by the bee will not give a shout of pain. Sometimes the effect can reach the proportions of a severe generalized allergic reaction in a very short time and can be so serious as to endanger the life of the person who is sensitive to its poison. There is an obvious aggravation from **heat and touch**. We know all too well how bees do not like to be touched or interfered with, and how they cannot stand the heat well.

The entire pathology of this remedy is built primarily around these external manifestations, as well as some other characteristics of the bee yet to be discussed. If we keep this picture in mind and try to understand its analogous action upon the rest of the human body, then we will be able to recognize the action of the remedy from its beginnings right through to its different advanced pathological states.

The edema of Apis, characterised by burning and stinging, will naturally be aggravated by **heat and touch**. You cannot approach the bee, and the Apis person definitely does not like to be touched. The Apis patient **does not want to be touched** in painful areas, whether physical or psychological. Additionally, the **heat** of a room, or the radiant heat of a **fire**, or a **warm bath** with its hot vapors not only can aggravate pre-existing pathology, but can also provoke it. The **aggravation from touch** is quite a strong feature of this remedy. For instance, in cases involving an inflammation in the abdominal area, touching the abdomen is likely to provoke stiffening and tightening of the abdominal muscles.

Whether acting upon the skin or the mucous or serous membranes, Apis' tendency is to create **edema**, effusions, retention of water within the tissues. Water appears to be entrapped in certain parts and cannot be eliminated via natural avenues. This pronounced tendency may lead to general anasarca. "The face is greatly swollen at times, the **eyelids look like water bags**, the **uvula hangs down like a water bag** (emphasis mine), the abdominal walls are of great thickness and pit upon pressure, and the mucous membranes in any part look as if they would discharge water if they were punctured," writes Kent.

This being said, it is understandable that this remedy should have **no desire to drink water**. It is one of the most **thirstless** remedies of the materia medica because there is retention of water in the tissues; any more water would simply aggravate the situation. However, in cases involving dehydration resulting from the pathology, such as cholera infantum, typhus, diarrhea, ulcerative colitis, even abscesses, etc., we may see the opposite - **insatiable thirst**. When there is retention of water in the organism, there is a notable thirstlessness, but where we find loss of fluids due to the pathology, we may see excessive thirst.

The **edema** or the **effusions** of this remedy are not minor, accidental events, but the **main pathognomonic manifestation** of its pathology. As mentioned, this remedy has a great preference for collecting and retaining water in certain areas. Acting upon cellular tissues like the eyes, face, throat, uvula, ovaries, etc., it causes edema. Acting upon the membranes covering the heart, the brain, or the lungs, it causes effusion. Kent writes: "The outer part of man is his skin and mucous membranes. When we are dealing with man from centre to circumference, we think of the innermost as the brain and heart and internal organs that are vital, while their coatings and coverings are external. Apis affects the things that are external, it affects the **envelopes**, the **coverings** (emphasis mine). You notice how frequently it affects the skin and the tissues near the skin, and it also affects the envelopes, the coverings of organs; for example the pericardium. It establishes serous inflammations with effusion.....thus we see that the coverings are especially affected by Apis, viz., the skin, the mucous membranes and the coverings of organs."

Such observations are all too important when studying a remedy, but again we should not adhere to such ideas in a superficial way. For example, in a singular action upon the kidneys, Apis forbids the passage of water, causing a generalised anasarca. Can we say that this is something external?

The edemata or swellings usually manifest themselves with great rapidity and intensity. In such cases we see a very rapid effect upon the lower extremities. As an example, you may have a case of severe enterocolitis which is not doing well. On visiting the patient the morning after your first visit you are told that he has passed very little urine. You note the patient's swollen lower legs, which can be twice their usual size, and then you watch in amazement as the swelling moves upward toward the thighs by the hour. This will most probably be a case of Apis.

An analogy may be drawn between the retention of water in these patients and the way strong emotions are retained, creating an "excitable" state. Apis individuals possess intense emotions which are not easily expressed. They are people of passion and intensity, especially in the sexual sphere, but they feel awkward if they express these feelings. For this reason, they keep their emotions hidden, and the pressure of these pent-up emotions can create an extreme sexual fervor which cannot find deep release, thereby resulting in nymphomania in some cases.

It is interesting to note the inclination of the bee to find "nectar" and to impulsively "attach" itself to that sweetness, while at the same time reacting aggressively in case of interference with its activities. It attacks with a blind passion both the nectar and the intruder who tries to approach or touch it. Here there is a very interesting similarity with the personality of Apis - they cannot detach themselves from the "honey" once they have found it.

This is not a question of immorality, but rather of passion. A woman will start an extramarital affair with the idea of stopping it as soon as possible, but she becomes caught and cannot give it up. It is too appealing to her sexually even though she continues to respect her husband and does not want to break up her marriage. She actually can enjoy both her husband and her lover. This story may seem quite common, especially in Mediterranean countries, but it is the result of pathology in Apis

individuals.

These people become so involved in sexual play and enjoy it to such an extent that they will become **lewd**. One must understand that they reach such states because of an inability to express their emotions and erotic needs in a natural and comfortable manner.

Another striking similarity with the honey bee is that the bee is constantly busy, constantly working; it labors in pursuit of the "nectar" as if it were a great pleasure to do so. It is significant perhaps that we prescribe this remedy mainly for two mental conditions: one is a form of "**busy insanity**," in which the patient is constantly busy doing things, and the other is an **erotic insanity!** Such analogies may not seem "scientific," but they help to understand and to remember the essential features of the remedy.

Erotic insanity and **sexual mania**, especially in women, both form part of the mental pathology of this remedy. Manic-depressive states consisting of eroticism during the manic state and complete apathy during the depressive state could need this remedy. **Ailments from sexual excesses** is an Apis characteristic. The husband of an Apis patient might be heard to say, "The woman is terrible in bed." By this he means that she is very active and lewd, that there is an almost violent frenzy in her sexual behavior; she needs constant stimulation and never seems to be satisfied. It is a state similar to *Cantharis*; indeed, Apis will actually antidote the effect of *Cantharis* upon the genitourinary organs. These two remedies antidote each other if the seat of trouble is the genitourinary area.

The above description should not give the student the mistaken impression that all Apis women are "nymphomaniacs," but only that they usually have an increased sexual appetite which can sometimes reach such extremes.

In this remedy we may see nymphomania or sexual mania in women coexisting with, alternating with, or stimulated by cystitis. Another interesting characteristic of Apis in women is the easy development of **cysts in the ovaries**, or enlargement of the ovary, especially on the right side. The cyst can be enormous and can develop in a considerably short time. When you have a case of an ovarian cyst in a sexually frustrated woman which has developed in a short time, is enormous in size, and is soft, as if full of serum, then most probably you have a case of Apis.

You should remember here that the development of the cysts is proportionate to the frustration of the woman's sexual demands. I have seen enormous cysts of this kind disappear in a very short time under a high potency of Apis in women who had been subject to "relationship" stress involving sexual frustration for a long time.

In Apis we see also a strong tendency to **jealousy**, which is to be expected in such sexually driven women. **Ailments originating from jealousy** may be seen.

It is interesting to observe that a person suffering emotionally because of some frustration connected with love may often have a weakened heart; such a person could develop a heart complication, pericarditis for instance, as a result of a common cold which has progressed to bronchitis. It seems that once the organism's resistance is lowered, the organ that has been chronically compromised is more liable to break down. Although this theory may seem a gross simplification of the complicated and highly sophisticated biological processes which take place in the human organism, you will nevertheless often perceive such a connection in your cases if you look deeply into the real, dynamic causation of each case. Such perception requires that we evaluate each case on a level far deeper than that of gross pathology.

Just as the heart may be impaired by romantic frustration in Apis, the reproductive organs and the kidneys may suffer as a result of sexual frustration.

The fact that Apis is a jealous remedy could lead to confusion with *Lachesis*, especially in light of other general characteristics common to both remedies - an aggravation from heat and touch, and an amelioration from cold. Yet the jealousy of Apis is different from that of *Lachesis*. The jealousy of *Lachesis* is much more insane and unfounded than that of Apis. *Lachesis* is **tormented** due to its suspicion; Apis does not suffer so. The Apis jealousy usually arises for the following reasons: these are sexually passionate people whose intense sexual behavior can approximate, if not parallel, that of the sexually maniacal, yet they are clumsy in expressing their feelings and emotions. This combination of clumsiness and sexual ardor leaves them feeling constantly insecure about their partner. Apis women, for instance, are constantly apprehensive that they may lose their husband to another woman, that he will have sexual experiences with other women of an intensity similar to that which they share within the marriage. They have great difficulty in discussing such concerns however.

They will observe certain signs in their partner, flirtatious behavior for instance, and they will not say anything; however, the poison of jealousy will begin to consume them. Eventually, after many such "signs," their suspicious nature, which had previously remained dormant, will explode in a fit of jealousy. In their rage they will say things which hurt the other person deeply, and regret it later. They sense their own awkwardness, their lack of smoothness and admire how others can express themselves so easily, smoothly and calmly, even in matters like jealousy. After several such explosions, their sexual desire becomes suppressed, and the pathological process which eventuates in an ovarian tumor or cyst begins. It is as if the sexual energy, unable to gain expression, acts destructively.

At this stage they try to laugh and to look happy, even though they feel unhappy and miserable. In our texts it says, "Simulates hilarity while he feels wretched." This is a great keynote for this remedy. They do not want to show their misery, and, even more, they try to give the opposite impression - they pretend to be happy. In our texts we read, "exaggerated joy." It is a peculiar state bordering on hysteria or mental imbalance. Also, "laughing at misfortunes," another characteristic mentioned in the literature, has to be understood as an unbalanced expression of the emotions. They probably feel so awkward at being touched by misfortune that

they burst out laughing instead of crying. There is definitely an hysterical element in Apis which makes these patients laugh over serious matters, sometimes with a silly or stupid expression on their face. They do understand that this behavior makes them look ridiculous, but they cannot help themselves. It is not that they do not complain; indeed, they will often express dissatisfaction and find fault with everything and everybody. But at other times they will try to conceal their misery by maintaining a joyful façade, especially if they are amorously interested in somebody.

One has to see the **clumsiness and awkwardness** of Apis to believe it. Regardless of how careful they may try to be, they will knock over two or three glasses when reaching across the table for the salt. While walking on a perfectly level street, they will somehow manage to suddenly trip and fall to the ground. If you ask them what happened, why they fell so suddenly and easily, they will not answer; they themselves do not know. **They feel awkward; they are awkward.** They will knock over both the bedside table and chair before reaching their bed at night, even though that same table and chair have been in that location for a very long time. They seem to walk in a manner suggesting that they are rushing to get something quickly, without consideration of the surrounding topography. This clumsiness is the exact opposite of the famous ability of the bee to orientate itself and locate objects spatially. Many Apis patients seem to have lost this faculty, especially when they are in a hurry. They give the impression of being internally busy or preoccupied; it is as if they are absentminded and an awareness of the location of external objects does not register in their minds. Kent goes so far as to say that this disturbance in coordination is the result of a faulty nervous system.

When they try to express their own emotions, they exhibit a similar clumsiness. They are "bumpy" with their expressions, finding it difficult to discuss their emotions in a smooth way. A natural and easy manner of self-expression is denied them, even though they harbor strong emotions. They prefer to contain their emotions, and if they do express them, they do so "jerkily."

Apis individuals are closed, not because it is their nature to be so, but because they do not know how to express themselves. It is this state that makes them often feel irritable, discouraged and weepy. They feel like crying all the time. Kent writes, "The symptoms themselves are great sadness, constant tearfulness without any cause, weeping night and day; cannot sleep from tantalizing thoughts and worrying about everything...: extreme irritability, borrowing troubles about everything. Absolutely joyless. No ability to apply things that would make her happy or joyful." They try to hide their misery, but at night they will stay awake with depressing thoughts. Eventually, they arrive at a point where they are ready to cry with the least provocation. They may also react aggressively and quarrel for even insignificant reasons.

The state described above can arise after suffering a love disappointment, a grief, or as a result of some other cause for unhappiness. A woman hearing, for instance, that she cannot have a child because her ovaries are full of cysts might go straight into such a state.

These persons try to be kind, to behave in an obliging, even cordial manner. It is only when they are irritated that they will **rage**, their tongue becoming like the **sting of the bee**. Then they will suddenly explode and say things that can really **hurt** another person. They may lose control and want to break things, to strike objects around them or themselves - "knocking his head on the walls or against things."

Apis, however, is the only remedy in the materia medica that **suffers so much after the rage has passed**. After such an explosive release of uncontrolled emotion, they feel ill for quite sometime. Women erupt in red patches around their face or external throat and may suffer headaches, etc.; men might develop a fear of having a heart attack or a brain stroke. The rage seems to induce a surge of blood to the head, hence the subconscious fear.

Another fear of Apis that I have seen once, but very strongly, is a **fear of birds**; in her case it was so severe that she said, "I would prefer to have a snake near me than a bird."

This remedy, like *Natrum muriaticum*, has ailments from grief, also ailments from the over-excitement of emotions, such as rage or fury, fright, jealousy; bad news and mental stress are other causations. It is a remedy that is very much affected by the state of the emotions. For example, a characteristic symptom of Apis is: "After severe mental shock paralysed on the whole right side." There is also a possibility that one side of the body will display twitching or intense motor activity while the other side remains motionless, as if paralyzed.

Apis is considered complementary to *Natrum muriaticum*, and the two remedies will complement each other in either sequence. While *Natrum muriaticum* may remove many of the results of grief in a patient, certain bodily symptoms may develop which point to Apis and which will be deeply and lastingly cured by this remedy. The two remedies also share similarities, among them: awkwardness, hysteria, a closed personality, and an impassioned self-abandonment in sexual relations; however, *Natrum muriaticum* is always more romantic and refined, whereas Apis is more coarse and more earthy sexually. Apis is very passionate and deals with others roughly, especially on the emotional and sexual levels. *Natrum muriaticum*, on the other hand, is a much more refined and sensitive individual, one who cares very much about hurting others and strives not to do so. Both are not overtly sexual in the beginning of a relationship, but once they have established a rapport with their partner, they can behave quite lewdly. Apis women, in particular, do not have the ability to make contact easily with members of the opposite sex and can, therefore, suppress themselves for a long time, but once they have established a relationship, they let themselves go.

From the description of Apis provided so far, the reader will have understood that Apis is an **explosive** remedy in many respects. We see the same explosiveness, the same suddenness, the same rapidity in the development of the diseases for which it is indicated. There may be a sudden, explosive effusion on the meninges, for instance, and the sudden pressure can make the child **shriek** with pain. Apis is well known for that symptom, which used to be referred to as a **brain cry**, a symptom which has been known to appear mostly in inflammation of the meninges or in conditions characterized by increased cerebrospinal fluid pressure on the brain. The pain in Apis comes suddenly and so piercingly that it forces the person to **shriek**. The shriek or the cry seems to come from the deepest recesses of the organism, causing a chill in the listener. Shrieking in children during sleep, during dentition or after vaccination for polio are symptoms of Apis. Apis is indicated in cases of hydrocephalus manifesting this same kind of shrieking.

In heart conditions such as pericarditis we see the same intensity and the same suddenness, the same intense effusion.

"In those intensely violent and rapid cases of diphtheria in which the whole throat fills right up with edematous swelling, the uvula hanging down like a transparent sac filled with water, and the patient is in imminent danger of death by suffocation from actual closure of throat and larynx, there is no remedy like Apis," writes Nash. But Kent gives another hint - "Apis cures diphtheria, especially when there is a high grade of inflammation and the **membrane is scanty** or comes slowly or insidiously ... the parts are edematous and the soft palate is puffed like a water bag, and the uvula hangs down with a semi-transparent appearance like a bag of water. All around the throat and mouth there is an edematous condition looking as if it would flow water if pricked." Such vivid descriptions should remain fixed in the memory of the student because it is the impression of a condition that will give the clue to the correct remedy.

We will also observe intense **excitement** reaching states of **delirium** in a very short time in cases of congestion or inflammation in the brain; e.g. , meningitis or meningoencephalitis; excitement in hydrocephalus. The delirium becomes most prominent at night during sleep and is at its worst after midnight; **loquacious delirium**; "sexual delirium." There is all this activity at night, but the next morning she is depressed, apathetic, and totally uncommunicative. The midnight aggravation is a characteristic of the remedy.

In similar conditions we observe hallucinations: that he has died or is dying, that someone is in bed with him, that people are beside him, that she is pregnant, that the tongue is made of wood.

And then we see, especially during low types of fevers, a tiredness, **weakness**, and total **apathy** that can reach complete **unconsciousness**. They are not aware of anything going on around them. They seem not to perceive what is being said to them. When pricked with a pin, no sign of feeling is given; when water is put into his mouth, no attempt at swallowing is made. There is no evidence of seeing, hearing or feeling.

There is an interesting keynote in the mental sphere which we see in certain cases: a sense that life is ebbing away with a **resignation to dying**. They feel they will be dying soon, with the next breath or in a few minutes, and they appear not to resist, as if they do not have the energy to resist. This sensation most probably results from difficult respiration; they seem to have to draw breath to garner enough strength to even pronounce a word. It is not a fear of dying, but rather a presentiment, a foretaste of death - a feeling they are now "going," and they are resigned to this fact. It will sometimes look as if they desire to die, as if their defences have suddenly been completely relinquished.

In chronic mental conditions we see **delirium during the menses** or delirium with menstrual difficulties. In such cases it is likely that the female hormones are unbalanced due to frustration, again, of the sexual demands.

Allergic conditions that come suddenly, unexpectedly, and with violence and which cover the entire body are seen in Apis. Even **anaphylactic shock** is possible. In this respect the French dentist, Jean Meuris, writes: "The treatment of anaphylactic shock: the worst kind of shock is the kind that occurs suddenly. The patient suffocates (edema of the glottis), while red spots appear on the throat and face which burn and sting and are worse by warmth. That is the picture of Apis, a remedy which we have always been able to rely on. Placing a few globules of Apis 15 (or 200 Korsakov) on the patient's tongue brings the shock to an immediate halt, and the symptoms usually disappear in the time that it takes for the globules to dissolve."

Apis will also meet cases of allergic conjunctivitis in which the eyes become red and inflamed within a few hours, and the eyelids, as well as the tissues around the eyes, become so edematous that they almost cover the whole eye. The swelling can be such as to obstruct vision.

Apis will be indicated in cases in which the kidneys suddenly fail and from one day to the next an enormous edema develops in the lower limbs. One can almost see the increase in the swelling from one hour to the next. This picture may be seen in severe complications of serious acute diseases or in chronic conditions, such as ulcerative colitis in the advanced stages.

Generalities

What is outstanding in the general features of this remedy is the **aggravation from heat of any kind**, for instance in a **warm room**, more so if there is **warm air**

blowing at him or heat from an **open fire** and even worse in a **hot bath**, or in a **sauna**. Typical Apis patients will never enter a sauna, not even a moderately warm bath, as it will make them **suffocate** and feel dizzy - they may develop headaches, congestion in head, red rash of the skin etc. "In brain troubles", writes Kent, " if you put an Apis patient with congestion of the brain in a warm bath he will go into convulsions ... If a baby needs Apis in congestion of the brain the fits become worse by bathing in hot water."

The patient wants the windows open to cool the room even if he has chills. It is one of the characteristics of this remedy that they feel that they cannot breathe, that they will **suffocate** in a warm room. He will uncover himself even when suffering from chills as heat makes him feel uncomfortable. Cold bathing ameliorates allergic conditions of the skin. *Here we may point to the sophisticated system of ventilation operated by bees to survive in the heat of the summer.*

Another general symptom is the **aggravation from touch**. Apis is extremely sensitive to touch, similarly to *Lachesis*, and indeed *Lachesis* will often be given first in such cases. This aggravation is apparent not only in the skin conditions where we may have allergic exanthemata, nodular swellings, erysipelas etc, but also in cases of inflammation of the intestines, enteritis, cholera infantum, ulcerative colitis or common diarrhea where the patient cannot stand any touching on the abdomen. In ovarian cysts where there is inflammation or in uterine problems we see the same sensitivity. Even the hair is sensitive to touch.

The complaints of Apis appear with **violence and rapidity** and can become quite serious in a short time.

The **right side** is primarily affected; ailments start on the right side spreading from there to the left. But one should never be discouraged from prescribing Apis for a cyst on the left side, once the other characteristics of the remedy are there. In the beginning of my practice, I missed several such cases because I thought I should adhere with absolute faith to the books. Later on I prescribed Apis with success for cysts or enlarged ovary on the left side.

Lying down aggravates many of the complaints of Apis while there is an amelioration from sitting. General prostration, lassitude with trembling.

Apis can be an important remedy for the bad effects and consequences of **acute eruptions and exanthema that have been suppressed** or never properly developed. Thereby many different ailments and diseases may occur; restlessness, delirium, convulsions, meningitis, hydrocephalus, inflammation of the throat, dyspnoea, asthmatic respiration, diarrhea, nephritis, edema with scant urine, cysts of all kinds etc.

Special attention should be paid to the ability of Apis to develop **all kinds of cysts**, which are usually enormous in size and develop with extreme rapidity. Apis should also be thought of in cystic tumors.

Head/vertigo

In the head, as may be expected, we have a lot of **congestions, fullness**, confusion felt as **vertigo. Headache with vertigo**. Head confused and dizzy with constant pressive pain above and around the eyes. Confused vertigo, very violent at times, worse when sitting, extreme when lying with eyes closed. The whole brain feels tired, as if asleep and crawling.

Congestion of head much worse in a warm room and better in open air. Most of the head ailments are worse from warm room, warm bathing etc. and better in open air and from cold applications. Congestion of head **before menses**, the congestion grows in inverse proportion to the flow of menses. Head feels as if too full, as if there is too much blood in it. Great rush of blood to the head. Head **feels too large**, swollen, causing her to look into the glass involuntarily.

Head feels big and confused, bewildered. The headaches are mostly of a pressive character, as if pressure is exercised from within. Sometimes this becomes much stronger and then we have bursting headaches. Many kinds of headaches, the dull, pressive pain and the throbbing in the head for instance, are ameliorated by pressure with the hands. A known time aggravation for the headaches is 10 a.m. lasting until the evening or around 6 P.M.

Headache worse reading, increased in a warm room. Forgetful during headache.

Bores head into pillows, rolling the head from side to side or the head is drawn back rigidly in serious forms of brain affections. During diarrhea, while the weakness increases the **headache** diminishes.

Eyes

Conjunctivitis, **trachoma** and in general most of the **severe inflammations** of the eye and its deeper tissues will be covered by this remedy. **Enormous swellings around the eyes** in allergic conditions or conjunctivitis or kidney problems will call this remedy to mind initially. The eyelids could be red and edematous and enormously swollen. The swellings are always impressive and sometimes can entirely close the eyes. **Burning** and stinging pains. Sensitive to bright light.

Kent gives a vivid description. - "Inflammations that are erysipelatous in character, that leave thickening of the mucous membrane and lids and white spots over the

eyes, opacities. Inflammation with opacities very extensive or in patches. When the inflammatory condition is active it is attended with edema of the lids, such as you would expect to see after a bee sting. The swelling of the mucous membranes of the lids is so enormous that they roll out, looking like pieces of raw beef. The fluid will run out on cheeks in great abundance."

On close examination of the eyes and immediate surrounding, you will seldom fail to recognise a case of Apis, whatever the pathology from which they are suffering may be. Most of the time there will be the characteristic swelling around the eyes and more prominently the affection of the right eye.

The inflammations will be **relieved by cold applications**, and aggravated by radiating **heat** and bright light. Inflammations with severe shooting pains.

Keratitis with pains shooting through eyes, with swollen lids and conjunctiva. Keratitis with hot burning lachrymation gushing out on opening the eyes. Severe inflammations with dreadful shooting pains.

There is **excessive lachrymation** which is caused sometimes by burning of the margins of the lids. The margins are sensitive and painful.

The eyes are weak and easily fatigued especially if exerted in fine work, like sewing.

Erysipelas that affects the face and extends to and involves the eye will most of the time require Apis. The erysipelas starts on the right side and extends to the left but the opposite can be true.

Severe conjunctivitis with photophobia but cannot bear any coverings on account of soreness. Ulcers on cornea. Ulceration on margins of lids. Enlarged blood vessels.

Detachment of retina. The whole conjunctiva of sclerotica, as well as cornea, thickened, full of blood vessels; cannot perceive slightest light; could not point where the windows were.

Ears

Hardness of hearing. **Itching** of ears and palate. Redness and **swelling** of both ears. Inflammation of the middle ear after scarlatina. Pain in left ear while chewing, eating. In hydrocephalus the child raises his hands to back of ears.

Nose

Coldness of the tip of nose when the throat begins to be sore is a pretty good indication for Apis. Apis people seem to have a particular sensitivity in the tip of nose.

They do not like to be touched there.

Nose red, swollen, and edematous in erysipelas. Tip of nose cold. Chronic coryza.

Coryza, dry in the morning, fluent in the evening. Coryza is worse in the warm air, warm room; sudden appearance of coryza in the afternoon, around 4 p.m. Polypus.

Face

The general appearance of the Apis face is one that gives you the impression that it is swollen and **edematous especially around the eyes**. Either the whole face may be swollen (in scarlatina for instance) or the cheeks (in eruptions or lupus) or around the eyes or **under the eyes** (in kidney affections). The expression could be alarming, looking as if he is going to die.

The colour of the skin starts from being very pale and takes all the shades of red up to bluish-red depending on the disease. In kidney or respiratory or more internal problems, like in scarlet fever if the eruption is suppressed, the face can be very pale, but with fevers or allergies or skin eruptions it can be coloured various shades of red. In general however, it is livid and shiny.

When the face is red and hot, he wants to bathe it in cold water. In inflammation and swelling of the face cold applications are soothing.

Erysipelas starting on the right side of the face extending over the nose to the left. Erysipelas appearing periodically.

Lips dry with a black stripe in the red portion. Violent pains in the lips extending to the gums and head and finally over the whole body. Roughness and tension (stiffness) in lips, especially the upper. Cracked lips. Everted lips.

Lupus erythematosus with a diffused dark reddish eruption with scales. Red stripes down from the nose across the cheeks. Itching and stinging of the face.

Mouth

Swelling of the tongue and **lips**. Swelling of one side of the tongue. The swelling is so much that it can fill the whole mouth (in glossitis). The whole margin of the tongue feels as if scalded, as if raw with little papular elevations appearing along the edge. Gums sacculated, look watery, child wakens frequently with violent screams (during dentition.)

Tongue deep red and covered with vesicles which burn and sting (scarlatina).

Dryness, fiery redness, burning shooting and swelling of tongue. Tongue red at tip.

Tongue feels as if wooden. Tongue dry, shining, yellow, swollen. Tongue cracked, sore, ulcerated.

Ulcers on the palate. **Itching** on the **palate** and all over the mouth and ears that eventually goes down to larynx and bronchii causing difficult respiration.

Tongue is protruded with difficulty, trembles and catches in the teeth in severe conditions like typhus. Tongue protrudes involuntarily (meningitis in infants).

Grinding or gritting teeth (in meningitis or hydrocephalus.) Fetor of breath.

Throat

Apis has all kinds of severe throat problems, from simple inflammations to ulcerations to diphtheria. The general picture is composed of swellings, edemas which are glossy and shiny as if varnished, and burning, stinging pains. It has attained a very good reputation in diphtheria, especially among the old homeopaths who used to see a lot of such cases.

Kent writes: - "Apis cures diphtheria, especially when* there is a high grade of inflammation and the membrane is scanty or comes slowly or insidiously, and it is somewhat of a surprise the gradual progress it makes; the parts are edematous and the soft palate is puffed like a water bag, and the uvula hangs down with a semi-transparent appearance like a bag of water. All around the throat and mouth there is an edematous condition looking as if it will flow water if pricked."

Sometimes during a severe cold with sore throat, a pharyngitis, the uvula will be so inflamed and elongated that on empty swallowing it will be caught by the contraction of the esophagus and pulled down. In such cases the uvula is very long, hanging from a thin stem and at the end there is a kind of an edematous swelling while the whole pharynx is inflamed and painfully burning.

In such severe inflammations there is an aggravation from warmth, especially warm air blowing from a radiator and at the same time there is some relief from drinking something cold. The relief is not tremendous - because the inflammation is usually severe - but it is definitely there.

Aversion to warm drinks. Mouth, throat and pharynx bright red, glossy as if varnished. Tenacious mucus in throat, very troublesome. Constricting feeling in throat with the sensation, as if a foreign body was lodged in it, worse from tight clothes. Splinter-like pain on swallowing or stinging pain. Tonsils are so swollen they impede swallowing. Deep ulcers. Dryness without thirst; burning in the throat extending to stomach. Vascular goitre, cysts of the thyroid gland especially in combination with ovarian diseases.

Stomach

Thirstless when there is retention of water in the body, thirsty when there is loss of fluids. Thirstless in ascites, in kidney insufficiency, in cerebrospinal meningitis, in hydrothorax etc. Violent thirst, would like to drink all the time (during typhus, or in severe diarrhea).

When thirsty would like some **vinegar** in the water otherwise the water seems tasteless. Gastritis or duodenal ulcer with burning heat in the stomach rising up to esophagus. Pain in epigastrium, cannot bear to be touched, even the bed sheet is intolerable. Desire for salads, especially celery and sometimes a strong desire for fat of meat. Desires to drink milk which ameliorates the pains and the burning.

Appetite and sleep totally lost in manic depressive states, especially during the state of mania (for four weeks). Eructations taste like food, increased after drinking water. Desire to vomit. Vomiting of everything he has eaten and mucus. Vomiting of bile after the stomach has been emptied. Vomiting and retching with great anxiety. Distress felt in stomach region. Extreme pain and tenderness in region of stomach with vomiting. Nausea followed by yellow and bitter vomiting.

Abdomen

The abdominal walls are very **tender** and sore, they feel almost **bruised** not only in all kinds of inflammations of the intestines, or the peritoneum but also in ascites, very tensed or tight and **sensitive** to even **light pressure** or **touch**.

Soreness of the bowels when **sneezing** or pressing upon them. **Burning** and **stinging** pains are characteristic of this remedy. The abdomen feels full, bloated and is evidently enlarged. Ascites; peritonitis. Abdomen full, swollen and tender, with swollen feet and scanty secretion of urine is a typical picture for this remedy.

Violent burning pain under the short ribs, worse on left side. Violent pains in the abdomen aggravated in a horizontal position and relieved when sitting up. Violent pains across the lower abdomen with bitter vomiting and diarrhea.

In severe acute diarrhea an **uneasy feeling** like restlessness or distress is felt deep in the abdomen; it gives them great anxiety, they cannot tell whether this restlessness is purely psychological or whether the intestines are really moving. I have seen a similar symptom in *Calcareo carbonica*. Internal trembling with anxiety. Restlessness of intestines; pain in abdomen with a feverish trembling feeling.

Rectum

This remedy has **diarrheas with vomiting** making it a good remedy for cholera infantum or for severe cases of gastroenteritis. Sensation of an electric shock in the rectum followed by urging to stool. Sensation of **rawness** in the anus with diarrhea. The stool is acrid excoriating the anus. Watery diarrhea. Stool yellowish, greenish, watery. Diarrhea before menses. During climacteric women have chronic diarrhea with passage of blood and mucus. Painless diarrhea which ameliorates chest complaints. Every day six to eight diarrhetic stool which smell like carrion (a decomposing animal). Diarrhetic stool in children that is mixed with mucus and blood making it look like "tomato sauce". Anus protrudes and **seems to remain open**, "stools occur with every motion of the body as if the anus were constantly open" (in ascites). Colourless water oozes from rectum. Loose stool **in the morning**. Many affections like inflammation of ovaries, meningitis, prostatic affections etc are often accompanied not by diarrhea but by: difficult stool; constipation; hard stool, retention of stool, prolonged periods of constipation alternating with diarrheas.

Chronic constipation. Constipation or hard, regular stools, during menses.

Urinary organs

Apis has a profound effect upon the genito-urinary organs. Its main action is the **retention or suppression of urine**. The urine is scanty, coming in drops. Much straining but only a few drops are passed. Must press a long time before urine starts (prostatitis); dribbling a little hot urine. Urine scanty in heart diseases. The whole **urinary tract is irritated**; burning, smarting, soreness, constriction of urethra; agony in voiding urine; uneasy feeling in cords. Urine suppressed. Kent writes: -"Infants go a long time without passing urine, screeching and carrying the hand to the head, crying out in sleep, kicking off the covers. Very often a dose of Apis will be found useful". Frequent urination in cases of cystitis. Constant urge to pass water but only a little urine is voided every time (in inflammation of the ovaries.) The urination is sometimes profuse (prolapse of uterus). Excessive proteinuria, "half of the bulk of the urine is albumin." With proteinuria the urine is scanty and fetid.

Proteinuria during pregnancy. Frequent but scanty emission of **milky urine** (hydrocephalus, meningitis). Urine dark, like coffee; urine of a greenish hue (pleurisy). Urine contains uriferous tubes and epithelium (in **acute or chronic nephritis**). Nephritis that develops as a sequel of acute disease. Involuntary urination in old people. Stinging stitching pains in kidneys extending to ureters.

Tenderness and soreness in region of kidneys worse on pressure or when stooping.

Genitalia - male

The sexual desire is increased with frequent and long-lasting erections. Sexual passion increased to the level of mania. There is violent **sexual excitement** without any cause, when studying, when driving, when sitting alone in the room.

Swelling of testicles, fullness felt mostly on right testicle. Dropsy of scrotum and prepuce. Hydrocele. Erysipelatous inflammation and swelling of scrotum, of penis.

Affections of prostate gland, hypertrophy of prostate with agonising pains during urination. Walks up and down the room with the pains. Condylomata of penis, burning.

Genitalia - female

The female organs seem to be affected by an **excess hormonal** functioning, so the desire for sexual intercourse is tremendously increased. The ovaries become **engorged**, hardened, particularly the right one. **Great heaviness** in the ovarian area, cases of cysts or tumors in that region or a feeling of drawing downwards in the area of the ovary with burning pain that extends down the thigh. Worse stooping. Cystic tumors that appear first on the right ovary and then on the left. Patients dislike touching this area, and will avoid doing so. Pains in ovaries from continence or after coitus. Tightness in ovarian region, worse on raising the arms. The uterus swells up. There is **hypertrophy of uterus**, a sensation of fullness, weight with downward pressing and **stinging** pains in uterus. **Cysts**, tumors, **indurations**, **enlargement** of ovaries more on the right side. Prolapse of uterus with tenderness in the area. Menses suppressed at puberty. Menses too scanty, lasting but one or two days. During menses great sleepiness with dullness of mind and cold feet. Leucorrhoea profuse; acrid; green. Habitual **abortion during the early months 2 - 4th**. Apis should be prescribed with caution for pregnant woman with acute complaints such as fever or the common cold, and the low potencies should not be repeated too often or for several days. However, Apis can, and should, be given during the abortion process if the symptoms agree. Sharp stinging pains in the ovarian region during abortion. Metrorrhagia with profuse flow of blood with heaviness in abdomen, faintness, great uneasiness and restlessness. The Apis woman is likely to encounter many problems in bearing children, because due to these constitutional complaints she will either have great difficulty in conceiving, or may lose the child (abort) in the early months of pregnancy.

Chest

Respiration - Apis has difficulties with respiration in general but these difficulties vary in the diverse pathological conditions.

For instance the breathing will be difficult when we have **dropsy** or ascites: here we see shortness of breath, oppressed breathing which is worse in a **heated room**, worse **lying**, worse at night in bed, must sit up, cannot bend forward or backwards as the respiration becomes laboured, lying flat in bed is **impossible**, has fear of suffocation and will stay sitting up for days. Here the difficulty in breathing is part of the whole picture of dropsy, or hydrothorax, as if the lungs were pressurised and have no room to function, but the lungs per se do not show pathology.

The difficulty in respiration is only part of a much greater picture that looks grave but not because of lung disease.

The case is much more dramatic when Apis is indicated in real severe cases of laryngitis with edema or in asthmatic cases. During the crisis they lose their color, face becomes dark, blue, the lips become blue, the situation looks desperate, they cannot breathe at all, they are unable to speak, can speak only in a whisper, they have to loosen the collar around the throat, it appears as if the larynx is constricted and cannot stand even the slightest pressure, around the throat, they have to force the air in and out. They need to have somebody constantly fanning them otherwise they feel they will die. Much like *Carbo vegetabilis* they need to go and stand at the open window (if they can walk), they need fresh cool air which seems to ameliorate the situation a little.

Heat of the room is entirely intolerable, the temperature has to be quite low and the windows open. They **cannot lie down** with the head low, they always sleep with the head high or sitting up but if the crisis comes during sleep, which happens especially after midnight, they will have to sit up in bed in order to be able to draw a breath. There is restlessness and agony.

There is another pathological situation which can be called a nervous or functional dyspnea. You can see it in meningitis, or in acute high fever diseases that are not necessarily focussed on the lungs. When the fever is high even in the stage of chills, the breathing is very difficult, feeble, interrupted panting, they feel that they are **going to die soon**, that they cannot survive because they cannot breathe, but the physician cannot find any underlying pathology to explain the situation, only the **high fever**. A woman has an inflammation of the ovaries with fever and the respiration is affected in the way we described.

This is exactly what we call "strange, rare and peculiar" in the remedies. What we call the "keynotes".

Apis **cannot stand the external heat** or the rising of **the inner temperature** of the body, as in fever; he **cannot breathe in the heat**.

Is it then a coincidence that bees have to ventilate themselves constantly even in quite moderate temperatures? How is it that the tongue of Lachesis when protruded by the patient acts exactly like the tongue of the snake? How coincidental are these phenomena or how much do they point to another hidden reality?

Many times we have been asked to explain the action of the remedies, to understand the why's and wherefore's, the underlying causes, the correspondences, and when we see these phenomena and point them out as a matter of interest and research we are accused of being "meta-physicians," even by so-called homeopathic-physicians, as if the logical mind could perceive and explain everything, and pretend in the name of science to be able to understand the totality where we only know a small part of a whole. Actually we still know very little on matters of health and disease, because for many decades we have been following the wrong

path in investigation and research. Today tremendous amounts of money are spent on a heart transplanted in an old man, but with the same money homeopathy could have saved thousands of heart patients from arriving at a stage where they need a transplant. But in these matters I would like to refer the reader to my book "A New Model for Health and Disease."

Cough - Whooping cough, croupy cough, dry with gagging. Cough that starts at night and continues until the early hours of the morning, **worse at midnight**. Violent cough with dyspnea and blue face. Farrington writes : "In pleuritis with exudation Apis is one of the best remedies we have to bring about absorption of the fluid. Apis and *Sulphur* will cure the majority of these cases." Expectoration of profuse, frothy mucus. Expectoration sweetish. Sensation of soreness of the chest as if **bruised**. Stitches in chest, sticking pain in right side of chest. Shooting pains from front to back. Erysipelas on the mammae.

Heart - The heart has its share of symptoms in this remedy as well. There is **effusion into the pericardium**. Hydropericardium. The pulse is **accelerated**. The heart is **audible**, with every contraction of the heart the whole body shakes.

Cardiac distress, great anguish, restlessness, feels as if each breath will be the last.

Palpitation of heart from scanty secretion of urine.

Insufficiency of mitral valves. Organic heart disease. When the case is gone to exhaustion the pulse is feeble, imperceptible, indistinct.

Back

Stiffness of the back and neck. Stiches on right side of neck worse moving the head towards this direction. Swelling in the back of the neck in gouty patients.

Pulsating pain in cervical region extending to left shoulder. Burning pressing pain in coccygeal region worse from any attempt to sit down.

Back feels **bruised**. Bearing down in small of back as if menses would come on.

Coldness, chilliness of back but does not want warmth locally. Great **weakness** of whole back.

Extremities

There is definitely a **tendency to paralysis** in the extremities not only with affections of the spinal cord, after apoplexy or thrombosis, but also with diseases like arthritis, rheumatism, and especially with strong emotions or mental shock. "Whole nervous system under a paralysing influence in scarlatina." "After excessive grief the whole right side paralysed". The extremities become heavy, stiff, powerless.

One side paralysed the other twitching, or convulsing. Partial paralysis of right side with numbness. Left arm **almost paralysed** due to severe cervical syndrome with burning pains from cervical region extending to the arm worse in the morning on waking. Upper extremities **perfectly powerless**, cannot take hold of anything, has to be fed (in spinal disease). Edema of feet and legs in a man affected with chronic rheumatism and partial paralysis. Sticking pains in right forearm with a paralysed feeling. Rheumatic pains in shoulder joints extending to back of neck. Electric-like pains go through the extremities. **Lower extremities swell, become edematous** mostly from disfunction of the kidneys or heart. Edema of hands. Drawing pain in arms extending to ends of fingers. Sensation of numbness in fingers especially tips, about root of nails. Swelling of ankles. Sensation in feet and toes as if too large, heavy, swollen and stiff; especially in the evening or at night when taking off the shoes. The swelling makes the leg look transparent, waxy. Panaritium with burning, stinging and throbbing.

Sleep

It is very interesting to look at the dreams of Apis and compare them both with the symptomatology and with the action of bees: dreams of **travelling long distances**; dreams of **flying** far in the air; dreams that he made journeys in great leaps through the air; plagues himself in dreams all night, with a flying apparatus, tries to arrange the wings which, however, will not work. (!)

The suppressed anger is also of interest: dreams of many people who are quarrelling; one of them, who becomes nearly **beside himself**, he leads from the room by the arm, whereby he is calmed. Dreams with vexatious care about various kinds of business. Dreams of a tormenting, active kind, full of care and toil (remember the "busy insanity"). And finally the aggravation from heat which terrifies her: dreams of a great, hot stove; was obliged to walk over a hot floor. Great desire to sleep amounting to the most extreme sleepiness. Great inclination to sleep but inability to do so from great nervous restlessness. Sleepiness during menses. Very sleepy early in the evening.

Fever

Fever or chills are more prominent in the afternoon from **3p.m. to 4 or 5p.m.** Even during chill the patient feels worse if the room is overheated especially by **radiated** heat and better uncovered.

Excitement during fever. Motion brings on shiverings; shiverings followed by heat.

During fever or when the fever drops patient goes to deep sleep. Dry skin with high fever. Thirstless during fever; thirsty during chills. During the time fever is high it is usually accompanied by a strong headache. Heat of one part with coldness of the other. Sweat is absent or breaks out only in spells, but soon dries off again.

Skin

Skin **dry, hot**, better bathing in cold water, cold applications. Has a **transparent waxy** appearance. Erysipelas, carbuncles, ulcers, bites from insects, edematous swellings, all with stinging, burning pains. The patient will not let you touch these areas, she will scream, so sensitive and raw does it feel. Urticaria and nettle rash, with edematous swelling of the skin, burning, stinging, intolerable itching at night, which is ameliorated by cold water. Urticaria caused by warmth, physical exertion, fever, perspiration or allergy; can occur with many diseases. Body covered with large, elevated, **white** areas.

Clinical

Inflammation, enlargement and cysts of the ovaries. Abortion in early months. Proteinuria during pregnancy. Kidney diseases, dropsy, hematuria, anasarca. Hydrocele. Retention or suppression of urine. Angina, laryngitis, pleuritis with exudation, diphtheria. All kinds of **ophthalmia**, (severe conjunctivitis, trachoma, allergic conditions etc.) Hay fever. Asthma. **Anaphylactic** shock. Hydrothorax. Headaches, congestion of head. Heart diseases, pericarditis. Hydrocephalus, meningitis, meningo-encephalitis. Dysentery, gastro-enteritis, cholera infantum. Allergic conditions, urticaria, lupus erythematosus. Delay in the appearance of skin eruption resulting in internal troubles. Suppressed eruptions.

Relationship

Complementary: *Natrium muriaticum*. The "chronic," *Apis*; also *Baryta carbonica*, if lymphatics are involved. Inimical: *Rhus*. Compare: *Apium virus* (auto-toxaemia, with pus products); *Zincum*; *Cantharis*; *Vespa*; *Lachesis*.

Dosage

From the lowest to the highest.

Cases

"A lad aged about twelve years has been afflicted for several months with ascites and hydrothorax. He has been treated for some three months by allopathic physicians first for dysentery, followed by ascites, and afterwards for several months by a homeopathic physician. No permanent benefit resulted from either mode of medication, and the symptoms finally became so urgent that I was called in consultation, and tapping was at once resorted to in order to save the patient from imminent danger.

Appropriate homeopathic remedies were again prescribed, but without arresting the onward course of the malady. The patient commenced to ill up again with great rapidity. The secretion of the urine was nearly suspended, the skin was dry and hot, pulse rapid and weak, respiration short and difficult, great tenderness of the

abdomen, dryness of the mouth and throat, thirst, excessive restlessness and anxiety, short irritating cough and an almost entire inability to sleep.

At this stage of the case, a strolling Indian woman -one of the few survivors of the Narragansett tribe, suggested to the family the use of a honey bee every night and morning. She enclosed the bees in a covered tin pail, and placed them in a heated oven until they were killed, and then after powdering them, administered one in syrup every night and morning. After the lapse of about 24 hours the skin became less hot and softer, the respiration less difficult and more free, the pulse slower and more developed, and there was a decided increase in the quantity of urine. From this time the symptoms continued steadily to improve, the dropsical effusion diminished day by day, until at the expiration of a few weeks the patient was entirely cured. "

Dr.E. E MARCY and others : Elements of a new materia medica p. 4422.

Observation: no comments

2. A number of years ago I was called in Watkins Glen N.Y. in consultation in a very bad case of diphtheria. One had already died in the family and four laid dead in the place that day. Over forty cases had died in the place and there was an exodus going on for fear. Her attending physician, a noble, white haired old man, and withal a good and able man, said when I looked up to him and remarked I was rather young to counsel him; "Doctor, I am on my knees to anybody, for every case has died that has been attacked". The patient was two rooms away from us, but I could hear her difficult breathing even then. Apis was comparatively a new remedy then for that disease, but as I looked in to her throat I saw Apis in a moment, and a few questions confirmed it. I told the doctor what I thought and asked him if he had tried it. He said "No, he had not thought of it, but it was a powerful blood poison; try it." It cured the case, and not one case that took this remedy from the beginning and persistently, died. It was the remedy for the genus epidemicus." Dr. Nash.

Both the above cases are quoted in Tyler's "Homeopathic drug pictures" under Apis.

Observation: The case is interesting because it stresses the effect of Apis in diphtheria, but it does not give us enough information, or new information, on Apis. The comment that "no one died that took this remedy from the **beginning** and persistently" has to be taken with caution and not to be tried in this spirit. The catch words here are "from the beginning and persistently" implying that they have seen some deaths but attributed them to the fact they were not taking the remedy from the beginning. And what does the doctor mean by "the beginning"?

3. **This is a most instructive case that every student should read.**

B.H. aged nine years, very scrofulous by inheritance from both parents. (Patient had a fair skin and was always pale; blue eyes; red hair.)

Had lost in his sixth year the use of his legs, but, after a tedious course of treatment, had regained their use, so that he could walk with considerable ease. We found the child with a high fever, sore throat and scarlet rash. *Aconite* was indicated and was given. He was very ill but did passably well until the fourth day, when the eruption commenced to disappear, and at the same time, alarming changes took place. The fever became continuous; the countenance bore an expression of stupor, increased by the drooping of the lower jaw; the nose looked pinched; the teeth were covered with dirty, sticky, slimy discharge of foul matter from the secretion. It seemed as if the vital forces had completely surrendered themselves to the poison, which evidently penetrated the whole system. At first *Cupr-met.* was given with the view of bringing out the disappearing eruption. The patient growing worse Apis 2 was prescribed without producing any change; the symptoms remained the same; the tongue became sore, cracked and bleeding; the discharge from the nose became very irritating; the bowels became hard and were tender to touch; diarrhea set in. Remedies were changed as seemed best, the patient apparently sinking, edema of the feet and limbs then set in with painful and scanty emissions of urine. At that time Arsenic 30 was given, but without producing any effect, when we concluded to give Apis 30 until the patient got better or died. This was strictly followed out during the six weeks of sickness following. He was on the verge of death for weeks. General dropsy developed itself; suffocation threatened one day to end his life, from effusion in the thorax; hydrocephalus had all but declared itself on the next; the glands of his neck swelled; his ears discharged; his face was bloated so he could not see; at last the abdominal dropsy became so threatening that I proposed tapping as a last resort to save his life, the parents objecting. At this time we changed to the second attenuation of Apis; the change was followed by excellent effects upon the kidneys. Within forty eight hours enormous quantities of urine were passed, relieving the patient very much. Under the action of Apis, for it alone was given, alternating weekly the lower triturations with the higher dilutions of the drug the one symptom after the other disappeared. Occasional aggravations showed themselves but on the whole the little fellow gained ground inch by inch. All during the succeeding summer, he was more or less of an invalid, but by the first of Oct., his father brought him to the office having walked the entire distance from his home, and looking fresher and healthier than he had for many years. The cure was permanent; and he seemed ever after in perfect health. Dr.C. J. Hampel and H.R. Arndt.

Observation: there are several points of great interest in this case.

- a. The expression "Aconite was indicated" is rather unfortunate, as Aconite was not indicated at that moment. The prescription helped in a negative way to speed up the evolution of the disease.
- b. The correct prescription was not apparent from the beginning due to the fact that there were not enough symptoms or the case was not taken in a complete manner.

- c. After Aconite, instead of looking for the totality, Cuprum was given on etiological reasons, for they thought that the Aconite suppressed the eruption.
- d. One of the main points of interest is that as the case evolved it pointed clearly now to Apis, but the remedy was tried in very low potency.
- e. As various other wrong remedies were tried, instead of becoming confused the case tended more and more to point to the picture of Apis. That was the reason why the doctors decided correctly not only to retry Apis but to stick to it. -*Once you have a clear picture the remedy must act.*
- f. Here we have a peculiar observation: While the doctors do not report any significant change with the higher potency yet they stick to it for several weeks. I think that in this point the report is not true. They must have observed certain slight changes in the general state of the patient that gave them hope. A change of remedy at this stage would have meant death for the child.
- g. Now comes the most interesting observation: While the low potency showed no result at all in the beginning, and in spite of the fact that it was definitely indicated, after the repetition it showed an apparent effect. The question is: was it the effect of the lower potency that brought the change, or was it time for the high potency to show its effect? I believe in the first supposition. The organism having been sensitised and strengthened by the high potency, it reacts now to the stimulation of the lower.

Can we infer from this that the organism sometimes is "saturated" with a repetition of a high potency and stops reacting to it, while an even higher or lower potency may further stimulate it? The case shows that the answer here is in the affirmative. The lower potency is preferable in this case due to the heavy pathology. It is also most interesting to note the fact that in order to start a reaction we need a certain vibrational frequency which is provided here by the 30th potency. Perhaps the range which could have provided an initial reaction was between 12c and 200c. Higher than 200 would have been inactive.

- h. Another interesting point is that after an acute has been treated with a remedy that seems to be the constitutional remedy of the patient the whole organism is rejuvenated and finds itself in a better state than before the acute.
- i. This case due to its severity shows clearly what happens if we lose courage and, under the pressure of the gravity of the case, start prescribing one remedy after the other instead of sitting back, watching and studying the case well before going ahead and prescribing.

This case exemplifies also the thorough knowledge and expertise that is required in our science and tells of the many difficulties and the different angles that we have to deal with in treating patients with homeopathy.

- 4. A boy, four years old, a son of German parents, was given up by the attending allopathic physician as a hopeless hydrocephalus. When first seen, the child was lying on its back, with eyes wide open, extreme squinting, dilated pupils, rolling eyeballs without winking. He gave no evidence of seeing when the finger was thrust toward the eye; when pricked with a pin, no sign of feeling; when water was put in to his mouth no effect at swallowing was made... The left side was entirely motionless for two days, but he moved the right arm and leg occasionally. He had passed no water in forty-eight hours and the region of the bladder showed very slight distention. Drugs had produced no stool for several days. At the commencement of his illness he complained of pain in the occiput with occasional sharp shrieks. He had been blistered with cantharides from the nape of the neck to the lumbar region two days previously, since which time he had passed no water, and given no evidence of seeing, hearing or feeling.

Apis 30. After five days he had so far recovered, that he sat up in bed, he moved both sides of the body equally well, and all his senses were restored. Dr. W. P. Wesselhoeft.

Observations: This is a typical case of Apis as we see the retention of urine, the occasional sharp shrieks due to the pressure from the cerebrospinal fluid, the unconsciousness of Apis and its tendency to produce paralysis on one side and twitchings or convulsions of the other side.

This case exemplifies very well the state of "unconsciousness" of Apis without being in a coma. In the books it says "paralysis of the left side, twitchings on right".

Students should not take the symptom literally and look for twitchings. In this case for instance it must be understood as some nervous action on one side while the other is motionless or semi-paralysed.

- 5. I was called in consultation to see Miss M. who was thought to be near dying. I found the patient in great distress, panting respiration, unable to speak, only in a whisper, and each word uttered separately from the next by several respirations. She had great pain shooting all through her chest from front to back. She had informed me she could not long survive, as each breath seemed as if it would be her last one. She had no thirst, scanty urine, and had not slept for two days. Percussion over her chest gave a clear and healthy sound. Auscultation revealed permeability of air through her lungs but a very loud bronchial rale.

No other remedy has this combination of symptoms excepting Apis. My choice fell on the 40m potency for the reason that she was too ill to bear a lower potency of a large dose of the material. Directions were given to repeat the Apis 40m in water every hour till she seemed a little better, then to cease giving entirely till we saw her in the morning.

After the third dose she became quiet, fell asleep for two hours and remained quiet the whole night, sleeping at intervals till morning. Contrary to instructions, the remedy was repeated every time she awoke, till 9 in the morning, when she received the last dose remaining, soon after which she became as bad as on the previous

evening. We saw her at 10.30 a.m. and found her about the same as on my first visit. Now what was to be done. The same remedy was still indicated, and it was very evident that she had been overdosed, therefore sac-lac. was given during the day and when we saw her at 6.30 p.m. she was again more comfortable. Sac-lac. was given till 10.30 the next morning, when we found her still more comfortable. Next day still better, and still Sac lac. So day after day showed that, on the whole, she was improving and she made a perfect recovery without a further dose of medicine. Dr.H. N. Guersney.

Observation:

- a. In this case the attending physician himself designates the symptoms on which he prescribed the remedy. The most interesting point is the description of the "presentiment of death" in this lady where she feels that "every breath will be the last" and the expression: "she informed me that she could not long survive". This is a unique feature with this remedy as it is neither "fear of death" nor "predicting the time of death," it is rather a feeling that the "soul will come out with the breath."
- b. Overdosing the patient can bring about a relapse. In this case what Dr. Guersney did was correct, ie waiting to see the evolution. But not all cases will do better spontaneously. Had the following 24 hours brought about an aggravation instead of an amelioration, a higher potency would have accomplished the cure. The fact that the case reacts to an already high potency without much aggravation shows that we are allowed to go higher without danger.
- c. Another interesting observation is that the doctor says that the case was too ill to bear a large dose of medicine. Yet the B.H. case was much more severe and Apis 2 acted well. Where is the truth?

Guersney must probably have had some bad experiences with very low potencies, where the patient was too sensitive to the medicine. It is also true that we must be careful with low potencies especially with minerals and animal poisons as they can stimulate unnecessary aggravations, though I believe for instance that a dose of 30 given in repeated doses would have accomplished the same result with less danger of overdosing the patient.

- d. I would like to draw attention to the expression of Dr. Guersney to stop the medicine if "she seemed a little better". The stress is in the expression "little better" as this would indicate that an improvement had started and the medicine should be discontinued.

A remark that applies to all these cases is the dramatic turn that Apis cases can take and reach quite soon in a dangerous state.

Anyhow as a general observation on the potencies and their repetition I would like to state that we still have a lot to learn in order to establish final rules. Such matters need a lot of testing and research to arrive at the right conclusion.

The last three cases are quoted in N.M. Chowdhuri's *Materia Medica* under Apis.

* a word of caution here concerning the expression "especially when" which I often use myself: this is not the only condition under which the remedy is indicated, but it is the most unique, the most characteristic for that remedy.

Apium graveolens

Celery

N. O Umbelliferae

The tincture is prepared from the seeds.

Essential features

Apium graveolens **accelerates the mind** and **excites the peripheral nervous system**. As a result the patient feels that his mind is racing and he is unable to stop it; additionally, he feels so restless that he cannot find peace in any position. He fidgets constantly. He cannot sit or lie still for even a few minutes.

The feeling that the mind is racing is very unpleasant and quite disturbing. Even when he tries to go to sleep, the mind does not calm down; he is compelled to think and consequently may **remain awake until the early morning hours - 3 or 4 a.m.**, turning and fidgeting and thinking all the time. After much effort he may finally fall asleep, but after ten or fifteen minutes he awakens unrefreshed. His tiredness, however, is not proportional to the little amount of sleep he gets since his entire organism seems to function at an accelerated pace. When tired, he feels as if his eyes have sunken into their sockets.

The nature of the remedy is such that it also **accelerates** discharges from mucous membranes or from ulcers, while causing **retention** of urine. A profuse discharge from granulating ulcers is an indication. Also, it seems to provoke excessive gastric secretions that create heartburn and an empty, gone feeling in the stomach,

which is partially ameliorated by eating.

There may be sleeplessness because of a gnawing hunger which necessitates that the patient eat in order to get back to sleep. Stomach symptoms or headaches are ameliorated by eating.

Generalities

The patient is in general better in open air and better from eating. Urticaria always appears in conjunction with shuddering. Pressure or **pain in the stomach precedes** the manifestation of **urticaria**, but as soon as **the hives appear, the pains in the stomach are relieved**. **Rheumatic pains** which disappear as soon as **ulcers** appear.

Head

Frontal headache over the right eye and right temple, worse going to bed, and lasting throughout the night; better during breakfast. Headache of the left temple, extending to the left side of the face and to the top of the head. Throbbing headache felt through the temple, worse with light; better rest, though the throbbing continues. The head aches all day, better eating and in the open air. The scalp is sore to touch.

Eyes

Eyes feel sunken in their sockets.

Ears

Partial deafness, worse left side. Troublesome otorrhea.

Nose

Sneezing in the morning with watery discharge. Tough, pearl-colored discharge from the nostrils.

Mouth

Sore spot on the tip of the tongue. Toothache, **better by holding cold water** in the mouth.

Throat

Soft palate and fauces sore, dark red, and swollen. Air rushing down the posterior nares hurts the back of the throat.

Stomach

Sore feeling in the stomach, partially relieved from eating. Heartburn. *Gone feeling* in the stomach, better eating. Nausea. Unpleasant sensation with belching. Regurgitation of food tasting like celery. Desire for fruits, mostly oranges and apples; also oatmeal.

Abdomen

Pain **extending from the abdomen directly to the rectum**, with a feeling that she cannot retain the stool even for a moment.

Urinary organs

Obstinate retention of the urine which can only be relieved by a catheter.

Genitalia - female

Painful menses. Sharp pains in the ovaries, worse in the left iliac region extending to the right; better lying on the left side with the leg flexed.

Back

Pain in the sacrum, worse lying down and better rising up and walking. Muscles of the back of the neck painful on motion and sore to pressure during headache.

Extremities

Growing pains.

Sleep

Sleeplessness after midnight, worse after 2 or 3 a.m. Sleeplessness from hunger, from activity of the mind. Unrefreshing sleep. Not tired inspite of loss of sleep.

Skin

Itching on different parts of the body, **worse undressing** at night. Urticaria. Red, itching eruption on the upper part of the thighs. Granulating **ulcers** with profuse discharge.

Clinical

Urticaria with intense itching and restlessness of the mind and body, alternating with pains in stomach. Granulating ulcers alternating with rheumatic pains. Retention of urine. Headaches. Regurgitation in infants.

Relationship

Coffea cruda (racing of the mind); *belladonna* (throbbing headaches); *Aethusa* (regurgitation); *Urtica urens* (urticaria).

Dosage

From 3x to 1m.

Case

Apium graveolens.

A blonde, rather delicate, aged 30. For two weeks has a queer "fullness" in whole head, *with constant, painless throbbing*. Tired ache in sacrum, relieved by standing and pressure; attributes sensations in head to over study. The painless throbbing and fullness were promptly relieved by a dose of the cm. The backache was not improved.

International hahnemanian Association, 1890, p. 375.

Apocynum cannabinum

Indian (American) Hemp. N.O. Apocynaceae.

The essential features

Apocynum cannabinum will be needed in cases of **edema of any kind**; such as abdominal ascites, the edema of congestive heart failure, pericardial effusion, pleural effusion, hydrothorax, cerebral edema, hydrocephalus, synovial effusions of the joints, and most especially, the **edema of renal failure** and anasarca due to kidney disease and dysfunction.

This remedy finds its best application in cases of **functional impairment of the kidneys** with severe retention of urine, situations where there is no gross kidney pathology, such as renal failure resulting from renal hypoperfusion associated with severe anaphylactic shock or heart failure. However, cases involving actual renal pathology can also be affected by this remedy.

Most of the provings of this remedy have shown that it has a markedly adverse effect on the kidneys **causing the amount of urine excreted to be drastically reduced**.

I must mention here that there seems to be some confusion over this point among different authors who claim that Apocynum is a kind of diuretic, because in some provings it has actually produced an increased flow of urine. I consider such observations the result of the curative action of the remedy upon the prover and not a proving.

Examining the action of this remedy in a broader sense, it can be said that the organism's entire **system of elimination appears to be dysfunctional**, causing the **retention of excess fluid within the organism**. In this respect it is very similar to *Apis*, the difference being that *Apis* is a warm remedy which is aggravated to an extreme degree by warmth and warm applications, while Apocynum is a chilly remedy which is aggravated by cold and cold applications. Another distinction is that Apocynum is usually thirsty, but aggravated from drinking, while *Apis* is thirstless. This characteristic aggravation from drinking differentiates Apocynum from *Arsenicum album*, which is very similar to Apocynum in edematous cases. Another point of differentiation from *Arsenicum* is the anxiety of *Arsenicum* and its desire for company, which Apocynum does not share. These symptoms, being general, assume tremendous importance in the differential diagnosis.

I remember being called in for a consultation on one of the early cases of one of my students in Greece. It was the case of a young woman who, after an acute disease, had developed renal insufficiency with swelling of both legs and the face. The doctor was happy to give in haste *Apis* as the appearance of the edema was "reddish and shiny," according to his observation, and fitted very well with the description of *Apis*, only to find out the next day that the urine was further suppressed and there was severe pain in the region of the kidneys, causing the patient to scream. There had been no urine at all for the last 14 hours. The patient had a low grade fever, was shivering and covered with three blankets, was not sweating, suffered nausea, looked pale and bloated in the face, and was in great pain. I looked at the legs, and their edema did not seem to me "red or shiny." I advised Apocynum, which acted promptly.

The doctor had ignored the fact that the patient was cold and wanted warm coverings; it was this substantial oversight which afforded him the certainty that this was a typical case of *Apis* "as is described in the books." If this case had been one of *Arsenicum*, it would have presented a different picture emotionally, the thirst

would have been for small quantities of cold drinks, there would have been much more anxiety, and the head most probably would have been hot causing the patient to fan air onto her face.

The fact of the matter is that through our biases we can make a case look like any remedy we choose, and then, for lack of knowledge of a better prescription, we try to excuse ourselves for the treatment's failure.

Witness how Kent's description of Apocynum fits the above case: "This is a great remedy for the low forms of disease, such as typhoid and scarlet fever, and is useful after **lingering sicknesses**. Patients become greatly prostrated, very chilly, very anaemic, have great thirst, the urine **becomes scanty**, the skin becomes dry. It is a bad convalescence; he has not recovered." (emphasis mine)

The experienced student should immediately be able to see the likeness between these two descriptions; because of such prompt perceptiveness, he can continue studying homeopathy with great hope of increasing future success. If the student were to say, "But the girl was not anemic and did not have a great thirst; therefore I would hesitate in prescribing this remedy for her," then he has a problem with homeopathy. His vision is obscured by an overattentiveness to details.

The sweat is suppressed and the skin is dry with most of the complaints of Apocynum; the organism cannot utilize perspiration as a route of elimination.

The stomach is very irritated, with attacks of nausea or vomiting.

This is a remedy possessing alternating conditions, one of which usually involves the kidney - edema alternating with diarrhea, or with stomach pains and vomiting, or with hemorrhages from the uterus.

Apocynum will be indicated in cases characterized by constant **vomiting** before or **during the menses** with a concomitant drastic reduction of urine flow.

It affects the heart in a way similar to *Strophanthus*. Both remedies produce intense gastric disturbances and extreme depression of the heart's action, and both produce "dropsical" effusions. Apocynum depresses the heart causing rhythm irregularities, weakness of the pulse, and bradycardia. The pulse can be very slow, as slow as 45; then the case may look like *Digitalis*.

Apocynum depresses the heart, the kidneys, the intestines, the excretions in general, and also the mind, producing depression and apathy, and an aversion to talk or to be talked to. Though the chronic mental-emotional picture of Apocynum is still not clear at all, we can perceive a state of intense reticence or reserve in the individual, one that retains inwardly all the deep emotions and reactions which should have been expressed in the past. On the surface he seems to cope well. He has a vivid imagination, and he can crack jokes and appear to be communicative, but the real problems deep inside him are never discussed with anybody. Apocynum is a person who will not act aggressively towards others, preferring to be harmed himself than to hurt others by expressing anger. This retention is eventually reflected in a malfunction of the kidneys, wherein urine is retained. This is a person who lacks the "guts" to face the world and its challenges, and a person with weak kidneys. Also, the Apocynum mind becomes dull; he cannot think clearly.

This is an excellent remedy for those hospital cases possessing a combination of ailments affecting the patient **alternately** or even at the same time, with the primary focus on the kidneys, as in Bright's disease with digestive complaints, and/or heart involvement, and/or arthritis.

The edema of Apocynum may be relieved by copious diarrhea or by an excessive flow of urine. Then, suddenly, the urine becomes scanty again, and the edema progresses. These conditions then cease for some time, and the heart becomes involved. In other cases, you may see protracted menses for weeks - a copious flow that exhausts the organism and renders the patient anemic. As this flow stops edema sets in.

When edema of any type is associated with difficulty in taking a deep satisfying breath, a sinking feeling in the stomach, and great thirst, then this remedy should be the first on your differential list.

During pains the patient becomes extremely irritable and simultaneously anxious. He also sighs, with short, unsatisfactory breathing, and is restless. His expression is one of anguish, and he **screams and cries** with the pain. It is as if the patient is confused and does not understand what is going on with him. He seems to feel that he has not been given enough attention by the doctors, and he breaks down from the pain and shrieks. Be aware, however, that the shriek is not the cephalic cry of *Apis*. It does not give the listener chills as does *Apis* or *Zincum*.

Apocynum can be indicated for different kinds of metrorrhagia, but the principal characteristic of this remedy is that the **hemorrhage diminishes or ceases altogether as the organism becomes exhausted**. As the organism as a whole begins to recover the metrorrhagia resumes. Of course, Apocynum is appropriate during the acutely hemorrhagic state as well, especially when the hemorrhage is very profuse and gushing.

Apocynum can also be indicated in **severe hemoptysis** when the blood suddenly and without much warning pours out in great quantities from the lungs, and the attacks are repeated with great frequency.

With many of the complaints of this remedy we observe an indescribable sinking feeling in the stomach. Vomiting is a usual concomitant also.

With fever there is usually dryness of the skin, extreme nervousness, and restlessness, especially during the night. A **bewildered** state may be present. This state can become more serious in cases of severe pathology, such as meningitis, acute nephritis with very high BUN, hydrocephalus, etc.; it is then, as the case becomes very

severe, that confusion of the mind and stupor, even unconsciousness supervene.

One must remember, however, that all remedies go into similar states in their final stages. It is the understanding of the process of the previous stages that determines the choice of the remedy and not the final confusion or stupor.

Generalities

In general, we see a decrease of excretions, especially urine and sweat. "No matter what his complaints are, he cannot sweat." (Kent). There is a sinking feeling in the stomach. Great thirst is present, with a concomitant aggravation from drinking. Restlessness at night in bed. Edema after protracted hemorrhages. Weakness felt mostly in all muscles, worse after stool, worse from motion. Syndromes involving such symptoms as cough, coryza, or vertigo appear and disappear suddenly.

Right-sided neuralgias of the groin, hip and kidneys with violent pains extorting cries. Faints when raised from pillow.

Worse from cold weather, uncovering, cold drinks, cold applications; after sleep, on waking in the morning.

Better with warmth.

Head

Headache with dizziness or headache followed by vertigo. **Heaviness** of the head in the evening with simultaneous pains in the small of the back and limbs. Head aching in the morning before rising around 5 a.m. The head feels **dull** after stool.

Vertigo after rising from stooping, after stool; vertigo appearing and disappearing suddenly, worse when yawning and stretching.

Eyes

Irritation, inflammation, redness, worse in the morning; **sensation as if there were sand** in them. Pressure in right eye as if pressed outwards.

In hydrocephalus, sight of one eye totally lost; the other slightly sensible with constant involuntary motion of one arm and leg.

Nose

Violent sudden coryza. Nose and throat filled with thick yellow mucus on waking in the morning.

Mouth

Dryness of the mouth and tongue, which is coated brownish-white. Constant spitting because of excess of mucus and saliva.

Face

Face bloated, puffed, pitting upon pressure; swelling under the eyes. **Bloated when lying** down, passes off when sitting up. Face pale and covered with cold sweat in cases of diarrhea. **Lips dry**, especially on waking in the morning. Lower lip cracked in the middle.

Stomach

Stomach problems appear to be worse on waking after a long sleep, in the early morning. **Oppression** in epigastrium and chest. **Sinking** in the epigastrium, with severe, deathly nausea, worse **on waking in the morning**. Sinking in the stomach after profuse urination - in diabetes. Distention after eating even moderately.

Great **thirst** with edematous conditions or digestive problems, but **water disagrees** and is immediately vomited. Cannot tolerate food or drink, which is immediately ejected. Stomach so irritable that not even a draught of water can be retained. Constant vomiting before and **during menses**. **Severe pain in the stomach after drinking**.

Abdomen

Symptoms appear immediately after eating. Painful distention. Sense of fullness of upper part of abdomen, liver and spleen areas. Explosive diarrhea immediately after eating. Feeling of flatus moving around followed by urge to stool. A lot of flatus before, during and after stool. Feeling as if the anus is open and stool runs through it.

Stool thin, liquid, brown, watery.

Urinary organs

Retention of urine; suppression of urine (should be raised in the repertory to the third degree). **Scanty urine**. Urging to pass urine constantly. The bladder is partially full but cannot pass urine. Weakness of the sphincter of the neck of bladder. Retention of urine with paralysis of the lower limbs. Urine copious and almost involuntary from relaxed sphincters; then urine production suddenly ceases and edema sets in. Scanty urine that flows as easily as oil. Bed wetting in children and old men.

Genitalia - male

Penis and scrotum swollen, edematous. Prostate gland enlarged.

Genitalia - female

Metrorrhagia - blood expelled in large clots, sometimes in a fluid state, with vomiting. Shreds of pieces of membranes with the fluid blood. Menstrual flow copious, frequent, long-lasting. Edema after protracted metrorrhagia. Hemorrhage stops only when the organism has reached a state of profound exhaustion. Post-partum hemorrhage. Amenorrhea in young girls.

Ovarian tumors. Uterus small and hard. Sterility.

Kent gives a very useful description: "A woman passes along to a low state of weakness and nervous excitement, no menstrual flow, tenderness of the abdomen, distention of the abdomen, and then distention of the limbs." Here it is the emphasis on the distention of the abdomen and limbs that give the hint for the remedy.

Chest

Breathing short, difficult, unsatisfactory. Oppression on the chest and epigastrium; cannot get enough breath. Agonizing difficulty of breathing in edema; cannot remain lying; has to sit up with the head thrown forwards.

Coughing during pregnancy. Wheezing and coughing; the chest fills up with mucus, as in *Antimonium tartaricum*.

arrhythmia. Flutterings; sensation as if the heart will force itself out of the chest wall. **Mitral and tricuspid regurgitation**. Prostrated feeling in cardiac region.

Pulse very slow, especially between attacks of vomiting. **Pulse laboured, irregular**, intermittent; at times feeble then slow. Heart action scarcely perceptible.

Troublesome palpitations on waking in the morning.

Back/extremities

Muscular pains and weakness in the back and extremities, worse from motion. Pain in the sacrum better after rising and moving about. Aching in the kidney region.

Bruised feeling in the back and extremities in the morning on waking, better walking about.

Neuralgias of right side affecting the groin and hip, extending to the back. Pain in the knees, worse left side. Pain and stiffness in the joints.

Skin

Skin dry and rough; **cannot perspire**. Itching all over, worse undressing; changes place on scratching. Red elevated pimples, like stings of insects.

Clinical

Edematous conditions of all kinds. Enuresis. Diabetes mellitus. Heart affections. Hydrocephalus. Menorrhagia. Metrorrhagia. Acute alcoholism. Vomiting, nausea during menses. Coryza.

Relationships

Compare: *Apis, Arsenicum, Digitalis, Strophanthus, China off.*

Dosage

From 6x to 10M

Cases

1. An interesting case which was worked out by the students was that of a woman aged 35, tall, fair, dark complexioned. For four years she had been troubled with vomiting at each menstruation. This had been growing worse each month, until she was obliged to remain in bed ten days each period. The vomiting was aggravated for two or three hours after eating though it was quite constant the whole 24h.

Vomit was sour, of food eaten, and later watery and mucus. She had mild cramps in the uterus; lips were dry and lower lip was cracked in the middle. She had been married for several years, but had never been pregnant. The uterus was small and felt hard and fibrous. The fourteen remedies in Kent, indicating vomiting during menstruation, which are most prominently marked are : *Amm-car. Amm-mur. APOC, Calc-c. Carb-v. cupr, Graph. Kali-c. Lach. Lyc. Phos. Sulph. Verat-alb.*

A comparison of the stomach symptoms of all the above led to the selection of Apocynum on account of the marked irritability which that drug causes in the stomach, not only during menstruation, but in various other conditions. There was moreover, the negative reason that none of the other remedies covered the case in type or general characteristics. On Oct. 11th she was given Apocynum 3r four times daily, and was then discharged from the Hospital. Sixteen days later (Oct 27), she reported with a herpes zoster on left side of the chest, large blisters, burning pains worse at night, chilly and thirsty for small amounts of water. Under *Ars. 1M* symptoms cleared up in a few days and her menstruation came on two weeks overdue, but with no vomiting, the first time for four years that no vomiting had occurred.

It is of interest to note, in connection with a herpes zoster, that this disease has been prevalent in New York during the past two years. My associates and I have seen more cases within this time than during fifteen years previous.

On Dec. 1st this patient went to Atlanta by boat and during the trip, menstruated, and vomited as before. Apocynum 30th was sent, to be taken four times a day for a week. Her next period was six days too early, accompanied by some vomiting, after which one powder of Apocynum 200th was given. The following period was free from trouble, and, as she has not been heard of since, the probability is that she is cured. Apocynum is usually recommended to be given in low potencies.

The only other case in which I have used it was in a cardio-nephritic with edema, where the 30th was entirely satisfactory.

Observation: It is interesting to note here:

- a. That the low potencies lasted for a very short time and needed a high potency to bring about the cure.
- b. That we can consider this case as a constitutional Apocynum case - after the Arsenicum that was given for an acute, the patient still needed Apocynum, which cured. It would be of interest therefore to know what the effect of Apocynum was within the next year or two (we may see the homeopathic effect of a remedy persist for even longer periods) on her uterus and whether this woman was able to conceive and bring to fruition a pregnancy. If the assumption is correct that this was her constitutional medicine, then these remarks would be totally valid.
2. July 1868 A.R. , a strumous child aged 18 months, had been suffering for three weeks with diarrhea which merged in to "Marasmus" with stool green and yellow, and again green and bloody, numbering as many as 30 to 35 in the 24 hours. The child was much emaciated, had constant and intense thirst. The simplest drink would be injected almost immediately, as soon as taken. No desire for any kind of nourishment, rejecting everything that was offered, when stools would pass involuntarily. Gave *Secale corn.* 3 minims v., in Aqua f. dr., ij. Dose a teaspoonful every 2 h. Called the following day, found the stools were less frequent by two-thirds, and changed for the better in colour. The child, notwithstanding, was worse and evidently sinking. In fact the case presented symptoms of ureamic poisoning, viz: almost total suppression of urine, upper and lower limbs cold and clammy, eyes rolled up, to use a common expression "set"; lids partially opened and a sort of stupor from which it was difficult to rouse the little one. Dissolution was apparently setting in rapidly, and I began to despair of saving the the child's life. My friend and partner, Dr. R. Ross Roberts, of this place was summoned to the case and confirmed the above diagnosis, Apocynum was given at his suggestion, and we left the case, promising to call in the evening; we did so, and found the child much improved, having passed large quantities of water during the day. The *Secale* was suspended during the administration of the Apocynum, and after the urine began to flow freely the latter was suspended, and the former given, after which the child went on rapidly to recovery, and is now a hale, hearty specimen.

There is much of value to be obtained from a hint like this. It is my belief that many young children pass in to the ureamic condition mentioned before and die. A timely administration of Apocynum, or some other remedy which would promptly restore the flow of urine, will change the nature of the case and snatch as it were, a victim from the jaws of death ; on the other hand, a neglect to pay attention to this function has and will continue to cost many lives. I trust this hint may prove as useful and valuable to others as it has to me.

American Journal of Homeopathic Materia Medica, Pa., Dec 1868, Vol. II, No. 4, p. 182.

Observation: This case is interesting for totally different reasons than the ones mentioned by the reporting doctor. It is obvious that the remedy that was the similitum was Apocynum, whereas the *Secale cor.* acted as a palliative on a local level, while at the same time suppressing the whole disease to deeper levels. Why then does the doctor say that while Apocynum was discontinued and *Secale* given again the case had a good evolution? It is only the action of the correct remedy - Apocynum - that continued to give positive results and brought the case to a complete cure. My reasons for saying so are the following:

1. No time was given for Apocynum to show its longer action after it had established the flow of urine and ameliorated the whole situation.
2. No remedy will act **curatively** locally and at the same time bring about a general amelioration unless it is the correct one. But if Apocynum was the correct remedy, where is the need for a second remedy when the doctor does not mention the development of any different symptomatology to justify his prescription for *Secale*?
3. *Secale* is a very warm remedy while Apocynum is cold, and this alone could differentiate the remedies.
4. *Secale* and Apocynum look alike only inasmuch as they both have a continuous metrorrhagia, as does Phosphorus also. But if *Secale* was the wrong remedy, why then did it not suppress the case again as it had done in the first place? The answer is because after Apocynum the whole symptomatology had changed and the organism had also become stronger. In view of these thoughts, the doctor's hint about needing Apocynum to reestablish the flow of urine in uremia is misleading, because this remedy will only affect a similar cure if and when it is really indicated. The reason why the doctor repeated *Secale* again immediately after the curative action of Apocynum is - to my understanding - simply to confuse the issue and not admit that his first prescription was wrong!
3. J.H. Clarke reports that hydrocephalus has been cured with it: in one case "the child lying, with constant involuntary motion of one arm and leg", in another case "paralysis of left side; one eye motionless, one rolling." Also, three cases of neuralgia of the right side - groin, hip, and in one case the region of right kidney - have been cured with this remedy. All were violent, extorting cries. In one case the pain set in very suddenly and the slightest jar aggravated.

J.H. Clarke, reported in his Dictionary of Practical Materia Medica, Vol. I, p. 148.

4. A young woman complained of edema of the legs and ankles first only at menses and now continuous for several months. She was chilly and craved warmth; always thirsty; no perspiration; history of illness prior onset of edematus condition which was becoming progressively persistent. apocynum 200, one dose, controlled this edema for many months. Several doses were given to have on hand if edema recurred, and report when used. A couple of days after the first dose she reported profuse excessive urination and the edema of legs disappeared and had not returned up to about 6 months of follow-up. She also

seemed in brighter spirits (a subjective observation)! Everyone was pleased, especially the young woman with the recovery of her beautiful legs. Here too, because of the history of illness prior onset of edema, I felt a constitutional remedy was indicated but this was not to be, for the Apocynum had removed all her complaints. Journal of Am. Inst. of Hom. ,Vol. 71, No. 3, Sept 1978, p. 184.

Apocynum androsaemifolium

Spreading Dogbane.

N.O. Apocynacea

Tincture is prepared from the roots.

The essential features

Apocynum androsaemifolium is a remedy that has not been proven properly and needs to be researched much more extensively. It would seem to be useful in cases of gouty arthritis when the case looks like *Sulphur*, but *Sulphur* does not act. There is burning pain, mostly of the left big toe with burning soles, and the burning may be accompanied by cramps. The case will be further confirmed by a number of other symptoms: if the kidneys are not functioning properly, if there is a tendency to swelling of the hands and feet, and if another keynote is present - everything smells like honey to the patient.

Some other symptoms met by this remedy are: trembling of the body with prostration; tingling pains in the toes; flying pains in different parts; great fullness and pain of the head; and pain of all the teeth on the left side of the lower jaw. Bilious diarrhea is another strong feature of this remedy.

Clarke reports in his *Dictionary* that Dr. Hale cured with Apocynum andr. a case of rheumatic gout with the following symptoms: "Acute pains in the joints attended with cramps, bilious stools and flying pains in the teeth."

Dosage

From 6x to the highest.

Apomorphinum hydrochloricum

An alkaloid obtained from the decomposition of Morphine by means of hydrochloric acid. The chemical formula is C₁₇ H₁₇ NO₂. The alkaloid is triturated with sugar of milk.

The essential features

Apomorphinum will be used in cases having an inclination to "violent" vomiting for different reasons; such as, alcoholism, opiate intoxication, vomiting of pregnancy, seasickness, reflex vomiting, and vomiting from a cerebral tumor. The vomiting is **sudden** and **complete**, the entire contents of the stomach being ejected, and is **not accompanied or preceded by nausea** or pain. Apomorphinum must also be kept in mind for other acute conditions, such as gastroenteritis and pneumonia, when this characteristic violent and complete vomiting is displayed.

This remedy finds use today in those patients who have indulged excessively in hallucinogenic drugs, such as marijuana, L.S. D, etc., and who become weak, pale, sweaty, and **vomit** very easily from the least exertion, especially exertion of the eyes as when trying to focus the vision through a camera.

A characteristic of Apomorphinum is that between the acts of vomiting there is **yawning**. There is also sleepiness, terrible weakness, and a tendency to faint after vomiting. This remedy will be needed for patients suffering with vomiting who appear pale, exhausted, sleepy, and yawn all the time, yet **do not show signs of suffering**. In most of the cases there is **absence of pain and nausea**; however, this remedy will also be indicated if vomiting is preceded by nausea, lassitude, perspiration, salivation and tears.

In **sudden, easy and constant vomiting without any underlying pathology**, when the patient feels fairly well between the acts of vomiting with the exception of being sleepy and stretching and yawning quite a lot, this remedy is a specific and should be prescribed even before *Ipecacuanha* or *Veratrum album*. Vomiting, again, is the preeminent symptom: vomiting of pregnancy; vomiting for psychological reasons; severe cases of exhaustion with vomiting; vomiting in alcoholism; a sensation of heat suddenly running throughout the body, followed by vomiting; fainting or sleepiness after vomiting. The patient is usually mentally dull, with difficulty in thinking, and has an aversion to answering questions. Sudden anxiety may be felt in the precordial region and/or pressure in the chest.

Generalities

Head

Vertigo with chilliness. Dullness, which can be felt as heaviness or headache or vertigo.

Eyes

Injection of conjunctivae and lachrymation.

Stomach

Great inclination to vomit. Vomiting comes suddenly without previous nausea. Vomiting is preceded by nausea and lassitude. Water or milk is vomited immediately after having been drunk.

Chest

Respiration irregular, rapid. Pulse rapid and irregular.

Clinical

Alcoholism. Opium habit. Vomiting of pregnancy. Sea-sickness. Vomiting - cerebral; reflex.

Relationships

Compare: *Ipecacuanha*, *Veratrum album*, *Opium*, *Zincum*.

Dosage

From 12 x to the highest.

Aqua marina

Sea water.

The essential features

This remedy may be used as an alternative to *Natrum muriaticum* or *Medorrhinum* when you have a case displaying a strong aggravation or amelioration near the sea or from bathing in sea water, and when neither of those two remedies acts, though apparently indicated.

Skinner has reported a remarkable cure of granular ophthalmia with an aggravation near the sea and claims to have used it for over 20 years with success in constipation aggravated or induced by a temporary residence at the sea coast, also for any disturbance of the system resulting from a saline atmosphere. Clarke reports that it has been used in seasickness. It has been proved by C. Wesselh_ft.

It is interesting to me that this remedy produces a granular ophthalmia like that of *Medorrhinum*, and also "constant hawking and raising of phlegm, tough and white like cotton." Both of these symptoms are strong *Medorrhinum* symptoms. Unlike *Medorrhinum*, however, which is typically ameliorated when in or by the sea, *Aqua marina* will most of the time be aggravated in the sea.

Aqua marina also produces: a sensation of a hair or fishbone in the throat with tickling, extending to the ear and temples, and urging to swallow; nausea in the stomach and abdomen.

I believe that this remedy will be tremendously helpful when proved properly.

Relationship

Compare *Natrum muriaticum* and *Medorrhinum*.

Dosage

The higher potencies should be used.

[Clarke reports that in seasickness *Aqua marina* has been drunk in its crude form as a treatment. (I would not suggest this).]

Aralia racemosa

The American spikenard is an herbaceous plant belonging to the Araliaceae.

It grows in rich woodlands throughout U.S. A.. A tincture is prepared from the fresh root.

The essential features

The principal action of *Aralia racemosa* seems to center on the bronchial part of the respiratory system. It appears to fit a class of people who have a constitutional weakness in this area and who, year after year, have colds - which can recur frequently - that settle very rapidly in the bronchii, causing spasmodic coughs with tough, viscid mucus. Year after year these repeated colds appear to worsen until eventually they develop into an asthmatic crisis. It seems that the constitution becomes weaker every year, allowing the common colds to purchase a deeper hold upon the bronchii. It is characteristic of this remedy to be symptomatic only during such respiratory events, which entail severe suffering and which may last for a few weeks each time, and to remain free of dyspnea during the often lengthy intervals in between. Unfortunately, we do not often immediately think of this remedy in such situations.

If you have treated such a case for a long time, having noted the recurring pattern of the lung weakness year after year, you will almost certainly have prescribed *Tuberculinum* without effect. You may also have treated such cases with other remedies, such as *Allium cepa* because of the initially acrid discharge from the nose,

or *Kali bichromicum* because of the viscid mucus, or *Kali carbonicum* because of a sensitivity to cold and drafts and a nighttime aggravation, or perhaps *Sambucus nigra* when the asthma persists for hours during the night and is accompanied by profuse perspiration, or *Ipecacuanha* when, as these patients sometimes do, your patient complains of nausea with the coughing. However these patients will have continued to return year after year for the same ailments, characterized by the tendency to catch colds which travel into the bronchii, causing a spasmodic cough and difficulty breathing. They have required *Aralia racemosa* all along.

One characteristic that you might have missed is that the patient, despite having suffered such severe colds which ended nearly every time in cough and dyspnea, recovered almost completely, until the next bout which brought him down to bed with the same symptomatology.

Typically, the only symptom which remains after such a crisis is a raw, burning feeling in the center of the chest, as if the area were being continually irritated by smoke; the patient is constantly reminded of this sensitive spot. Deep breathing makes this burning much more pronounced, and the patient will tell you that this irritation always reminds him of his main sensitivity.

Another sensitivity these patients have relates to smoking. They are forced to give up smoking cigarettes as the smoke causes immediate coughing, even when they are not experiencing an acute exacerbation. They also have a great sensitivity to the smoke from others' cigarettes. While this is a common symptom in people suffering with asthma, in *Aralia* it is very pronounced even when the patient is not experiencing asthmatic symptoms.

There are several characteristics of the acute exacerbations which, together, constitute a case of *Aralia racemosa*, among them: irregular periodicity (They may have a cold any time of the year, but always at least once every winter.), an aggravation at night on lying down and especially after a short sleep, the speed with which the colds travel from the nose to the bronchii, a need to sit up, an aggravation from cold and drafts, viscid, tenacious mucus, and loud wheezing. This is the full symptomatology of *Aralia*; as you will observe, it entails far more than its principal keynote, which according to Burnett is "a fit of coughing occurring before midnight, either immediately on lying down or more commonly after a short sleep."

I have given this remedy in a severe case of bronchopneumonia with high fever, coughing with loud wheezing, and dyspnea, with an aggravation around midnight that woke him after a short sleep. However, the remedy modified only the time of aggravation and let the patient sleep a little longer; it did not cure. Subsequently he awoke at 2 or 2:30 a.m. . *Kali carbonicum* and other remedies were tried, but only with partial local amelioration; symptoms changed, but the patient did not really benefit. The remedy that finally really cured was *Phosphorus* because it fit the entire mental-emotional picture. In another case, *Aralia* modified the wheezing and coughing in a child who woke up around this time of morning, but again without curing. So, prescribing on this indication alone, as Burnett suggests, will very seldom give satisfactory results, I think. On the other hand, these two cases confirm that this keynote is quite correct (and should not be disputed); were it not, the remedy would have had no effect at all in either of the cases.

Allen writes in his *Handbook*: "It has been found useful for asthma with spasmodic cough at night, in general worse lying. Spasmodic cough at night, after the first sleep, cough caused by tickling in throat associated with constriction of chest, has to sit up and cough violently."

You will see satisfactory results with this remedy in cases in which during the initial years the common colds start with an acrid coryza; red, dry, parched lips; and an aggravation from cold air. These acute cases look like *Arsenicum album*. You prescribe *Arsenicum*, and the cold travels rapidly into the bronchii while the coryza lessens impressively. This is a bad sign, and your immediate assumption should be that either the patient's constitution is weak or that the remedy was wrong.

At night the patient wakes up after a short sleep with violent spasmodic coughing that eventually forces him to get up from bed; he then sits and coughs for some time before he can go back to sleep. He needs his head high to prevent coughing. You think that this is an aggravation from the *Arsenicum*, and you wait, but the next night is worse. This is the time that this small remedy must be given, if one is fortunate enough to remember it and to include it in one's armamentarium.

The respiratory condition is almost always worse on lying down at night, and even more characteristic is an aggravation after a short sleep. The patient, even in the beginning of the night, will ask to sleep with a thick pillow. He wakes up with spasmodic coughing which is followed by difficult respiration. Tough, stringy mucus seems to obstruct the air passages, and he soon finds that he has to get up and walk around or sit up in bed to relieve the situation. Sitting bent forward ameliorates the coughing or the dyspnea.

There is violent spasmodic coughing, aggravated around midnight, but in some cases the condition will last until the early morning, 3 or 4 a.m. The same time modalities apply to the dyspnea.

A combination frequently seen is: tickling in the throat; loud, wheezing respiration, spasmodic cough, difficult breathing, all are aggravated before or around midnight. The expectoration is warm and has a salty taste.

Aralia seems to affect the intestines as well, producing diarrhea and prolapse of the rectum.

The mental symptoms are few as of yet. Fear that he will develop a serious disease, primarily of the lungs. Irritable and peevish.

Generalities

Weak, prostrated, with nausea felt in the throat and stomach.

Worse: from cold, falling temperature, drafts, after a short sleep during the night, lying with the head low. Worse: around 11 p.m. or midnight, but the aggravation can continue until 4 or 5 a.m.

Better: with warmth, warm covering, sitting up with the head bent forwards when coughing or dyspneic.

Mouth

Taste salty. He wants to keep the tongue moving to keep it moist, although there is profuse salivation. Aphthae, mostly of the palate.

Nose

Watery, acrid discharge from the nose excoriating the nostrils. Smarting and soreness of the posterior nares due to acrid mucus. Coryza with frequent sneezing, worse in cold air and better with warmth or while walking in the sun. The least draft of air brings on violent sneezing. Hay fever.

Throat

Sensation as if a foreign body were in the throat.

Stomach

Vague nausea felt in the throat and stomach. Discomfort in the stomach with flatulency.

Abdomen

Pain from the liver to the right scapula.

Rectum

Sensation as if about to have a loose stool, but expels with great difficulty only a teaspoonful of yellow feces. After stool, while still sitting, an aching pain in the rectum develops, extending upwards. Irritation in the anus at night.

Chest

Loud wheezing respiration coming on immediately after lying down at midnight. Inspiration more difficult than expiration. Asthma on lying down at night; dry, wheezing respiration upon lying on the back with the head low, with a sense of impending suffocation and rapidly increasing dyspnea. Loud, musical whistlings, mostly during inspiration.

Spasmodic cough waking the patient after a short sleep, during the night around 11 p.m. or midnight; he has to sit up and cough, and he is ameliorated by even a little expectoration.

Sleep

Profuse perspiration during sleep.

Clinical

Cases that are susceptible to common colds which settle in the bronchii very rapidly. Hay fever. Bronchitis. Periodic asthma.

Relationship

Compare: *Arsenicum album*, *Ipecacuanha*, *Sambucus nigra*, *Sabadilla*.

Dosage

From 6c to the highest.

Aranea diadema

The Cross Spider

N.O. Arachnida.

The tincture is prepared by crushing the live spider and digesting it in alcohol.

Provings

The first provings were recorded by Grauvogl who experimented on two persons and from whom we have the bulk of our information. There follow some interesting points from other provers.

1. F. Medical student took a tincture made with one spider to 100 drops of alcohol, for several days...Soon after taking the dose, drawing in head down to the lower jaw. Constant headache. Headache with burning in eyes and heat in face. Heat in forehead and eyes; a disagreeable trembling, flickering feeling in them when reading or writing, which makes the headache worse. ...Confusion of head with prostration...The headache is relieved by smoking, and goes off completely when smoking in open air...Headache and confusion of head both relieved by smoking, but they return and last all day. Shooting in palate and larynx.
2. H. military surgeon took first 1, then a few d. later 10 drops of the same at bed time. 1st d.-Violent obtuse digging bone pains in r. heel bone, for some d., immediately on moving the foot when it is resting, going off on continuing to move it. Restlessness with frequent waking, always with feelings as if hands and forearms were much swollen, twice the normal size. The feet so heavy he can scarcely raise them. After 16 h. painful cold feeling in r. lower incisors, especially when air rushes into mouth...Quivering in muscles of l. upper armFeeling of heaviness and fullness in abdomen as if a stone lying in it. At same time pinching in abdomen, heavy feeling in thighs so that they can scarcely be moved, with confused head.....(Gross, Allg.h. Zeit.,i, 122)
3. For several days I had been troubled by an urging pressing pain in my teeth, in the upper incisors which lasted nearly regularly from 9 till 1 in the forenoon, when it gradually ceased, leaving a sensitiveness and feeling of coldness on inhaling air, which persisted. My general condition was not materially interfered with. Nux-vom. did not do a thing. On a hot July day I slowly perambulated under some trees, nursing my toothache, when a large cross-spider descended from one of the trees. I made her alight on my hand to examine her, when she bit my finger. From that moment my toothache slowly disappeared. How things will come to pass! Some ten years before I had proved *Aranea diadema* on myself for my friend Gross, but now, though suffering from a similar toothache, I had compared a number of remedies, but never thought of my *Aranea* proving. Since that time I have succeeded in curing toothache a number of times whenever the air felt cold in coming in contact with the

aching incisors, and besides were accompanied by a subjective symptom of a feeling of swelling in the gums or in the cheeks.

Reported by Dr. Hencke, of Riga in the *Homeopathic Recorder*. (It is obvious that he refers to the above mentioned proving No2. recorded by Dr. Gross.)

Dr. Mrs. Hedwig Karske-Ecchus experimented with 2x, 4x, 6x, 12x, and 30x Hahn. prepared from the whole animal. Her results presumably were verified on four persons reported by Senkenmann. Her provings, though they did not bring out the salient features of the remedy, are somewhat of interest, which is why I have included some of the symptoms which to me appear to be consistent with the general picture of the remedy:

Alternate gait and depression. Great internal anxiety, irritability, fear of death. Claustrophobia. Persons and things seem not real. Speaking seems to be from a distance. Remains awake late; anxiety with the need to move.

Lypothimia with vertigo, trembling and cold sweats.

Desire for milk with the sensation of great relief.

Lancinating pains, starting from the gall bladder, radiating towards the appendix.

Violent diarrhea with vertigo and lypothimias.

Rush of blood to the head. Congested, burning face.

Back icy cold.

Double vision, the white color is seen as yellow.

Cramps of the eyelids and of the calves.

Jerkings and tremblings of the muscles.

(Reported in the *Dictionary of Homeopathic Materia Medica* by Dr. O. A. Julian, pp. 27-28.)

The essential features

There are three grand keynote of *Aranea diadema*, and if you meet two or three of them in a case, you can prescribe it with great confidence. The first is a **general and extreme aggravation from cold and damp places**. It is the combination of cold and damp that is to be emphasized. This is a characteristic of typical hydrogenoid constitutions. They feel very well in a dry, sunny climate, but as soon as they are exposed to cold and damp, as soon as the rainy season starts, their problems begin. Damp localities, such as those near a river or a lake or the sea, are totally intolerable to these people.

Headaches, neuralgias, sciatica, and lumbago, all their troubles begin or are aggravated in such climates. If they dare to sleep in a cold bed, their troubles start. If, during the night, they uncover themselves a bit and are exposed to some cold air, it affects them immediately and their sciatica flares up. When they are suffering with a disease involving the spleen, the spleen enlarges even more while they are living near a damp place. Diarrhea is more frequent and occurs more readily in such localities.

This is the first remedy to be thought of when a patient complains of such an aggravation from cold and damp and, in addition, complains of **a cold feeling deep within different parts of the body** - coldness as if in the blood vessels, coldness so deep that it is felt right to the bones; it actually feels as if there is ice in the bones. This coldness cannot be relieved by anything, by any amount of warmth; it feels so deep.

The second keynote of *Aranea* is **a feeling as if parts of his body** (the head, the arms, the legs, etc.) **are very much enlarged and heavy or numb**.

The third keynote is **an exact periodicity** much like that of *Cedron*. Chills, fevers, headaches, or neuralgias begin at exactly the same hour repeatedly.

Aranea is a remedy which, because of its symptomatology, should be thought of for **malarial fevers**, "intermittent" fevers. The chills are very long-lasting and shake the whole body. There is an absence of any heat or sweat. Coldness is felt to the bones.

It produces a tremulous nervous exhaustion, and the patient has a strong desire to lie down.

During the night in bed the patient awakens with **a sensation as if his hands and arms are enormously swollen**. So real is this sensation that he puts on the light to see if it is true. He awakens with this sensation or with a feeling of numbness of the extremities.

A few mental symptoms have been recognized; such as, anguish or anxiety, despondency, and a desire to die. Confusion of the mind accompanies many symptoms, especially the fevers and the headaches. Confusion is worse in the evening, after eating, and after mental exertion. Everything may seem unreal to the patient.

Generalities

In addition to its utility in malarial fevers or any other recurrent symptom or syndrome resulting from an earlier attack of malaria, Aranea is also indicated for diseases of the bones, caries, with the characteristic coldness inside the bones. Symptoms are worse when lying down at night.

Chronic intermittent fever, with swelling of the spleen, worse when living in a damp place.

Aranea can be useful in asthma. The patient is unable to lie down during the day or night; he produces white frothy expectoration and suffers nausea.

Aranea's ailments may manifest an exact periodicity, as does *Cedron*. Violent and sudden neuralgias which recur every day at the same hour. Aranea's pains are like electric currents.

Chilliness followed by little or no fever. Restlessness and unwell feeling during the day. A crawling sensation over the whole body.

Hemorrhages. Puncture wounds.

Worse: bathing; cold, damp weather; damp localities - rivers, lakes; during rain; chilly places; afternoon and midnight; from smoking tobacco.

Better: in the open air; from pressure; during the summer; from smoking tobacco.

Head

Headache with confusion, affected very pronouncedly from smoking tobacco, either for the better or worse. Headache relieved in the open air. Confusion in the evenings on studying. Confusion from lassitude; cannot think or perform any work. Dullness with the headache.

Periodical headache. Headache which is better on leaning against his hand, worse again if he takes his hand away. Headache better from pressure. Headache during chill.

Headache with burning of the eyes and heat of the face.

Burning heat in the forehead and face.

Vertigo - has to lie down; vertigo after eating.

Eyes

Flickering before the eyes on reading or writing, making the headache worse. Glimmering before the eyes preceding the headache. Burning, stinging, shooting in eyes during headache. Bluish circles around the eyes.

Ears

Pinching pains in the right ear and parotid gland, eventually going to the left side.

Face

Trigeminal neuralgia. A feeling as if the cheeks were swollen during toothache. Congested burning in the face.

Mouth

Immediately after lying down pain arises in all of the teeth, worse drawing in cold air. Violent pains in all of the upper teeth at once. Taste bitter, better with smoking. Sensation of coldness in the right lower incisors.

Stomach

Cramps in the stomach and headache after eating a little. After a few spoonfuls of soup or after eating but very little food, violent convulsive pains in the stomach,

with nausea and oppression of the chest. The convulsive movements of the stomach can become generalized, with trembling of the whole body. Epigastrium painful to pressure.

After taking milk a disagreeable taste remains. Desire for milk with a sensation of great relief. Thirsty during fever and during different other complaints.

Abdomen

Swelling of the spleen. Enlarged spleen with chilliness.

Sensation of heaviness and fullness in the lower bowels, as if a stone lay there, with an unpleasant feeling of faintness in the pit of the stomach and griping pain in the abdomen.

Lumbo-abdominal neuralgia, with vomiting and yawning.

Borborygmii in the abdomen and heaviness in the the thighs, every day at the same hour.

Stool

Thin fluid stool accompanied by pain in the abdomen, which is relieved by rubbing the abdomen.

Genitalia - female

Menses: eight days too early; too strong and copious. Menses painful with convulsions.

Discharge of viscid mucus from the vagina. Viscid leucorrhœa.

Respiratory

Asthma: unable to lie down during the day or night, with white frothy expectoration, and nausea.

Chest

Hemorrhage from the lungs. Violent hœmoptysis in anemic and debilitated subjects.

Intercostal neuralgia extending to the spine.

Extremities

A sensation as if parts of the body are enormously enlarged. Numbness and heaviness of the extremities. Numbness of parts supplied by the ulnar nerve. A feeling of formication in both the little and ring fingers of both hands.

Dull, penetrating pains in the bones and in all parts of the body. Violent bone pains in the right os calcis if the foot is moved from a resting position; on continued motion, however, the pain gradually disappears.

Quivering, twitching in the muscles.

Sleep

Restless sleep, with frequent waking.

On waking a sensation as if the hands and forearms are swollen. They seem so heavy that he imagines he cannot lift them.

Chill

Chilliness with pains in long bones. No sweat. Chilly day and night. Troubles in the abdomen which are usually accompanied by chills and come on mostly towards the evening.

Clinical

Cases of ague (recurring malarial fevers or fevers with chills). Chills. Malarial cachexia. Affections of the spleen. Asthma. Hemorrhages. Chronic periodic headaches. Affections of the bones. Neuralgias. Toothaches. Irregularities of menstruation.

Relationship

Compare: *Cedron*, *Arsenicum album*, *Rhus toxicodendron*, *Mygale*, *Nux vomica*.

Dosage

From 2x to the highest potencies.

Cases

1. Mrs. E., of nervous constitution, menstruated regularly, mother of one child, suffered periodically from a headache, with great dullness in the head, incapacitating her to think or to occupy herself with any work; there was at the same time heat in the forehead and face, and great lassitude and exhaustion. This condition generally lasted for a day, and was preceded by a glimmering or sparkling before the eyes with vertigo, compelling her to lie down. On Oct 8th I gave her *Aranea 6*, two doses, one to be taken at once, the other at night, in water. The attacks did not return for many years.
2. Mrs. B., fifty odd years of age, of gracile build and nervous constitution, frequently suffered from pressing headache in the temples, with vertigo on rising from a recumbent position, and a harrassing sensation, as if the head and hands were swollen. *Berberis*, which seemed to be indicated, did nothing. *Lactusa vir.* and *Natrum mur.* only alleviated. On May 15th I gave her *Aranea 6*, one drop in water. Patient fell asleep after taking the medicine, and on awakening, several hours later, the headache was gone and has not returned for over a year.
(Reported by Dr. Hencke of Riga in the *Homeopathic Recorder*.)
3. Mrs. J. G. M. aged forty eight, sanguinous temperament, regular in her monthly courses, and mother of nine children; has always enjoyed good health, and having been her physician for twenty-five years, have never observed any other alternations in her health except those consequent to child birth, and occasionally a slight eruption on her face, which made its appearance in cold weather. About three months ago, in consequence of a cold, she complained of a violent pain in her abdomen with a great deal of rumbling in the bowels, and loose stools. *Cham. 200* repeated several times, *Ars. 200* relieved the pains somewhat; but after studying her case more carefully I finally observed that every day, at 4 o'clock in the morning, the pain would return with great violence, with the rumbling noise and diarrhea; also sensation of numbness of the superior and inferior limbs; then the pain would subside and she will sleep until 7 or 8 o'clock. After getting up, she would feel restless and unwell during the day; no appetite, when she partook of food the pains increased at night. I then gave a few doses of *Diadema* with the happiest results and she remained perfectly cured. Several medicines have the symptoms mentioned above, but none of them except *Diadema* have the characteristic symptoms of colic, with rumbling bowels, liquid stools, and numbness of the arms and legs at the hour indicated.
4. Mrs. J. P. G. aged twenty two: lymphatic temperament and weak constitution; suffered at the age of puberty from an attack of amenorrhea, with all symptoms usually

experienced in this disease, which was treated by the rational means employed in Homeopathy in these cases. In four months she was restored to health which she continued to enjoy until she married, two years ago, since she commenced to be irregular in her course. They appeared at times too soon, and at others too late. She experienced in the course of eight months, two attacks of menorrhagia, which lasted, more or less abundantly, about two weeks, and was thought to be an abortion. She was treated allopathically after her marriage, and had tonics, antispasmodics, and lastly Anzola water and sea bathing, without any good results; on the contrary, after returning from the sea shore, she suffered from terrible pains in the stomach, which came on every day, regularly, at dinner time, on going to bed, and on rising in the morning. After making a thorough examination of her case, we collected the following symptoms: Dejected countenance and pale face, dark circles under the eyes, lips blanched, dull expression of the eyes, deep melancholy, inexplicable malaise, with a constant desire to lie down, and a crawling sensation over the whole body. After partaking of a few spoonfuls of soup, and especially after eating a very little food, she would experience violent convulsive pains in the stomach, with nausea, oppression of the chest and repeated gaping. The convulsive movements of the stomach, in a short time will become general, with trembling of the whole body. Great pain in the stomach obliging her to move constantly while sitting and her mind would become confused; the pain would, at times, return, although with less intensity, on going to bed and on rising in the morning. Diadema 200 cured.

(Dr. J. G. Howard)

5. This is a case related by Grauvogl:

A sea master developed ague with great stiffness, tiredness, and sick feeling, after a night spent in wet straw, in the bar rooms in a hotel in Germany, on a winter night. Chill began at 7 p.m. and lasted till precisely 8 in the morning, every day at the same hour, without heat or sweat, with cough, loss of appetite, sleeplessness and great exhaustion, which distressed him most the next day, and interfered with his occupation. Being unskilled in Homeopathy and not having the least confidence in fever and ague, I gave him two grain doses of quinine every two hours at first, then every hour during the day until he had taken forty powders without the least improvement; on the contrary his general weakness had increased. I now consulted the original proving and found that according to the law of similarity Aranea must be the remedy. He received five drops from the second decimal attenuation every hour. Next day the patient exclaimed, "Now you have hit the right medicine. After the second hour I felt warmth again in my whole body and for the first time for three weeks I slept some hours at night again without any chill." Cure was completed in six days and for 17 years he had no relapse.

The last three cases are quoted in the *Materia Medica* by N. M. Choudhuri, pp. 58-59.

Tela araneae

Cobweb - that of the "black spider found in barns, cellars, and dark places."

This remedy has been very imperfectly proved, but since it appears to have some potential, we will include some existing information and comment on it.

Cobwebs have been used as a remedy since ancient times. Dr. S. A. Jones reports, "The accounts of the action of cobweb being incorrect and various, I determined to ascertain (if possible) its correct operation by giving it to healthy persons. I found from these experiments that the operation of the web appeared to be principally on the arterial system; and perhaps in less time than any article previously known. The force and frequency of the pulse being uniformly reduced in some cases 10, in others fifteen strokes in a minute, and in one case the pulse, from being strong and full, became soft, small, and very compressible..." He states he has not noticed any other effect.

But with regard to the quieting of the pulse rate, it is interesting to read the observation of Dr. Webster who gave 20 gr. to an old and infirm asthmatic. "Slight but pleasant delirium was produced, and from the report of persons who slept in the same room with him, the effect, though of longer duration, was very similar to that of a dose of nitrous oxide gas; the muscular energy having been exceedingly increased, the patient could not be confined to bed, but danced and jumped about the room all night. In the morning I found him quietly asleep."

This incident would not be of much importance unless we have another similar observation. Eberle says: "I have taken it very often, and have uniformly found it produce a calm and delightful state of feeling, succeeded by a disposition to sleep."

Dr. Oliver also found it to produce in him "the most delicious tranquility, resembling the operation of opium, and followed by no bad effects."

(Broughton, quoted by Dr. S. A. Jones, *Amer. Observer*, Jan, 1876.)

From these provings it is difficult to assume the exact curative - homeopathic - action of the remedy. In the first proving by Dr. Jones we see the primary effect of the drug (a proving): consequently, it is logical to assume that most probably the remedy would be useful homeopathically in cases of bradycardia. In the other three cases we see, in my opinion, a kind of temporary (due to very low dilutions) curative action of the remedy.

The essential features

I would recommend that this remedy be considered for cases in which homeopathic *Opium* is indicated but does not act, where there is sleepiness with lowered pulse rate and a pleasant mental state resembling that induced by opium.

Dosage

From 30c to the highest.

Aranea scinencia

A grey spider found on old walls in Kentucky. It does not spin a web; it employs a springing lunge to take its prey.

The essential features

This is a remedy that you may need in cases of chronic headaches when the eyes are also affected. The headaches are of a dull and heavy quality, and of considerable intensity. They cause great restlessness. In addition, *Aranea s.* produces an inflammation of the eyes. The eyes constantly tear, and a blurring film seems to constantly collect over them. The eyelids become swollen. Constant twitchings of the lower lids is also a noteworthy characteristic of this remedy.

The patient is restless, especially at night; he can sleep for only a few minutes at a time. Associated with the insomnia is constipation and increased urination.

In general, symptoms are better in the open air and worse in a warm room.

There may be a sweet taste in the mouth with increased salivation.

Aranea scinencia may be a likely first prescription when you have a case which presents with "dull headaches accompanied by an inflammation of the eyes and having a constant twitching of the lower lids." This remedy must also be thought of when you are vacillating in a case between *Pulsatilla*, *Belladonna*, and *Agaricus*.

Dosage

From 6c to the highest.

Argentum metallicum

Pure metallic Silver

Pure precipitated silver is prepared for use by trituration with sugar of milk.

The essential features

Argentum metallicum is a deep acting remedy which is often overlooked by the practitioner as a first choice, especially in prescriptions for chronic cases. As a result, such cases may well continue untreated for many years, notwithstanding the prescription of many other remedies, until such time as the practitioner should finally be struck by the thought that this might be a case of *Argentum metallicum*.

Before proceeding to a description of the remedy it might be of some interest to the reader to list some keynotes which may serve as hints in an *Arg-met.* case.

Keep *Argentum metallicum* in mind in the following situations:

- 1. whenever you have a case with **disturbing palpitations** or arrhythmias which are **regulated (ameliorated) by the patient sighing** or taking deep breaths.

- 2. when you have a case where, especially in the morning, **transparent gelatinous mucus** is **hawked out very easily**, but when it comes out as a small ball its consistency is viscid and sticky and you wonder how such a sticky substance has detached so easily.
- 3. when you have a case of **thickened margins of the eyelids** with purulent discharge and photophobia. **Blepharitis**.
- 4. when the cartilages of the body are affected in any way, but especially when there is a **hypertrophy of cartilages**.
- 5. when you have a case where the **upper extremities jerk so violently** on falling asleep, as to cause the whole arm to fly over from one position to another and wake the patient up. Explosions in head with simultaneous jerking of upper extremities in broken down constitutions.

Providing the symptoms agree, you may need this remedy in order to treat serious conditions such as **osteochondritis, juvenile osteochondritis, polychondritis, epiphysitis, diabetes insipidus, neuro-muscular disorders, alzheimer's disease, AIDS, epilepsy, sexual adynamia, chronic urethritis, orchitis, orchi-epididymitis, salpyngitis, ovaritis, chronic pharyngitis, blepharitis, ulcerous keratitis, scirrhus, epithelioma of the cervix uteri.**

Please note that, in mentioning here the main pathology under which you may need *Argentum metallicum*, I am providing you only with a **hint** to be used when searching for this remedy, and by no means with an indication to prescribe it.

Argentum metallicum cases generally imply a broken down constitution, a **physical wreck**, people who appear much older than they are in reality, partly due to much **physical suffering**, but mostly to an almost constant general state of weakness and prostration. The patient's worn out face, tired look, and weak voice betray the extent of his suffering. The **face really looks older** though it may not be deeply wrinkled at all.

On examining the patient, you may feel that the very fact of talking and giving his case history in detail are taxing activities, needing an extra effort on his part, and indeed bringing about an aggravation of his condition. It is likely that his case history includes neuralgias of the sciatic nerves, arthralgias, tearing pains along the bones, affections of the cartilages. In the history of a typical constitutional case, the patient's younger years will show affections of the cartilages, osteochondritis, epiphysitis, or Scheurmann's disease.

Although, in the stage in which you see your patient, none of the serious pathologies of the type mentioned earlier are present, you may well perceive that his condition is likely to degenerate towards such pathology before long. Such are the remarks that you may make to yourself on coming into contact with a typical constitutional case of *Argentum metallicum*. Indeed, a look back to your anamnesis of cases treated unsuccessfully with a number of remedies may allow you to recognise this picture in some of them.

There is an adynamic state in these individuals, who **have no stamina to face adverse situations** in life and just go to pieces when faced with stressful situations. They are quite happy and satisfied but as soon as somebody threatens them over some slight incident they become totally unbalanced. They become upset or angry and everyone around notices the big change in their face, which becomes white, long and drawn. Their state of health is so precarious that the mind can easily become **confused**, or even dizzy or intoxicated, **from small provocations**, slight stress or minor fright.

In the initial stages of their pathology, *Argentum metallicum* cases are not as weak as they are later. In these early stages they are easily excited, their mind works perfectly well with a special acuteness, they exhibit an extreme clarity, they are argumentative and intelligent. It is a state that lacks stability, and foretells the troubles that may be on their way. You note that the person is so **sensitive and excited as to be fragile**. In this stage they need contact, they need to talk to others, doing so with great ease and excitement - the mind seems overstimulated in a nice way, with cheerful and optimistic feelings, but at the same time a certain fragility.

A change is apparent after some years, causing the *Argentum metallicum* case to develop a need for a kind of seclusion or isolation (*Sepia*), unwilling to talk to anybody. A sense of fatigue of the mind sets in, where the effort needed to make it function properly is just more than can be managed. In social gatherings they remain quiet and do not participate in discussions. The mind would appear to have been overtired by constant excitement.

These two states alternate for some time in the *Argentum metallicum* case, before the tired state eventually takes over on a more or less permanent basis.

Symptoms of the mind appear as a result of **mental exertion**, as in the cases of students or scholars, business men, lawyers or accountants overexerting their mental faculties. These symptoms, naturally, are not merely the result of overexertion, but when superimposed onto an organism already in a state of *Argentum metallicum* pathology, this overexertion has a telling effect. Conversely, not everybody who overexerts himself gets symptoms, but patients who need this remedy are prone to get symptoms quite easily.

The initial overexcitement of the mind seems to carry *Argentum metallicum* cases along easily but a time comes, later in life, when they feel that their mind is breaking down, their mental faculties are leaving them, and that their **memory is deteriorating** rapidly. In the midst of a conversation they may forget the subject they were discussing, or they may suffer from **sudden memory loss** on leaving one room to search for something in the next room, finding themselves in this other room without being able to remember what they had been looking for. A moment's pause is needed to rethink the whole process, after which memory returns. This sudden loss of memory overcomes minds that are worn with cares and problems; these people have many things on their minds and very little mental power. Eventually a

point is reached where even **talking is a greatly bothersome** task.

The mere effort of speaking out their minds can have the effect of aggravating the physical situation of *Argentum metallicum*. Kent writes: "if compelled to answer he becomes dizzy, and feels strange all over, and has nervous shakes or shocks." You must be able to imagine the kind of weakness experienced by your patient if such symptoms can arise just from the mere effort of talking. Not only the voice, but the chest, the respiratory system, indeed the whole organism is affected. At this point we may make a comparison with some other remedies, beginning with *Stannum*: *Stannum* complains of the chest being so weak that the voice will not come out; *Arg-met.* has a general aggravation of the organism from talking, but also from the psychological effort involved in answering questions. *Stannum* is depressed, physically and mentally tired on talking, whereas *Arg-met.* pushes himself to answer and in the effort becomes excited and at the same time tired. *Mur-ac.* is very tired generally, so tired that he cannot even talk. *Sepia* is tired but mostly not interested in communicating, and therefore talking. *Phos-ac.* is indifferent and mentally tired, therefore he will not talk.

Be on your guard, therefore, when a patient, in relating his case to you, says in passing: "I am even tired to talk". Try to elucidate the type of tiredness you are dealing with. Does it fit the *Stannum* tiredness, the *Mur-acid* tiredness, the *Sepia* tiredness, the *Phos-acid* or is it indeed the *Arg-met.* tiredness?

This state is accompanied by anxiety about their condition, and often by the impression of an imminent brain stroke. The tiredness engenders **depression** where **all they want is to lie down** in an isolated room. There is no emotional stamina left to deal with social contact and communication.

The overexcitement of the mind gives way to dulness, difficulty in thinking and depression. This is a forerunner of a manic-depressive condition that may develop later on in life. Then they present overexcitement, with rapid talking, nonsensical prattling reaching a wild stage where they cannot be restrained, even hitting out and striking those around in a rage. A similar state of delirium can develop after fever, epilepsy, or severe pains.

Argentum metallicum people possess delicate organisms and do not have many reserves at their disposal, therefore they will occasionally use deceitful means to get along in life, and to prevent others bothering them. They may possibly avoid telling you all of the truth (without however misleading you the way *Thuja* does). You may find that they do not tell the truth for fear that others will bother them, feeling unable to handle the repercussions of conflicts and aggravations. Their deceitfulness arises from a desire not to be questioned. A woman will not tell her husband that she is attracted by another man, she will not allow him to understand her emotions, leading him on the contrary to believe something entirely different. She does so in an attempt to avoid the stressful consequences of such conditions. Any attempt at questioning her will cause her to become dizzy, her mind may simply appear to give in, with the effect that she may become unable to think, trembling internally, beginning to suffer from twitches and eventually taking to her bed. This woman may remain the whole day without saying a word, answering with a mere yes or no to any questions put to her. She will not participate in any discussion and will try to avoid even people that she loves very much. She never laughs, because of the internal misery she feels.

Argentum metallicum cases look serious and depressed although this seriousness is not their natural state but rather an aversion to engaging into social conversations where the mind **has** to work.

Once the *Arg-met* organism becomes tired **no rest can ameliorate this tiredness**. It may be tired, excited and restless at the same time, much like *Arsen.* and **will go from one bed to the other** the whole day without finding real rest. Many times such a case may just sit doing nothing. At night, when attempting to sleep, there is an excitement coupled with tiredness that keeps them awake and only allows a little rest in the early hours, around 3 or 4 a.m. , when the organism is totally exhausted. In the morning they **wake up unrefreshed**, they still feel very tired and **do not want to speak to anybody**. This time is their worst, they feel really miserable, life seems unbearable, depression overcomes them and they just want to disappear from the face of the earth.

Sometimes, as they **fall asleep**, there appears to be an electrical charge detonated by **violent jerkings of the extremities**, especially the upper. It is usually one of the upper extremities that jerks so violently that the whole arm flies over from one position to another and wakes the patient. (Compare *Zinc* and *Agaricus*). This may happen two or three times in the same night, but not however every night. Sometimes there is simultaneously an explosion in the head that resembles an electrical charge. This condition is the forerunner of the epilepsy that may appear later on and which can be covered by this remedy; *Argentum muriaticum* is recorded as having epileptic attacks, followed by delirious rage, jumping about, and striking those near at hand. These nightly troubles can be the cause of a gradual exhaustion of the organism and the premature appearance of old age. There is a **drying up** of the organism; the emotions, the thinking faculties and the skin show signs of dryness, a condition that also extends to the sex drive.

In the sexual sphere of this remedy the general pattern of overexcitation first followed by depression and adynamia applies. The sexual excitement is initially strong, driving the young person to masturbation. There is a sense that the pleasure and the release must be had immediately; there is no stamina, no real drive, but only the excitement and the pleasure, after which they feel exhausted and full of pains in the joints.

Men eventually become impotent, their genitalia seem to shrivel and they have no urge for sex. There are after-effects of masturbation. Eventually there is sexual adynamia with seminal emissions almost every night, similar to *Natr-phos*, but without erections, while in some cases we have atrophy of the penis. Dr. Teste says

that he has found the remedy useful in a case of seminal losses, without erections and with atrophy of the penis, (in a man of thirty this organ was no larger than that of a child of ten years); the primary cause of this spermatorrhea was onanism. Because of the tiredness inherent to this remedy, women develop an aversion to sexual intercourse, and even erotic playing is not tolerated. It seems as if there were no emotions to motivate it. Aversion to sex mostly because she is tired.

Generalities

The prime remedy affecting **all types of cartilages**. Symptoms appear **slowly**, insidiously; progressing slowly but penetrating the organism deeply. Pains increase gradually, and disappear suddenly. Aggravation from talking, singing or reading aloud; from riding in a vehicle; when touched or pressed upon. The **early morning** is the main time of aggravation where the headache is worse, the mucus in the throat, the hunger, the pains in cartilages etc. Better in the open air. General weariness and weakness coming every day at **noon** time.

Head

Confusion in the head is prominent, a sense as if head is cloudy or as if **there is smoke** in the brain. The head feels dull and hollow. Sudden giddy feeling, as if there is a mist before the eyes. Dizziness on entering the room after a walk. Vertigo; feeling as if intoxicated. Aching tearing pain in temporal bones increased by touch. Pressing pain in the forehead with stupor and drawing pressure in the occiput. A tearing pain in the right frontal eminence extending towards the right temple. Paroxysmal neuralgia over the left eye. Scalp very tender to touch. Exostosis on skull.

Eyes

Violent itching of eyelids and corner of eyes. Lids **swollen and thickened**, the margins are **thick and red**. Sometimes an appearance as if the margins are full of styes in a row. Pustules along edges of lids. **Blepharitis**. Any effort to separate the lids causes their edges to be drawn in. Abundant, purulent discharge, lids cannot be separated in an infant 4 weeks old. Amaurosis of the left eye, contracted pupil, insensible to light. Dr. Teste states that he cured in a few weeks amaurosis of the left eye of mercurial origin, although the sight was already very weak, and the pupil, which was very much contracted, remained, even after treatment, insensible at the approach of light.

Ears

Buzzing in ears with ebullitions and heat. Gnawing itching on the lobes, warmth and formication of concha.

Nose

Nosebleed, with a crawling sensation in nose. Exhausting coryza with frequent sneezing. Severe **fluent coryza without sneezing**. Affection of **nasal cartilages**.

Face

Face pale and earthy. Redness of face. Sudden heat in face. Burning itching. **Looks much older**, with very fine wrinkles. Swelling of upper lip.

Mouth

Dryness, fetid breath.

Throat

Viscid, grey, jellylike mucus in pharynx, **easily hawked up**, more in the early morning. Throat feels **raw** and sore during expiration, deglutition or coughing. Painful tension when yawning, as from swelling. The neck in the neighbourhood of the sub-maxillary glands is swollen and in consequence the neck is stiff and tense when moving; at the same time swallowing is difficult because of internal swelling of the throat. Total **loss of voice** in professional singers. Chronic **inflammation of larynx with hoarseness in professional speakers**. Over bifurcation of trachea, a raw spot; **worse when using voice**, talking or singing. Very hoarse, cannot speak a loud word. Grey gelatinous phlegm which is easily raised from the trachea.

Stomach

Appetite very much increased, **hungry** even after a full meal. Loss of appetite with aversion to smoking (*Ign.*) Aversion to all food, even when thinking of it.

Thirstless even during hot stage of fever. Sweating during and after meal.

After dinner nosebleed. **Nauseous** sensations **with hunger**. Nausea in his dreams. **Anxiety** and pressure in the pit of stomach. After retching there remains a **scraping, burning** sensation in the fauces.

Abdomen

Painful soreness in the whole abdomen, worse jarring. Sweat only on **abdomen** and chest. Tympanitic puffing of the right side of abdomen. Expansion and sensation of fullness in epigastrium. Distention of hypogastrium. Loud **noises** on the left side of the abdomen. Tendency to crampy pains in groins. Severe aching in abdomen extending towards the pubic region, during eating, which is aggravated by inspiration, and is relieved by rising from his seat.

Rectum

Frequent urging with discharge of small quantities of soft stool. Dry stool like sand after dinner. Lienteric diarrhea.

Urinary organs

Copious urination. **Frequent urging to urinate** with copious urine worse at night. Urine like whey. Sugar in the urine. Enuresis. Albuminuria.

Genitalia - male

The **right teste** is usually affected with swelling and terrible **crushing** pains while in woman the **left ovary** is mostly affected. **Crushing pain in right teste** is a keynote especially when clothing is intolerable and there is an aggravation also in bed at night. **Seminal emissions** almost every night, without erections, with **atrophy of penis**; after onanism. Yellowish-greenish discharge in a long standing gonorrhoeal discharge.

Genitalia - female

Ovaries feel too large. **Pains in the left ovary.** Leucorrhoea, foul, bloody, excoriating. **Prolapse of uterus** with pain in left ovary. Pain in left ovary and loins. Pain in left ovary and back extending to front and downwards. Eroded, spongy cervix.

Chest

Cough with easy expectoration, white like boiled starch. Cough from **laughing**.

Constant tickling in throat causing her to cough. **Great weakness** of chest worse on the left side, worse **talking**. **Stitches** in right side of chest from within outwards.

Sensation as if heart were suddenly standing still (*Gels*) followed by a trembling at heart gradually passing to an irregular throbbing. Frequent attacks of violent palpitations with or without anxiety. Deep, **sighing** inhalations, **relieve the palpitations**. Very **irregular** intermittent **pulse**, omission of heartbeats, all **worse lying on back**. The heart muscle is especially affected when lying on back. Chest feels sore to touch. Shootings in sternum and in the sides of the chest. Violent aching at the middle of the sternum. Stitches on left side of chest, stitches under the cartilages of the last true ribs. A **boil** near the last rib. **Sweat on chest**.

Back

Dull stitches in second lumbar vertebra. Violent pain as if sprained deep in left lumbo-sacral region. Bruised pain in small of back, loins and neck worse from motion, and worse in the morning on waking.

Extremities

In the extremities we see mostly weakness, **loss of power**; they get fatigued very easily. There is also stiffness, weariness and trembling. Tenderness, **tearing pressure and pain in bones**, especially the long bones. Tearing in the left knee joint. Joints feel as if beaten, weak, sore. Lower limbs, especially in the morning after rising, become so weak and trembling that knees knock together.

Weariness after rising, mostly in region of great trochanters, **ligaments and muscles feel as if they have given way**, with **painful tension** in muscles about trochanters and buttocks as if sprained, worse walking. Calves **feel too short** on going down-stairs. Crampy pain in thighs. Articular rheumatism without swelling. Involuntary contraction of fingers. Twitching and palpitation in several muscular parts, especially on the right thigh.

Sleep

Cannot fall asleep easily and the sleep is **restless**. In bed while slumbering, seized with dizziness, **as if head had fallen out of bed**, followed by a violent convulsive starting of the whole body. Anxious dreams with **screaming**, frightful dreams: on waking he believes they are true. **Nausea in the dreams**

Fever

Shivering through the whole body. When walking in the open air exhaustion and heat all over.

Skin

Sore exanthemata, cannot bear to have them touched, even motion of skin is almost unbearable. Eruptions feel sore as if excoriated.

Clinical

Chronic pharyngial catarrh, with hawking of jelly-like mucus.

Osteochondritis, juvenile osteochondritis, polychondritis, epiphysitis, hip-joint disease, hysterical joint. Diabetes insipidus. Neuro-muscular disorders. Alzheimer's disease. AIDS, epilepsy. *Sexual adynamia*. Chronic urethritis, *orchitis, orchi-epididymitis*. Salpyngitis, ovaritis.

Blepharitis, ulcerous keratitis, *scirrhus*, epithelioma of the cervix uteri.

Relations

Compare: *Selen. Alumina, Platina, Pallad. Stannum, Zinc, Agaricus, Ampelopsis*.

Follows well: *Alumina* and *Platina*.

Followed well by: *Calc-c. Pulsatilla, Sepia*.

Dosage

From 6x to CM

Cases

Was called in to see a child, about four weeks after its birth, which was suffering from severe ophthalmia, with abundant purulent discharge. The disease had commenced some three or four days after birth, and had been treated, by attendant midwife, with several topical applications, among the most prominent of which was Nitrate of silver. Having once experienced disastrous results in a case of the same character, I allowed only a few days for the trial of Sulph. and Calcarea, neither of which yielded any favorable result. The little patient cried almost constantly, night and day; never opened the eyes except in early morning, or late in the evening when the light was very dim.

The pus oozes from between the lids in jets, as from a freshly opened abscess, and any attempt to get a sight of the eyeball, by drawing the lids apart, was attended by the drawing of the edges of the lids inward and their curling in more and more as the effort was continued, so as to make it entirely useless. When in a state of repose, the edges, and indeed, the whole lids both upper and lower, were swollen and thickened to an alarming degree. On the strength of this symptom I prescribed Arg-met., a dose every 4 hours, from which I noticed a slight improvement in 24 hours, after which I administered the remedy to the mother only, at intervals of, first 4, then 6, and lastly 12 hours.

After a week of this treatment the child was able to bear quite a strong light, to keep the eyes open constantly, and recovered rapidly, without a single scar or blemish on either eye.

M . Preston Noringtown Pa. American Journal of Homeopathic Materia Medica Nov. 1868 p. 198.

2. Dr Teste relates an interesting case of Schirrous ulceration.

The patient was a washer woman, aged fifty years, tall, thin emaciated, of a very irritable temperament; The disease was of long standing. This woman, whose face was of a straw-colour down to the lips inclusive, a characteristic symptom of the cancerous diathesis, was troubled with constant distention of the hypogastrium, which was exceedingly sensitive to contact. Every moment she felt lancinating pains in this region, which she compared to pricks with a pin. There was a tension in the groin, and from time to time, crampy pains in the thighs. Her breath was fetid, foul, her appetite pretty good; she was often taken with a diarrhea, or rather lienteria.

The urine was pale, fetid, and profuse especially at night. The mucus membrane of the vagina, which was considerably wrinkled by the descension of the uterus, was almost round; but the neck of the uterus, which was very much swollen, presented only, so to say, a spongy mass so deeply corroded with ulcers in different directions, that it was impossible to discover the os tincae. The purulent, ichorous, and sometimes bloody matter which flowed from these ulcers filled constantly the vagina, from which proceeded such a horrible stench that it would have been impossible for one to remain ten minutes in the same room with this unhappy woman, whose near death seemed to me, and indeed was, inevitable. However, she continued to live for six months, which I attribute to the action of Argentum. Various remedies, *conium, cicuta virosa, sepia* and *lycopodium* had been given without any effect. Argentum effected a general improvement almost instantaneously. The

diarrhea ceased and the stools became natural. The desire to urinate was diminished one half. The shooting pains in the hypogastrium diminished, so that the patient was sometimes free from them for days. A circumstance which astonished me a good deal was, that the discharge, although still purulent, *lost almost entirely and in less than three days*, its foul smell. Fleshy, rose-coloured granulations, of a very satisfactory appearance, showed themselves at the neck of the uterus. Her strength even returned visibly, and for two or three weeks, I flattered myself that the patient will get well. Unfortunately, this illusion was not to last long; a relapse took place. The family attributed it to a fit of anger, to which the patient was subject. The diarrhea reappeared, and, with it, all the uterine symptoms. This time Argentum had no effect. Soon the prostration was at its height. Arsenic was of no use. After two days spent in agony death took place.

A. Teste, Homeopathic Materia Medica p. 118-119

Argentum nitricum

Nitras argenti

English: Nitrate of silver

French: Argent nitrate, Nitrate d'argent

German: Salpetersaures Silber

The essential features

In my writings I have repeatedly emphasized the hierarchical structure of human health. In the healthy individual the mental sphere, being the most central to normal functioning, exerts its control over the physical and emotional spheres. This control can become excessive in over-mentalized patients. On the other hand, in other types of patients there is a weakening of this central, controlling influence; to this group belongs Argentum nitricum. In the neurological system, this weakness leads to clumsiness, incoordination and, finally, ataxia and convulsions. In the psychological state it leads to **impulses**, the hallmark of Argentum nitricum.

If we wanted to describe an Argentum nitricum case with few words, we could say that he is an **over-emotional, impulsive individual with weakening mental faculties, which allow a host of impulses and fears to arise. He is an individual whose power of coordination and balance has been upset on all levels.**

In the early stages Argentum nitricum individuals are jolly, extroverted and optimistic. Far from being egotistical, they are giving and attentive in conversation. They are people who enjoy life, and its comforts. They have a strong sexual appetite, as well as an appetite for tasty foods, salty and sweet foods, and "high-living." They will avoid ordeals at any cost.

At the same time they possess a certain straight-forwardness and simplicity. These patients seem to be incapable of hiding their feelings for long. For example, a patient may be unable to hide a romantic affair from his wife for long. He confesses the transgression and feels great remorse. Argentum nitricum individuals may frequently be overtaken by a sense of guilt for their actions and will cry with remorse. They become very emotional and weep as they tell of their transgressions.

Such an extroverted character tends, even at this early stage, to be impulsive. The patient may be explosively irritable. If the wife drops something, the patient impulsively shouts, "My God! Why the hell can't you hold on to anything?!" The temper is uncontrolled by normal mental restraints; it flares but then dies away completely. The family soon learns that the individual does not mean anything by the outburst; there is no maliciousness behind the temper. After an outburst, the patient may equally spontaneously express warm, loving feelings. In some cases the patient may not show the irritability except to his wife and family. At work his uncertainty about his profession precludes his arguing with his boss; he withholds his anger because he feels inefficient.

The emotions are robust, and the person himself is not highly refined and certainly is not oversensitive. His emotions are too vital to allow wounded feelings or deep emotional scars. This type of individual can be extremely sympathetic. He may be easily moved to tears when hearing of another person's suffering (*Phosphorus*). Unlike *Phosphorus*, he may dislike crying in front of others, but he is so expressive and incapable of hiding his feelings that he may, in fact, cry. Another similarity to *Phosphorus* is that the Argentum nitricum patient will accept and enjoy consolation.

In this early stage, there is little mental pathology or, at most, only hints of the extreme anxiety or strong impulses which occur later. The patient will seek attention mainly for physical complaints such as duodenal ulcer, colitis, or vertigo. It is at this point, however, that the patient may become vulnerable to mental overexertion. An entertainer or an evangelist perhaps, he gives himself very energetically to his public audience. Subsequently he notices a certain weakness in his thinking. One of the earliest symptoms of the mental-emotional pathology of Argentum nitricum is **weakness of memory**. The patient can no longer perform as he did previously in his work.

Anticipation

As he notices this inefficiency he begins to **feel very much in a hurry**; there is not enough time for him to accomplish the things he wants to do. He becomes impatient and can hardly wait for an appointment. He has great anxiety about arriving on time for his rendezvous and will leave home much too early for an appointment. The anticipation of any engagement brings on anxiety, sweating and sometimes diarrhea. Thus, *Argentum nitricum* is one of the main remedies for **complaints which occur from anticipating an appointment or engagement**.

At this point the patient is well aware of the weakening of his faculties and the failing of his memory. He feels incompetent and inefficient, especially when confronting some sort of intellectual challenge. This patient is of the type who, even if he knows a subject well, becomes very anxious before giving a public speech and, in anticipation of the event, may suffer a rumbling abdomen, flatulence, vomiting and even diarrhea. Even an insignificant appointment may produce similar reactions. Tyler describes a typical case:

"A poor little school girl of six, in such terrors of anticipation that, when the schoolbell rang, she put her head in her hands and vomited. *Argentum nitricum* finished that trouble promptly and entirely."

As the pathology of *Argentum nitricum* develops, the patient seems to lose intellectual strength and control. Rather he seems to be controlled or almost overwhelmed by his emotions and impulses.

Anxiety

The psychological pathology may begin in a different way; often the patient may confront a type of shock which overwhelms his balance. Frequently this shock comes in the form of a death in the family, or perhaps someone close to him develops a serious disease like cancer. The patient then begins to develop **great anxiety, especially concerning his own health**. Also, he may develop great concern or anxiety about others, his family or friends. He becomes **overly anxious or even frightened when he is alone** and, consequently, seeks out company. *Argentum nitricum* is one of our main remedies for **fear of being alone and for a desire for company** (*Ars., Lyc., Phos.*). Fear of death when alone in the night is characteristic. As these tendencies continue, the patient can reach a state of **severe anxiety neurosis with irrational behavior**.

In *Argentum nitricum*, the anxiety about health may reach unprecedented heights. When alone he can easily fall prey to panic states during which he **trembles all over, mumbles, stutters and even convulses**. Many times the **entire crisis is attended with frequent stools or diarrhea**. An indescribable fear overwhelms the individual and renders him irrational.

At this stage he may sometimes fear that an evil force is affecting him. The patient is gullible, believing the opinions of anybody and everybody concerning his state of health. He develops palpitations and is sure that he is about to have a heart attack. He feels a palpitation, and he freezes thinking, "My God! What is that?" He seems to exaggerate his symptoms dramatically through his imagination. Although in his life he may be a practical businessman, he cannot apply this rationality when in his neurotic states. He is simply overtaken by them.

Alone at night, he is especially anxious, fearful of fainting, and fearful that some sort of calamity will befall him or that **death is near**. This fear increases gradually until it assumes enormous proportions, overwhelming the individual and precipitating absolute panic. This is the time when he usually ends up in a hospital emergency room. His fears about his health are not always defined, but most of the time they will either be of **heart disease, brain stroke or cancer**. While in the throes of this crisis of fear he will ask for and seriously consider any advice offered by anyone concerning his health. He will telephone doctors, psychics, relatives and friends alike, one after another, for advice.

For instance, he may seriously take into consideration the explanation offered by a psychic that "he is suffering now because in his past life he was tormenting his wife or cat." He will try to seriously discuss such an opinion with somebody else he trusts, in spite of the fact that such an explanation makes no sense to him and affords him no actual relief. His agony impels him to find a solution quickly, and his anxiety renders him gullible to such suggestions.

A strange feature which distinguishes **some** *Arg-nitricum* patients from *Arg-nitricum* patients in general is that they do not want everybody to know about their sufferings. *Arg-nitricum* patients in general usually like to tell their stories and fears to anybody they meet, even asking the milkman for medical advice. These particular *Arg-nitricum* patients, however, confess their concerns **only** to people they trust and who they believe may possibly afford some relief to them in their moments of panic. They are afraid that if others know of their problems they will reject them or revoke their affection. This contrast within one remedy is

striking.

An *Argentum nitricum* patient may feel a mild discomfort in his stomach, and the idea of cancer comes to his mind. He literally stops in his tracks and slowly brings up his hand to probe for the dreaded growth. "Oh, my God!" he thinks, "Now, here it is -- cancer!" It is an impulsive fear, almost as if he imagines he has "caught" the cancer. This type of anxiety is foolish, almost laughable for others, but to the patient it causes great anxiety and is a source of great annoyance to his family. The patient may reach an intense anxiety with trembling and panic, fear of losing consciousness and flushes of heat. But with all of this fear about his health, in most cases the patient is worried only fitfully. It usually is not a constant fear such as we see in *Agaricus*, *Nitric acid*, *Arsenicum*, or *Kali arsenicosum*. Rather this patient is one who might feel a little catch in his chest while he is walking up the stairs to his apartment and then has an immediate fear for his heart. He stops on the stairway and examines his chest and his pulse. Then, he goes inside, quickly consumes some of his latest medication, and goes to watch television, hardly remembering his earlier anxiety until he gets another symptom and it starts all over again.

The *Argentum nitricum* patient may become the type of **hypochondriac** who takes every medication he can lay his hands on. When he travels, he takes with him all of his bottles of pills, blood pressure gauge, herbal medications, etc. His bathroom cabinet is stuffed with every imaginable remedy. Impulsiveness also characterizes this form of hypochondria. Every new medicine of which he hears sends him anxiously searching for the product. He tries this new preparation for one week and again becomes disappointed. He may in his anxiety make a circuit from doctor to doctor, frequently asking for an electrocardiogram or some other test to be run. His doctor, who may well have become a "friend" in consequence of the frequent visits, may ask him not to return as he finds no reason for concern about his heart. Finding no answers or solutions, the patient may become disappointed and sink into a gloomy state and a kind of apathy. When he is with company, he can escape this mood and enjoy himself. *Argentum nitricum* is always **better with company**, ready to communicate his thoughts and feelings to others and forget his sufferings. But after the social engagement, while he is alone, the gloom returns, and he sits and broods over his state of health, convinced again that something is seriously wrong with him.

A **fear of hospitals** is another common fear of this remedy. At a certain period of his pathology the anxiety about his own health and the fact that he is going to face sick people [a reminder that he may get the same disease] make it impossible to enter a hospital; the prospect generates panic.

Another strong feature of this remedy is **fear of fainting**

(*Lac-c.*). This fear is connected with his fear of death and anxiety about health. A faint feeling comes as he walks or drives his car, the panic overwhelms him to the point that he has to stop and ask for assistance since he cannot drive or walk further.

In some cases, because of these fears, the patient does not want to leave the house by himself and desires to be with somebody at all times. He fears that something may happen to him if he is out somewhere without company and has no one to assist him.

Impulsiveness

As alluded to previously, **impulsiveness** is a major aspect of the *Argentum nitricum* pathology, this remedy being one of the main remedies for impulsiveness. At first, one may see only a suggestion of impulsiveness in the personality. Later, impulses of an almost superstitious nature appear. Kent describes this state beautifully when he says, "A strange thought comes to his mind that if he goes past a certain corner of the street he will create a sensation, will fall down and have a fit, and to avoid that he will go around the block. He is so reduced in his mental state that he admits into the mind all sorts of impulses..."

For example, a patient may become preoccupied with the thought that he must avoid stepping on the cracks in a sidewalk. He realizes it is silly but cannot bring himself to step on a crack. Later, this impulsive and obsessive tendency may result in paranoid superstitions and fixed ideas. Kent lists *Conium* and *Zincum* in the Repertory under the rubric "Superstitious," but in my opinion *Argentum nitricum*, *Stramonium* and *Rhus tox.* should also be added.

It is at this point that one can see the development of a very peculiar and characteristic type of impulsiveness. It seems that normal thought control mechanisms are hampered in this patient. When an idea occurs to him, he is unable to push it aside. In fact, the more the patient tries to force thoughts from his mind, the stronger the impulse becomes. Some examples will be provided to illustrate this characteristic.

Kent again gives an excellent description: "when crossing a bridge or high place the thought comes that he might kill himself, or perhaps he might jump off, or what if he should jump off, and sometimes the actual impulse comes to jump off the bridge into the water."

A patient may be sitting on a balcony when the idea comes to his mind, "**What would happen if I were to jump off?**" Of course, such a thought is not uncommon, but with this patient the thought does not simply pass away. Instead the idea becomes lodged in the patient's mind, and he begins to fantasize about it. He sees himself getting out of his chair and walking to the edge. He becomes more and more wrapped up in this fantastic scenario as the impulse gains momentum, almost hypnotizing him, until he actually finds himself walking to the railing. Then, just at the moment the impulse reaches its crescendo and he begins to lift his leg over the rail, the

image shatters, and the patient returns to his senses. Fearfully, he backs away from the edge and goes inside. In the interview the patient may speak of a fear of heights without volunteering descriptions of such events as the above. This symptomatology seems to be so much a part of his personality that he does not consciously think of it until the impulses reach an alarming proportion. If, however, the homeopathic practitioner describes such a possible scenario to the patient, he will stare in disbelief and exclaim, "My God, yes! How did you know that? You must be some kind of genius!" This statement is typical of the kind of impulsive exclamations frequently made by *Argentum nitricum* patients.

In another example, the patient may be walking on the sidewalk when he is struck by the idea that perhaps a car will weave off of the road and hit him. He begins to live the accident in his mind and becomes anxious and almost frantic. He sees the car coming toward him, and the fantasy seems to gain momentum. As the fantasy speeds up, so does the patient; he begins to walk faster and faster. As he begins to visualize the car losing control and hears the wheels screeching, he becomes hysterical and verges on breaking into a run. Suddenly he is, in his fantasy, struck by the car, and an image of his crushed and bloody body flashes in his mind. At that instant the fantasy ends with a start, and the patient pauses. "What am I running for?" he wonders and resumes his walk at a normal pace. Thus, the keynote symptom arises -- "**Anxiety walking, which makes him walk faster.**"

Often the patient may experience difficulties when crossing a street. He stands at a crosswalk until the light turns green and then begins to cross. At the same time a car is coming to a halt near the crosswalk. Suddenly, the patient thinks that the car is not going to stop in time. He is just about ready to bolt into a run, visualizing the car running him down, when he returns to his senses, almost with a start. Then, realizing the car has already stopped, he crosses the street at a normal gait. At other times he may have an identical fantasy concerning another pedestrian or perhaps a child crossing the street. For example, he may, while seated in a restaurant, observe through the window a child crossing the street. He imagines the child being hit by a car and may be on the verge of rushing from his seat in an attempt to rescue the child before he looks again and sees that the child is safe.

I once had a patient whom I had treated unsuccessfully for great anxiety about his health. I was unable to find the correct remedy until we spent a few days together in the countryside. We were on a fishing boat and happened to catch a fish that was covered with poisonous stinging spines. I warned him not to touch the fish because it could be very dangerous. We put the fish in a container. Later I was alarmed to turn around and see him closely examining the creature. He had his hand dangerously close to the spines. I warned him away for a second time, but a few minutes later I looked back to see his fingers close to the fish again. It was obvious that he was fascinated by the danger and could not steer his thoughts away from the poisonous fish. When I asked him why he was doing that, he did not answer me, most probably not knowing himself. I then saw the remedy for his anxiety! *Argentum nitricum* cured him promptly. After several years the remedy was repeated for a relapse of his anxieties, and again the remedy acted.

There seems to be a type of attraction to **imaginable, dangerous situations**; the patient becomes hypnotized with the thought: "What would have happened if..., ... if I had fallen down the stairs, ... if I had touched the poison needles, ... if I probed a wire in the plug, etc." But *Argentum nitricum* will not be the type of patient who engages in really dangerous activities, such as driving at breakneck speed down a twisted highway, etc. He actually prefers cozy, easy pastimes and enjoys the pleasures of life. He will try to **avoid ordeals**.

In yet another example, a student may be trying to study some subject, but he is unable to really concentrate. He seems to be suffering from **brain fag** as a consequence of the exertion of studying. He idly looks about the room; the electrical outlet catches his eye and he thinks, "I wonder what would happen if I put a screwdriver into that outlet?" He tries to redirect his mind back to his work, but these thoughts just will not leave him. Finally he picks up the screwdriver and walks over to the outlet, catching himself just as he is about to insert the screwdriver in the outlet. If someone should walk in just at this moment and surprise the patient, he would be quite embarrassed. He understands that he was acting on an irrational impulse, out of foolishness, and that his behavior was not normal. He feels that he has to try to explain what he was doing, so he fishes around in his mind for some justification, typically coming up with some lame excuse, a foolish, illogical rationale: "I was just checking the size of the wire in this outlet." It says in the text: "**He gave all sorts of queer reasons for his strange conduct, endeavoring to cover up his foolishness that he himself realizes.**"

Another patient imagines that he must not turn at a particular corner because some tragedy will befall him if he turns onto that street. He carefully avoids or becomes incapable of entering that block. He realizes the stupidity of it all but cannot avoid it. Here again one sees the superstitious element.

Sometimes the brain fag is so powerful that he feels that he is not in touch with reality; in such cases the patient becomes so irrational and obstinate that he may object to something for no reason at all, **just for the sake of objecting**.

All of the above are some examples of the impulsiveness and irrational thinking portrayed in *Argentum nitricum*. The practitioner does not have to take these examples word for word but must understand the gist or spirit behind them which can be applied in appropriate cases. It is a certainty that different cultures may present the same symptomatology in a modified manner.

As the impulses become more deeply entrenched, the patient can reach a stage of compulsive neurosis or fixed ideation. He may be alarmed by an **impulse to kill**

someone, perhaps even his own child. Having reached this stage, when he comes to the interview, he will quickly confess all of his compulsions and will be eager to receive help. At other times, especially during acute illnesses, the patient may develop an irrational idea that **he will die at some particular hour of the day** (*Acon.*, *Agn. c.*). He becomes certain that he will die at three o'clock, for instance, and he watches the clock with agony.

Fear of heights

Of course, *Argentum nitricum* has many fears which are often associated with these impulses. He has **great fear of heights** and an unsteadiness or vertigo when standing in high places. One distinctive feature which can be seen in this fear of heights is a fear even when **looking up at tall buildings**. The fear may be expressed as merely a discomfort when near a tall building or an actual fear that the building will come crashing down on him. A similar feeling may occur if there are a lot of clouds in the sky -- he fears that they will fall on him.

Tyler describes an interesting case: "A wee boy of 4 3/4 was curiously ill- mentally. The history was: measles before he was two; then double pneumonia and (?) meningitis. He "rolled his head" and had evidently marked opisthotonos. "When he began to walk he walked backwards." Now had "terrible nights, with much screaming" and "mad" attacks by day. Was in terror of his father, by night.-"Daddy might look at me!" He said of people, "They make me bleed, and I'll make them bleed." He said the next house was "going to fall on him;" that "the clouds are coming down on him." Great fear of noise. After a couple of doses of *Argentum nitricum* the next report was very much better. Lost the things coming down on him. Fears all gone."

Interestingly, during the *Argentum nitricum*'s depression there is an **actual tendency or impulse to jump from a high window** or balcony.

Argentum nitricum has a peculiar **fear of narrow bridges**. The patient, when confronted by a footbridge, may be totally incapable of crossing it. He becomes unsteady on his feet, vertiginous, and goes down on all fours in order to cross it. It seems that this dizziness is partially due to an actual vestibular dysfunction and partially to a fear of falling from a height.

Claustrophobia

Another classic fear of *Argentum nitricum* is **claustrophobia**. The patient may be completely incapable of entering an elevator, preferring to walk several flights of stairs instead. In some cases the anxiety about health is aggravated in a closed room. He may be comfortable sitting and conversing in a small room until his companion gets up to leave and closes the door. At that point he suddenly feels enclosed in the room. The room feels like a tomb; there is a feel of death about it, and he becomes quite anxious. The patient may also suffer claustrophobia when in a crowd or a theater (*Acon.*). He must sit close to the rear of the theater for he cannot bear the thought of being caught in a line when leaving. This claustrophobia will arise again in the delusions of *Argentum nitricum*. In febrile deliriums or in advanced mental cases the patient may have a delusion that the walls are about to crash in upon him.

It is easy to understand from the nature of these many fears that the *Argentum nitricum* patient may well also have a **fear of tunnels**. Furthermore, combining the fear of heights and the fear of narrow places, one finds that *Argentum nitricum* also produces a fear of travelling by airplane. It must be stressed again that it is not necessary that a patient have all these fears in order to merit the remedy; a few of the fears will suffice as long as he possesses the general qualities attributed to this remedy.

The **progression of mental pathology by degrees** seen in this remedy is an important element to understand. The patients first display anxiety and impulsiveness and then become more and more fitful, impulsive, fidgety and restless. From these transient states of impulsive behavior the disturbance crescendoes until the whole nervous system is in tremendous turmoil. Their memory breaks down completely; they cannot remember words, cannot remember the name of their spouse nor to whom they are married. They become very impulsive and assertive in a crazy way -- shouting, demanding, slapping their own face, especially when they cannot find the right words. It is a deep degenerative process. It is similar to the picture of Alzheimer's disease. When such an advanced state has been reached, *Argentum nitricum* will afford some relief, but it will not cure; the case is too far gone.

This same idea of escalation of pathology applies to chorea; *Argentum nitricum* covers the entire range of chorea, from slight choreic movements to states of violent choreic movement. The severe chorea can be so violent that the patient can hardly remain in his seat or bed. Similarly with regard to anxiety, these patients may progress from transient states of mild anxiety to states where the anxiety reaches panic dimensions and can cause tremendous tremblings and convulsions throughout the body. The last stage of *Argentum nitricum* (such as in old age) is characterized by a state of apathy with loss of memory (where they search to find the right words), a generalized trembling, ataxic gait, and an old appearance -- the face looks much older than seems consistent with the chronological age.

Generalities

Argentum nitricum is one of the warmest remedies in our *Materia Medica*. There is a marked aggravation from heat of any sort. The patient is ameliorated by cold -- cold bathing, cold applications; riding or walking in cold winds all relieve the patient. In some rare instances there can also be an aggravation from the cold. Usually the complaints are worse in the summer.

Another factor which aggravates the patient is lying on the right side. Palpitations, dysphoria, flatulence and abdominal colic can all be precipitated or aggravated by lying on the right side.

As mentioned earlier, Argentum nitricum is an important remedy in seizure disorders. During the convulsion the patient loses consciousness completely. During the aura the patient may experience a sensation as if the body were expanding. Besides these actual epileptic disorders, we sometimes find trembling of the whole body, especially after breakfast.

There is a general tendency for **growths** -- papillomas, fibromas, warts and condylomata occur throughout the body, as well as a tendency for **easy ulceration**, not so much on the skin as on the mucous membranes. A general characteristic of the pains of this remedy, wherever they occur, is their **splinter-like** quality.

There is general trembling and weakness. There is also a peculiar type of **periodical weakness**. The patient may be completely well and strong, but then, frequently at the time of the menses in women, a weakness overtakes her. The weakness may come with exact periodicity or at more irregular intervals. The severity of this debility can be so extreme that one may suspect adrenal insufficiency. Sometimes the weakness may be so pervasive that the patient cannot even dress herself. In fact, one patient said that she was so weak that she was unable to lift a newspaper. The patient may become extremely upset after suffering from such attacks; everything will irritate her at these times. Finally she may sink into a despairing state about this condition, crying because she feels that nothing can be done to help her.

This remedy covers diseases of the nervous system very well: multiple sclerosis, ALS, myopathies, demyelinating diseases, epilepsy and chorea.

Head

There is a sensation of enlargement of the head which is felt as a painful congestion and fullness, especially during pregnancy. The sensation is ameliorated by wrapping the head. Congestion of the head with throbbing of the carotids and a feeling of discomfort around the throat.

Headaches may be produced by emotional excitement, but more especially from **frights** and also from **mental exertion**. The headaches frequently have a slow, gradual onset but then decrease rapidly. On the other hand, Argentum nitricum also produces a violent headache which starts very suddenly. Here again we see an amelioration from pressure; often the patient may find relief by wrapping or binding the head. Headaches, once they reach their peak, end in vomiting many times. It is characteristic that with the headache the patient feels extremely disturbed, miserable and very weak.

The headaches may be accompanied by transient blindness. They are often worse at night from the warmth of the bed. There may be aggravation from strong odors, even if they are agreeable. Boring headache in **left** or right frontal eminence, extending to the nape of the neck, worse from motion (*Bry.*). Headache in temples, extending to upper jaw. Stupefying headaches. Lies with eyes closed, senseless.

Feels as if bones of scalp were separated. A peculiar sensation as if the brain were stirred with a spoon.

Vertigo

Vertigo **from heights** or when closing the eyes. Vertigo when crossing a narrow bridge. The patient may experience a type of vertigo as if drunk. There is a syndrome of vertigo, with inner trembling and tachycardia, and a fainting feeling. Sometimes in epilepsy vertigo precedes the attack.

Eyes

Argentum nitricum produces many eye complaints. These complaints generally occur from overuse and heat, as in warm rooms. The complaints are, conversely,

ameliorated by cold applications. There is a peculiar granular inflammation of the conjunctiva which produces a sharply delineated red area which is bright red and raw, like raw meat. If this condition progresses, one finds the formation of ulcers either on the conjunctiva or the cornea, with pain as from a splinter. In general, there is redness of the eyes ameliorated by open air, redness of the conjunctivae and the eyelids. Also, one sees purulent discharges from the eyes.

Argentum nitricum is an important remedy for photophobia. The photophobia may occur after straining the eyes. Also, the photophobia may be aggravated in a warm room, and, in fact, Argentum nitricum is the main remedy for that symptom. Dim vision of the left eye with headache on the right side. Sudden presbyopia in younger persons.

Violent purulent ophthalmia, especially of the newborn. Inflammation of the eyelids with thick crusts. Acute granular conjunctivitis. Ulceration of cornea. In epileptic conditions a dilation of the pupils may be noted before the convulsion. Sensation as if the eyeballs are enlarged.

Ear

Noises in the ear with vertigo. Ringing in the ears accompanied by partial deafness; ringing in ears in the morning in bed. Pain in the morning after rising.

Nose

Ulcers in posterior nares with yellow crusts and pus. Epistaxis from right nostril on blowing the nose. Sore, bruised pain externally when compressing wings.

Pain in right wing; clawing, tingling pain in posterior nares. Violent itching in hay fever, with lachrymation, headache and chilliness. Twitching, creeping sensation under skin, left side. Itching: rubs constantly. Acute sense of smell; smells real and imaginary odors; sensitive to the odor of coffee.

Face

I have found that the traditional description of the Argentum nitricum face as looking "old" is misleading. The face is usually dark red with full red lips, giving the impression of a strong circulatory system and a strong vitality. Also, there may be a bluish tint to the face, especially during the menses. In advanced cases or cases of nutrient malabsorption the face may appear prematurely old with a shrivelled appearance (*Ambra grisea*, *Secale*). The aged appearance of Argentum nitricum contrasts with *Calcarea carbonica*, which may appear old due to a furrowing of the face created by fine squares of wrinkles; it also contrasts with *Lycopodium*, in which the upper half of the body seems to be aging.

Mouth

Condylomata in the pharynx and mouth, found predominantly on the palate.

The papillae on the tongue may stand out erectly and become very sore.

Also, the patient may complain of a sour taste in the mouth. This sour taste can be a strong component in some cases of trigeminal neuralgia. The tongue is sometimes white and moist or has bluish spots and a red painful tip.

Toothache from sour things.

Throat

In the pharynx one sees all types of inflammations. Chronic inflammations with thick, tenacious mucous are found. The pharynx may assume a dark red color. The pain in these inflammations is often felt as a splinter (*Hep.*, *Kali c.*) and is worse with swallowing (*Hep.*, *Nit. ac.*). The pain is often ameliorated from cold drinks.

Argentum nitricum is one of the main remedies for **loss of voice (chronic laryngitis) in public speakers**, opera singers, especially **when they try to raise their voice**, in which case they will have pain or coughing. **Sudden loss of voice**. Chronic hoarseness.

All kinds of growths in the throat -- warts, fibromas, papillomata, condylomata -- as well as polyps and condylomata of the vocal cords.

Stomach

A famous keynote for *Argentum nitricum* is a **desire for sweets**, though **sweets aggravate** -- eructations, flatulence, diarrhea, burning of the stomach, etc. (*Ign.*).

There may be an even more unusual desire for **plain sugar**, and *Argentum nitricum* is the only remedy with a desire for sugar in the evening. The desire for sweets may become intense just before the menses. Often the patient may want rich foods and rich sweets, which produce indigestion. There is often an aversion to fat.

Also, a **desire for salt** and salty foods is often present.

Desire for **strong cheese**. One can see a strong aversion to pork which can cause a misdiagnosis of *Pulsatilla*, especially since both remedies have aggravation from heat, fear of the dark, sympathy, etc.

Loss of appetite with no desire to drink; or good appetite though the stomach is easily upset. It is suited to people who have digestive problems since starting to drink large amounts of alcohol. Distension of the stomach with violent belching.

This is one of the most prominent remedies for people who have the tendency to eructate all the time. Eructations are continuous, violent, **explosively loud**, and they do not usually afford the relief one would expect. There are empty eructations after eating, especially **after sweets**. The eructations may come with great difficulty after eating. Sometimes we find loud eructations from being **emotionally excited**. One can even encounter a fainting feeling from eructations. Eructations which are accompanied by a mouthful of undigested food. Eructations on rising from bed.

There can be pains in the stomach or abdomen, especially **when lying on the right side**. There is often gastric discomfort with a sense of constriction which may lead to a tendency to faint. The distension is not relieved by belching; however, the fullness may produce a desire for stool which does relieve the discomfort. Diarrhea seems to be the great outlet for any upset, whether physical or emotional, in *Argentum nitricum*. Another peculiar keynote of this remedy is vomiting of mucus during the diarrhea. Diarrhea alternates with constipation in cases of indigestion.

Vomiting of a milky substance may relieve the gastric complaints. Nausea from the smell of coffee. Nausea is ameliorated by sour things (*Ptelea*).

In cases of **duodenal ulcer** we see incessant vomiting of food until the stomach is empty. Pain in small spots radiating in different directions. Painful swelling in the epigastrium, worse by the slightest pressure, which is accompanied by fear of having cancer or an indescribable anxiety.

Abdomen

Likewise in the abdomen there is great distension with much explosive flatus. The distension is not relieved by eructations or flatus. With the distension, the abdomen is sensitive to clothing, and there is intolerance to tight clothing.

The liver region is especially sensitive to pressure. A feeling of a band around the right hypochondria. Also, one finds a sensation of emptiness in the abdomen **after stool** and trembling of the abdomen during eating, especially after menses.

Rectum

This remedy is one of the most flatulent. Especially in the morning, on waking, there is marked flatulence without relief. The flatulence is worse when the patient eats sugar or sweets.

The patient often experiences **diarrhea**, especially **from emotional causes**.

Diarrhea from excitement, from anticipating an appointment, from anxiety, is a keynote of *Argentum nitricum*. One also sees diarrhea from drinking water.

The diarrhea is ameliorated by eating acid food. Involuntary stool during urination or when not straining, while it is difficult to have a voluntary stool.

Stool with green fetid mucus, with a lot of flatulence, worse at night. Violent diarrhea like spinach flakes after eating sweets or having been emotionally upset. Acrid stool that burns the anus from morning till noon. Diarrheic stool comes on as soon as he drinks; the water appears to be immediately expelled from the rectum.

Explosive flatus. Condylomata of the rectum.

Urinary organs

Various types of cystitis can be seen. Often the patient must run to the bathroom for fear that he might lose his urine, and, in fact, **involuntary urination** can occur.

Loses urine constantly.

Retention of urine. In some cases the urine will not pass regardless of how forcefully the patient strains; then, as soon as he ceases straining, the urine passes involuntarily. Urine passes unnoticed in cases of neuromuscular diseases.

Tearing pains in the ureters, extending downwards or from kidney region to the bladder, which is made worse by touch, motion or even inspiration. Dropping of burning urine after urination. Useful in the early stages of gonorrhoea, with profuse purulent discharge and severe cutting pains, bloody urine, and painful erections.

Genitalia - male

As stated previously, the patient normally has a strong sexual desire that can drive him too easily to masturbation and sexual excesses, but a state of impotence can eventually supervene in which the erection fails at the initiation of intercourse.

Often the loss of the erection will occur because of the impulsive state of mind.

The patient may be involved with the sexual act, but then some usually silly, and often fearful, thought enters his mind and disrupts his mood. He is unable to push the thought aside and loses his erection. The sexual organs can become shrivelled. Enlargement of right testicle. Itching in the genitals during urination.

Genitalia - female

In women one may see vaginal pain during coition. Prolapsus with ulceration of the cervix. Also, bleeding after coitus can occur. In general, however, the menses are scanty or suppressed, sometimes lasting only one day. Ulceration of the uterus. Pain in ovaries extending to sacral region. Sensation as if the right ovary is swollen. Menses copious.

Chest

They suffer from asthmatic respiration as a consequence of gaseous distension of the stomach. There is a feeling as if there is an iron band around the chest or a very heavy stone in the middle of the chest. Desires to take a deep breath, which aggravates the dyspnea. The dyspnea is also worse if there are many people in the room. There may be intense palpitations, especially when the patient lies on the right side. The patient often describes the palpitation as so severe that he feels as if his heart will jump out of position. In some cases the palpitations are relieved by hard pressure on the sternum. Anxiety felt in heart region after eating at night. Pain in the heart that makes breathing almost impossible. Pains of angina pectoris, worse at night.

Back

There is often heaviness in the lumbosacral region which is aggravated by stool, but ameliorated by standing. There can be a similar heaviness in the coccyx with these same modalities. Pain in the lumbar region which is ameliorated by walking and aggravated by sitting or rising from a seat. There can also be back pain which is aggravated by flatulence. Chills or coldness extending upwards after eating. Pain in lumbar region or sacrum or coccyx, worse sitting, ameliorated by standing.

Extremities

As a general characteristic, *Argentum nitricum* has **incoordination of the extremities**, especially the lower extremities. It is one of the main remedies for **ataxia**.

There can be weakness of the extremities, often the lower extremities, in the afternoon. Heaviness of the limbs occurs. As with the weakness of the legs, one also finds a heaviness of the legs occurring in the afternoon. In severe neurological disorders a painless paralysis of the lower extremities can be found.

A special area of weakness in this remedy is the **forearms**; **heaviness of the forearms** is a strong characteristic of *Argentum nitricum*. There is severe **numbness of the forearms** during the night in sleep, with intolerance of any touch; even the touch of clothing aggravates. Numbness of the extremities.

Numbness of the feet.

There can be great coldness of all the extremities. **Coldness of the forearms during the menses** can be considered a keynote of *Argentum nitricum* in spite of the fact that this is a warm-blooded remedy. **Coldness of the shoulder** after eating. Sometimes the legs become cold and blue.

Trembling of the extremities. Great restlessness that can eventuate in the violent motions that are characteristic of such diseases as chorea. Many times tremendous restlessness precedes convulsions. Trembling of the whole body periodically.

Sleep

The vivid imagination of *Argentum nitricum* may give rise to sleeplessness as a consequence of fantasizing; however, if the patient goes to sleep, he sleeps deeply and heavily and is prone to experience horrible nightmares of insects, muddy waters, friends who died long ago, violence, or of snakes. Sexual dreams. Wakes up in the morning with a lot of flatulence, heaviness and headaches.

Clinical

Acidity. Addison's disease. Anaemia. Chancre. Dyspepsia. Epilepsy. Eructations. Erysipelas. Affections of eyes. Flatulence. Gastric ulcer. Gonorrhoea. Swelling of hands. Headache. Heartburn. Impetigo. Locomotor ataxy. Neuralgia. Ophthalmia neonatorum. Paralysis. Enlargement of prostate. Scarletina. Small-pox. Spinal irritation. Syphilis. Altered taste. Affections of throat. Ulcerated tongue. Warts. Zona.

Causation

Apprehension, fear or fright. Intemperate habits. Mental strain and worry. Onanism. Sugar.

Relationships

It follows well: *Bryonia, Spigelia* [dyspepsia], *Causticum* [urethral affections], *Spongia* [goitre], *Veratrum album*.

Is followed well by: *Lycopodium* [flatus].

Related: *Argentum metallicum, Arsenicum, Lycopodium, Mercurius vivus, Phosphorus, Natrum muriaticum, Pulsatilla, Sepia*.

Complementary to: *Calcarea carbonica, Natrum muriaticum, Pulsatilla, Sepia*.

Antidotes

Antidoted by: *Natrum muriaticum* [chemical and dynamic], *Arsenicum album, Mercury, Nitric acid*, milk, coffee.

Antidotes to *Argentum nitricum*: *Pulsatilla, Calcarea carbonica, Sepia*;

next in importance: *Lycopodium, Silicea, Rhus toxicodendron, Phosphorus, Sulphur*.

It antidotes: *Ammonium, Causticum*, effects of tobacco.

Foods inimical to it: Cold food, frozen food, pastry, rich food, sour, sweets, alcoholic stimulants, tobacco and cold drinks.

Dosage

In anxiety states the potency should be from 200C upwards; in other pathological cases the potency can range from 6x upwards depending on the depth of the pathology and the strength of the organism.

Cases

1. Patient, Mrs. F. A. H., aged sixty-six, Ithaca, N. Y.

Illness for a long period at intervals. A daughter urged for a homeopathic physician for treatment inasmuch as the pain had continued a long period. A fairly good history of the case was written by the daughter and mailed to me, arriving about March 8, 1924, at Millbrook, N. Y. Pain in the stomach for indefinite periods.

Troublesome at periods for twenty years or longer. Pains recur always by motion of the arms and back, also by sweeping, causing great fatigue and exhaustion.

Relief of pain by pressure on the stomach, and on leaning over the back of a chair. Great restlessness attends the pain. Kent's repertory was used, and the selected remedy was *Argentum Nitricum* 30x, which was mailed. A report was requested in ten days. In that period the response informed me the relief came in ten hours. More tablets were requested for an emergency and were mailed. It is now nearly two years and no attacks have occurred.

2. Mrs. H. aged 25, a school teacher, consulted me several years ago for too profuse and frequent menstruation. During my absence one summer she consulted a member of the dominant school, and he recommended and performed curettement. She had no trouble for about a year thereafter. Then her menorrhagia returned. About two years ago she consulted me again. I made an examination and diagnosed a fibroid. She was weak from loss of blood when I saw her and much discouraged, wanted an operation. I treated her with several remedies, chiefly *Argent nit.* 500, for about two months with much benefit. She was in fear that the hemorrhage would return and, at my suggestion, she consulted a prominent gynecologist of our school in Philadelphia. He confirmed my diagnosis and recommended an operation, either immediate or about the Christmas holidays when she could best spare the time. She decided to wait until Christmas and she is still waiting for she never had any more hemorrhages, nor pains, menstruates regularly and normally. The symptoms which led me to select *Argent nit.* were cutting pains in the right ovarian region and [sacrum] sometimes radiating to the thigh, the uterine hemorrhages and frequent loud eructations. She also had several intercurrent doses of *Sulphur* 55m and 70m as occasion required.

3. Mrs. H. L. D.- This patient had suffered [more mentally than otherwise perhaps] for years from what had been variously named anemia, indigestion, chronic intestinal atony with its attendant constipation and heart trouble.

Driven by an intense apprehension, and aided by ample means, she had sought many and various specialists, each of whom had instituted and maintained his own vigorous up-to-the-minute scientific treatment, heroic and futile to a marked degree. Her husband [my patient] finally brought her to me and I was given two weeks to bring about a change where my predecessors had had months, even years. However, I accepted the challenge, and immediately took the following symptoms: Much loud belching of gas, great relief therefrom. Marked *chachexia*: fearful and anticipates trouble. No stool without cathartics for thirty years. I prescribed *Arg nit.* This remedy, repeated at long intervals, has restored this woman to health. She now has daily normal stools.

4. B. M., girl, age 2 years. Enteritis. Patient was in general hospital for six weeks, but was brought back home. There was no improvement in her condition and was placed under the treatment of one of the leading allopaths in the city for another two or three weeks, but she was going from bad to worse. When the patient came under my treatment, I noticed the following symptoms: She was quite emaciated, looked like a withered old person. She was short-breathed, and her father thought she was dying. She was having three or four stools every hour. They were greenish, slimy and offensive. On questioning, I learned that the little patient was extremely fond of sugar. Rx: *Argent. nit.* 1M, four doses, one powder every two hours. The next day when I saw her I was pleased to hear that there was some improvement. Breathing was not so rapid and her appetite slightly better and her bowels were not moving so frequently. Rx *Sac lac.* From day to day there was a noticeable improvement, and after three weeks the bowels became normal. I may mention that the patient was given nothing but *Sac. lac.* since the first prescription of *Argent. nit.* 1M.

This was the turning point in my career as a homeopathic physician. The parents of this patient were very grateful to me, for they went on singing my praises, and the people commenced to take the new "American Doctor" more seriously.

5. Diarrhea, driving out of bed - after breakfast - from emotional excitement, if going to a dance or the theatre. Aggravation from sweets. Eruptions on face and arms. Aggravation standing, after typhoid.

Arg. nit. 1M cured.

6. Lady, 55, well-built, precise, loquacious. Post-nasal catarrh of years standing. Tongue black coating, thirty-three remedies; desire sweets, twelve remedies; >> air, seven remedies; cough days only, two remedies - *Arg. met.*, *Lyc.*; deaf left ear, one remedy, *Arg. nit.*; H. A. frontal, agg. morning.

Dec. 30, 1912. *Arg. nit.* 10 M. produced a speedy relief of catarrh. About three months later gave *Arg. 50 M.* Heard of patient but once. Catarrh had then completely left her.

You will notice cough days only in *Arg. met.*; deafness left ear, *Arg. nit.*; this may look somewhat like juggling with the truth, but as the metal is contained in the Nitrate and the metal produced the symptom, we may suppose the Nitrate to produce the same symptom in a sufficiently sensitive patient.

7. *Argentum nitricum* in Chorea. By Dr. Gross.

Theresa G., aged six and a half, a robust girl, always had been healthy when two months ago the first indications of chorea began to be manifested, which were treated without success allopathically by anthelmintics. When I saw the child, on May 2nd, I also was impressed with a suspicion of helminthiasis, and the whole symptom complex pointed to Mercurius. I accordingly gave Mercur. sol. H. 6, a few globules mornings and evenings, and on the 9th day, three lumbrici [intestinal parasitic worms] and a considerable quantity of whitish-yellow tough mucus was discharged. After that, I waited some time without giving medicine. No more worms or mucus were discharged, and the chorea continued unabated. On the thirteenth day of my treatment I gave China 3, twice a day a few pellets, and again mucus evacuation without worms occurred, and at six days after, signs of worms could no longer be discerned. I gave Calcarea carb., still hoping that with the total extinction of the deranged digestion, which made possible the creation of worms, the chorea would abate and cease; three weeks later, during which time Calcarea carb. 18th, in globules, had been given at first once a day, then every third day, I had succeeded in doing away with the sour smell of the mouth, the attacks of colic and the bloated abdomen, but the chorea remained same as forty days before when I commenced treatment. On June 9th I find the following chorea symptoms recorded in my journal:

Persistent swaying of the body while walking or sitting, as if the spinal column were unable to support the body; there is passive falling of the head from one side to the other; tearing in the arms, jerking the arms outward and upward; uncertainty of the hands; the child must make several attempts before being able to grasp anything with its hands or fingers; its food has to be put into its mouth. Similar jerkings in the lower as in the upper extremities; upward jerkings of the upper thighs and of the feet; to tread securely is impossible. The walk is by starts, a heavy laborious stamping, and she often falls to the floor; can only walk with support with manifold flinging of the lower extremities. Speech is indistinct; she rolls her tongue for several minutes in the mouth before succeeding in uttering a word. All other functions are in order, sleep is normal and the ailment appears on awaking.

Ordination: Argentum nitr. 4, one grain daily, dry on the tongue. On the third day the spasmodic motions of the throat and muscles of the tongue have ceased, the jerkings of the extremities have moderated. The head obeys the will, speech is normal; four days later the child was able to eat by itself, though with exertion. From June 24th on, I gave Argentum nitr. 12, in pellets, one dose every third day, and by July 1st her feet felt so secure that she walked in the street alone. On July 22d, the forty-third of the Argentum nitr. treatment and the eighty-third of the whole treatment, I was able to dismiss her, cured.

8. On December 28th a girl aged 4 was brought by its mother. It was a strong child, looking quite blooming. The mother held it fast in her arms, for it could neither walk nor stand. It twisted and writhed and struggled violently, as if suffering most violent pains. The spasms in the muscles of the tongue, in the larynx and trachea, were especially violent. The little patient breathed with difficulty and irregularly, and having at the same time a catarrh of the bronchia, she seemed to suffocate for want of breath. The oblique muscles of the eyes were in full activity which, with a recurring spasm of the miserecti [medial rectus muscles] of the eye, gave her an indescribably sinister expression. The very red face seemed to indicate an active congestion of the brain. But the heart, the pulse and carotids negated this supposition. This condition was sustained for over two weeks and there was no remission during sleep. If the nurse absented herself for a few minutes, she would beat her hands and ankles against the sides of her little cot, injuring them.

Otherwise all organic functions were in order. Choreia continuing during sleep is, according to my experience, a bad symptom, and forebodes an unfavorable prognosis. I prescribed, on December 28th, Argentum nitr., 4th trit., two grains vigorously shaken up in a vial with pellets. Of these pellets I gave a few every six hours. The first night the girl slept without the muscular spasm, and on awaking was able to eat, breathing tranquilly, for the spasmodic condition of the tongue, throat and windpipe had abated.

The rump and the extremities quieted down by January 9th to 20th, so that this attack of minor chorea was cured within twelve days from commencement of treatment.

9. Lisette G., aged 11, of scrofulous constitution, flabby muscles, very well nourished, of gentle disposition, was troubled by chorea symptoms in consequence of a fright, since over eight months. During the whole time this girl suffered with jerks and sudden tearing in the arms and fingers, in consequence of which she had been frequently punished on account of poor penmanship and want of proficiency in fancy work. Her folks frequently remonstrated with her on account of uncanny movements while walking on the street, especially because of needless turnings of the body, for the muscles of the back and neck seem to have been implicated for a considerable time. The layman cannot differentiate in such cases between a bad habit and sickness. On January 12th the girl suffered a second fright. She was knocked down by a runaway horse, and remained prostrate and unconscious. Recovering after a few minutes, she was able to walk, but her face was distorted by fightful convulsions and she beat about her with her arms. When brought to bed she began to nod with her head and to throw it back. She made inarticulate noises and stamped her feet. Her face was reddened, eyes injected, wild looks. Had violent palpitation of the heart; pulse is hard, beats over 100.

An examination of the whole body failed to disclose any injury, or even a trace of a contusion. Aconite 3rd quieted the arterial system, but the chorea broke out on the second day in a fearful manner. The whole motor nervous system seemed to be implicated; the hundred and one diverse movements mock description. The child twisted herself in bed, cowered together into a ball, and in the next moment propelled herself to a horizontal position and bent backwards until her head touched her feet.

She flung her extremities together and apart with incredible force; she tore the bedding and the clothing of her two nurses, who had to watch her day and night. After three to five hours of such turmoil, quite conscious all the while, she would have a deep swooning sleep for half an hour. At night she slept from four to six hours, and awoke refreshed to a renewal of her affliction. The trembling of her tongue and incessant motion of the muscles of deglutition, and the powerful and irregular expansions and contractions, afforded the patient but little time to drink water or tea in small quantities, and she suffered with thirst and demanded to eat.

I tried to quiet patient by giving Opium, 3rd trit., every three hours, a small powder dry on the tongue, but with no effect at all. After that the choice lay between Stramonium, Belladonna and Hyoscyamus, and I concluded to give the last. Hyoscyamus 12th for the first day, and the 3rd on the second day, one to two drops every four hours, had no effect to speak of. The motion grew less violent, but insufficient nourishment and exhaustion may have been the cause of that.

To alleviate this misery, I commenced, on January 18th, to give Argentum nitr. 2nd trit., two grains every six hours, and observed that with the fourth dose the tongue became quiet, and the next day the region in and around the neck became more quiet; the head only made slow, simple nodding movements; patient drank without obstacle, and swallowed soup proffered in a spoon - by watching a favorable moment of cessation of the spasms, but she could not take soup in long draughts without interruption - a sign that the will was beginning to influence the motor nerve. The muscles of the rump and of the extremities retained their incessant action until the 6th day of the action of lunar caustic.

From the 22nd of January, it was no longer necessary to have a nurse watch the child uninterruptedly. She would writhe and struggle and bend herself, then sit up in bed in a certain rhythmical slow tempo. She ate and drank in the midst of these movements, biding her time. Her speech was altogether indistinct and inarticulate. The other functions proceeded normally. Patient now received mornings and evenings Argentum nitr. 4, one-grain doses, and for the next ten days made very satisfactory progressing convalescence. But about this time she experienced a violent shock, a fancied slight, an untimely threat, which seemed to have the effect of a fright, caused a bad relapse.

All symptoms and motions recurred with most intense and increased activity, and all this was accompanied by such intense cutting and burning colic, with diarrhea and nausea; that I was forced to interpolate Colocynth. The stomach and intestinal symptoms subsided in a few hours, and on the day following we could go back to Argentum nitr. 4, which was given every six hours.

From February 3d, recovery made unexpectedly rapid strides. First the motor nerves of the tongue subsided, then those of the throat external and inner, then those of the rump, and lastly those of the extremities; and on February 14th the child was entirely restored to health, on the twenty-eighth day of the medication with Argentum nitr., and on the thirty-fourth of the total treatment.

10. Margaret L., aged 16, had chorea for over two and one-half years. During the whole first year, the jerks of the extremities and of the muscles of the rump occurred isolated; at home and at school the symptoms were looked upon as a bad habit, and she was accordingly admonished. After that there occurred distortion of the face, and one-sided contraction of the muscles of the back, so that while sitting or walking she was bent in a semi-circle. About this time her disposition became strikingly downcast and her character stubborn. She also had attacks of violent toothaches and tic douloureux.

Not until then was a physician [Allopathic] consulted, who treated her for a year and a half without success. The chorea assumed frightful proportions, and the prosopalgia held pace in the aggravation. The physician declared the case to be incurable, but held out a hope that the advent of catamenia might bring a turn for the better.

I saw the patient first on November 11th. She lay in bed; was very emaciated, face pallid, bearing the impression of a deep-seated affliction. The eyes were dim; devoid of expression as if idiotic. The head turned and rocked on the rump in a circular motion; the mouth moved as if masticating, and with the tongue she made a loud, smacking noise. The spine bent in all directions, and the extremities executed hundreds of movements with great force. The uninterrupted agility of the muscles necessitated a close watch night and day; there was a constant danger of the patient being propelled out of bed. The lass was protected by a mattress, because she had beaten her hands and ankles sore already. At night she would sleep quiet for a few minutes to half an hour, very seldom for a few hours at a time, but with the moment of awakening the movements recommenced. Eating and drinking, as well as the least mental disturbance or the presence of strange persons in the sick room aggravated her condition.

The organs of respiration as well as those of digestion were undisturbed; the menses were absent. With all this, the patient's mind was very dejected; she wept a good deal, thought herself neglected and at night she was pestered by visions; she saw dead persons and ghosts, which made her tremble and perspire with apprehension, and would only quiet down in a measure if her mother laid down with her in bed, embraced her as close as possible, and loudly spoke soothing words to her. The prosopalgia which had lasted for eighteen months, proceeded from the last two apparently healthy molars of the left lower jaw, and extended to the left eye. The paroxysms exacerbated to delirium and downright desperation; they were aggravated by cough, warm food and noise. It appeared regularly at dusk every evening, and in two or three attacks before midnight. At the same time the chorea rose to the highest pitch, so that even with best of care she could not altogether be

protected from contusions.

I was in hopes of being able, by curing the prosopalgia, to exert a beneficent influence on the chorea. The former was ameliorated within three weeks by the exhibition of Phosphorus and Hyoscyamus, but it took Ignatia to heal it altogether by December 14th, or within thirty-four days of the treatment, a cure which lacks the cito. But my hopes were disappointed; the toothache and neuralgia had disappeared entirely, but the chorea steadily increased in intensity. It was a case of major chorea, with visions, exaltations, hallucinations, with intermissions and paroxysms, the latter appearing on the minute. After midnight was the relatively quietest time. A strong suspicion of worms, i.e. , of ascarides, which had been seen at times some months back in the stool, induced me to lose a week in giving Spigelia, Valeriana and Cina. No worms were passed, and the chorea steadily progressed.

Finally I resorted to Argentum nitr., which twice had done me good service, but which I was loathe to prescribe because it had so few of the symptoms of this disease. On January 9th I gave a new powder containing one grain of 3rd trit., to be given every forenoon at 10 o'clock, dry on the tongue.

It was high time. Loss of appetite, sobbing, fever, and a serious decrease in strength supervened, with dullness bordering on idiocy.

In the night, from the 9th to the 10th, patient slept from midnight until late in the morning without having had any of the evening and pre-midnight attacks. The visions and hallucinations ceased that night. On the third day a decided improvement was perceptible also in the muscular spasms. On February 2nd the patient for the first time left her bed and was able to sit on a chair, somewhat insecure, for the limbs still made erratic movements. But mouth, throat and rump were remarkably quiet, and she was able to walk with support.

With a tranquil mind, healthy appetite and especially quiet sleep, she soon regained her strength. With the beginning of March the menses appeared copiously and without trouble.

Patient sat and took walks without attendants and help, with only isolated jerks such as she had thirty months before. Argentum nitr. was given in the 4th to 6th trit., and in the 12th dilution at greater intervals, and the 4th of May the girl had entirely recovered her health after having been treated by me for twenty-six weeks, and after having been under the influence of lunar caustic for sixteen weeks.

Arnica montana

ARNICA MONTANA: *Doronicum plantaginis folio alternum*,

Doronicum oppositifolium,

Doronicum Austriacum quantum

Ptarmica montana

English: Mountain arnica, Leopard's bane, German Leopard's bane,

Mountain tobacco.

French: Arnique des montagnes, Arnique, Arnica, Tabac des Vosges,

Betoine des Montagnes.

German: Arnika, Wohl-verleih, Woverley, Fallkraut, Luzianskraut.

Italian: Arnica

Dutch: Arnika, Val-kruid, Groot Luciaen-kruid

Swedish: Fibler Spanish: Arnica, Tobacco de Montana

Natural order: *Corymbiferae*, *Compositae*, *Senecionidae*.

Family: Jussieu [vegetable substance] *Syngenesia polygamia superflua*. L.

Mode of preparation: We use the roots, flowers and leaves. Before using the flowers we should clean them of the eggs [*musca arnicae*] of a peculiar parasitic insect which infests this plant, called Arnica, a species of *Staphylinus*. We prepare the powder of the root by making three attenuations by trituration or dissolve it in twenty parts of alcohol to make the tincture. Arnica is a perennial plant; we gather the fresh plant when it flowers in July and August and use it to make a tincture. For the fresh plant, we express the juice of the whole plant and then mix it with equal parts of alcohol to make the tincture. We must be careful not to expose the root of this plant too long in air because it loses a portion of its strength, but powdered root may be kept for long periods in well stopped bottles.

The essential features

- The main theme of Arnica symptomatology revolves around a deep **traumatic** experience upon the **physical** or **emotional** or **mental** body. A traumatic experience of the human organism resulting from injuries, falls, blows, concussions, fright, fear, financial loss, etc.
- The experience leaves the person with a tremendous fear of coming into physical contact with anything which is **hard** or **penetrating**. The whole of the symptomatology develops around this basic fear: **Do not touch me**, do not come too close to me, physically or emotionally and most of all do not penetrate me, physically or metaphorically. The traumatic experience in Arnica is such that the person is left with a feeling of having been wounded deeply, and of the affected parts being so sensitive after the wounding that the idea of somebody touching them is unbearable.
- They can become and act almost paranoically in this respect. From this experience a defensive attitude develops that is then quite understandable.
- The symptomatology develops in different stages or degrees. We see in the first stages of pathology an aggressive reaction, where the tendency of the individual is to "attack" in order subconsciously to prevent a "too close contact". The patient is easily irritated, aggressive, quarrelsome. He will appear to be fighting with everybody and everything, very opinionated, obstinate and sometimes irascible and irrational.
- The irritability and anger lead to cursing, after which the Arnica patient becomes really furious. He is contradictory, nothing pleases him; he wants certain things and later on pushes them away. In this stage Arnica may also become capricious, not knowing what he wants, unable to tolerate anything which is disagreeable and shouts unreasonably. We shall have difficulty in differentiating this case from *Nux-v.*, *Angust.* or from *Cina*.
- Arnica does not accept anybody's authority (*Caust.*) and thinks that he knows better than anybody else (*Sulph.* or *Ars.*). He boasts and brags frequently (*Plat*). He is dictatorial, (*Lyc*) domineering, dogmatic, despotic and talks with an air of being superior or in command. Similar to *Platina*.
- The above is a provocative, **aggressive** attitude that we see in these first stages of Arnica's defensive state. Yet later on in its pathology we will see a completely different picture, a state of passiveness, extreme touchiness (*Angustura*) and sensitivity. In this passive stage we see that the patient becomes morose, taciturn, wants to be left alone, does not want to talk to anybody. He becomes irritated if he has to give an answer, he seems to want to **avoid human contact** (much like *Natr-mur*). If somebody tries to console or pacify him, he will react aggressively. It seems that there is an analogy between the sensitivity of his psyche which cannot withstand the closeness of a contact and the pain felt by his physical body on being touched. Even the **idea** that somebody may come too close to him is painful. Arnica does not wish to talk to, or to be approached by others on account of this mental, emotional or physical soreness. He may take a walk in the open air and live with his phantasies, and once back from such a walk, he will want to continue to live with the emotions he had on the walk, without talking to anybody: he wishes only to be silent.
- Arnica cases are people who may appear to be social, but are so only on a superficial level. They are "loners", doubtless due to their fear that others may hurt their feelings on coming into close contact with them. They may be compared to wounded animals that want to hide and stay away from any contact. They develop an aversion to sympathy or compassion.
- An important point that has to be understood in their symptomatology is that they feel "**bruised**" all-over and therefore even the thought that something or somebody can touch or even worse penetrate their "bruised" bodies is absolutely unbearable. That is why Arnica is the main remedy when women have an insane **fear of being raped**. This fear is so great that they think about it all the time, the thought that they may be raped brings on a shudder, they cannot even bear to hear the mere word "rape". The problem is that they cannot tolerate to have anything **penetrating** their body.
- Women can reach such an extreme state that the logistics of using tampons during menses, the act of insertion into the vagina, take on the proportions of a whole operation. They will sit in a particular position and try for "hours" to insert a tampon so that they may not be hurt. It is mostly the abhorrence of the idea of penetration that causes the problem rather than actual pain. During the sexual act the Arnica woman may be so fearful during the time of insertion that the man may be put off by the overexaggerated reactions. So strong is the fear of penetration that women can abstain completely from sexual intercourse, not from lack of interest but from **fear of penetration**. The idea of something foreign entering their body is intolerable.
- There seems to be a tightness of the vaginal muscles; the walls of the vagina feel extremely sensitive and actually painful to the slightest touch. It may appear also, after many years of abstinence from any sexual contact, that the walls of the vagina are "sticking together". The woman has the impression that the vaginal walls are so tight that they have stuck together.
- These examples are indicative of the peculiar sensitivities of Arnica. In view of these facts it is now easy to understand the different symptoms as they appear in the repertory such as: "Fear of others approaching him, lest he be touched. Has fear, apprehension, dread of being struck by those coming towards him, etc". The idea of causation because of a "blunt" shock runs through the remedy and affects the mental condition as well. The symptomatology of Arnica will develop after a mental shock such as fright, anger, fury, loss of fortune, overexertion etc.
- It is my opinion that, in the near future, we will see proof of the existence of areas in the human brain concerned with the "instinctual mental defences" of humans.

These would open and close automatically once fear or shock are over. In our contemporary society however, once these areas are triggered by a fright (mental shock), they remain in a state of permanent "excitability", that is to say, open. The person thus suffers chronically as though there were a repetition of the frightful experience every day. Why this should happen is not a question that we are in a position to answer today in detail. I have given some suggestions on this point in my book "A New Model of Health". The fact remains that, in today's world, people suffer far more frequently and easily from mental symptomatology than was the case in the past.

As the mental pathology travels deeper, we get severe **anxiety states** that originate from such shocks or overexertions. There is fear and anxiety that could be called hypochondriacal. In the Arnica anxiety states it seems that fear goes quickly into the subconscious mind and emerges every night during sleep in the form of a crisis, often several times a night. The symptomatology is similar to that of *Aconite*, *Argentum nitricum* or *Lachesis* and you will have to make a differential diagnosis. There is a tremendous fear of **imminent** death during the night, on waking up from sleep, which is triggered by a feeling that something is wrong with the heart. These states appear **especially after an accident**. There is a kind of cardiac distress, an anguish that originates from the heart region, a feeling that the heart will give in suddenly and he will die **instantly**. The idea of dying **instantly** is characteristic of Arnica.

Kent describes the state beautifully: "Horrors in the night. He frequently rouses up in the night, grasps at the heart, has the appearance of great horror, fears that some dreadful thing will happen. A sudden fear of death comes on at this time, he grasps at the heart, and thinks he is going to die suddenly. He is full of dreadful anguish, but finally comes to himself, lies down and goes off in to a sleep of terror, jumps up again with the fear of sudden death and says: "Send for the doctor at once". The fear of death is very much exaggerated if he is alone.

From such an experience his whole organism is affected, there is a horror that overtakes the patient and there are congestions that affect mostly the upper part of the spine.

He becomes forgetful, absent minded, cannot concentrate, loses all interest in his work, reads something and forgets immediately what he has just read, does not remember if he has just turned off the gas and goes back to check it etc.. Oversensitive, cannot bear pain. Restless because of pain and soreness.

Then we have a mental picture of Arnica which is characteristic during high fever, in serious diseases like typhus, malaria, scarlet fever, when the eruption does not appear, or in brain damage from extravasation of blood due to a concussion, or in subarachnoid haemorrhages, in apoplexy etc.

In such instances there is a profound prostration followed by delirium and finally stupor, unconsciousness and coma. Stupor with involuntary discharges of stool and urine.

During such states the Arnica case may see delusions, imaginations, or hallucinations. He may imagine the following: high walls and buildings falling upon him; that he is about to be arrested; that he visits a churchyard; that he is holding a council; that he is seeing a mutilated corpse, black images and phantoms. He dwells upon seeing these images and phantoms; he sees black forms of spectres, ghosts and spirits when dreaming; has fantastic visions.

Arnica will have constant muttering in brain damage (*Lach.*) and delirium like delirium tremens. Arnica cases may also have delusions that **they are well** while in a severe precarious condition, close to death. They may look at the doctor and say "I do not need you, I am well", refusing to take the medicine.

Eventually the Arnica case may go into a semi-comatose state, from which, though he can be **aroused and answers correctly** if he is asked a question, as soon as he finishes the sentence or even before finishing it, he falls back into a stupor. This is a grand characteristic of Arnica and the remedy will definitely be indicated if the pathology is similar to the ones described above. If he becomes unconscious he will lie there as if he were dead.

In the aftermath of a brain haemorrhage, and after the severe symptoms have subsided, we may observe an indifference, an apathy. Has dullness, sluggishness, difficulty of thinking and comprehending, torpor after dreams. He is in a state where he does not take notice of his surroundings, in a dreamy state. Talks loudly in his sleep. Makes loud speeches in his sleep.

Arnica will prove to be a very helpful remedy for alcoholism as it contains the peculiarities of it in its symptomatology.

It is important for the student of Homeopathy to understand that the symptomatology that is described above for the different stages of pathology occurs predominantly, though not exclusively, in the particular stage described here. Similar or identical symptomatology occurring in the acute conditions can appear in the chronic conditions as well, and vice-versa. What the student is required to perceive is the remedy's underlying trend and its characteristics

Children

Arnica children are capricious, sensitive to pain, with a tendency to shriek every time their mother touches their hands or legs. They shout in their sleep with a weeping, tearful mood, especially after eating, or after coughing. In their fevers they look like *belladonna* with hot heads and cold bodies. Child cries before whooping cough attack. Angry and irritable from coughing. Shrieking, screaming, shouting aggravate their cough.

Generalities

As we said in the beginning this remedy will be indicated primarily when there is an injury that has resulted from a blow upon the organism with a blunt instrument. If the result of such a blow is a bruised, sore feeling all over the body then the remedy is Arnica. But if the same kind of feeling has resulted from another cause like the overexertion of an organ, or a strain, or an acute disease, Arnica could still be prescribed with success.

If the injury has resulted in lysis of the continuation of the tissues and blood flows freely Arnica is not indicated any more.

You have to have the significant characteristic where a part or the whole body is **bruised**, as if it had been beaten badly and is black all over.

Arnica produces a restless state due to the soreness, to the bruised feeling, that is much like *Rhus-tox*.

Kent again describes the restlessness with his characteristic vivacity: "If you watch an Arnica patient in order to get the external manifestations of his state, you will see him turning and moving. You will at once ask yourself why he is restless and if you compare remedies in your mind, you will say, He is like *Rhus-tox*, he stays in a place for a little while and then he moves. No matter if he is only semi-conscious, you will see him make a little turn, part way over, and then a little further over, and so on, until he is over on the other side.. Then he commences again, and will shift a little and a little, and so he turns from side to side. The question is why does he move so, why is he restless? It is an important matter to solve.

We notice the awful anxiety of the Arsenicum patient that keeps him moving all the time. We notice the painful uneasiness felt all over the body with the *Rhus-tox* patient so he cannot keep still.

The Arnica patient is so **sore** that he can lie on one part only a little while, and then he must get off that part or to the other side. So if we ask him, "why do you move so?" he will tell us that the bed feels hard. That is one way of telling that the body is sore..... The soreness increases the longer he lies, and becomes so great that he is forced to move. With *Rhus- tox* the uneasiness passes off after moving, and with Arnica the soreness passes off if he gets to a new place."

We may find the symptom of lameness, soreness, of feeling bruised and the feeling that **the bed is hard**, full of bumps, in any chronic disease requiring Arnica but especially in rheumatic or arthritic conditions.

Aggravation of pains in the evening and night in bed, from movement and from noise. Aggravation from lying on a hard bed. Damp cold aggravates Amelioration when lying with head in a low position.

Clonic convulsions from commotion of the brain; Clonic convulsions after drugs; Clonic convulsions from head injuries. Trembling alternating with convulsive movements of limbs. Traumatic clonic convulsions that have tetanic rigidity. Twitchings as from electricity. Epilepsy after injuries to the head.

If you see a case after pregnancy where the recovery is slow with a lot of symptomatology, especially if the labour was very strenuous for the woman, then Arnica will probably take the consequences and bring a speedy recovery. Neonatorum asphyxia.

General weakness resulting from injuries. After every stool he must lie down. Asphyxia after injuries. Ailments from using the catheter.

Trembling on exertion. Fainting from shock in injury; from pain in heart; after perspiration. Faintness, fainting in angina pectoris; during fever.

Tendency to hemorrhages. The blood vessels seem to be relaxed and extravasation of blood is easy. Internally there is easy bleeding of the mucous membranes. Parts that are inflamed bleed. Hemorrhage is watery mixed with clots.

Body is cold while the head is hot. Has sore, bruised pain in spots. Sensation of deadness in the bruised part [injuries]. Feels numbness externally in the bruised part. Numbness of parts, suffering in bruised parts. Pulse is faster than the heartbeat. Perspiration stains the linen red.

Vertigo

Vertigo from injuries to the head. Vertigo while reading too long. As if high objects leaned forward and would fall on him. Objects seem to turn in a circle while walking. Giddiness on getting up after sleep, on moving the head or in walking. Vertigo on closing the eyes. Vertigo in old age.

Head

Arnica is full of headaches, especially if dating from a blow on the head or after a fall or an injury that caused **concussion**. It must be appreciated that the constitutional types of Arnica will develop such headaches very easily, as this remedy is exceptionally sensitive to the effects of blows or falls where a concussion

results in chronic symptoms, whereas in other constitutional remedies we do not see such sensitivity. The headaches of Arnica are characterised by **angiokinetic** disturbances where we observe **heat or coldness** in different parts or spots of the head. Whenever a headache is accompanied by such concomitants as coldness or heat in spots or parts think of Arnica. Also if you see contrasts in body temperature like: "burning headache while the body is cold". Headache which feels as if a knife was cutting, darting and stabbing the head followed by a sensation of coldness.

Aggravation of headache in forehead, above eyes, from the heat of a stove. Head feels cold and chilly after breakfast. Head is cold and chilly internally.

Vertex of head is icy cold. Feels coldness and chilliness on his forehead, as if a cold finger were touching him in certain small spots. Heat in head during cough. Has stitching headache in forehead, during chill. Heat in head while lying down. Head is hot, face is red while body is cold. Heat in spots on vertex. Headache during perspiration. In all these examples we observe the angiokinetic nature of the headaches.

Another characteristic of headaches is their extreme sensitiveness to any kind of touch or motion and the feeling that there is a nail going through the head. "Brain feels sensitive from brushing of the hair. Pain as if a nail was driven into the brain, feels as if a nail was imbedded in the temples. Sore, bruised headache, sensitive to pressure and sneezing. Headache worse coughing. Contraction of the brow brings on headache in forehead, above the eyes."

The Arnica headaches that come mostly in the morning after waking and last up to 10 a. m, sometimes in the afternoon from 3 to 8 P.M. are stunning, stupefying.

Many of the headaches of Arnica are located above the root of the nose or in the frontal eminence. Headache **alternating** with prolapse of the anus. Arnica is one of the remedies we have to think of in cerebral haemorrhages. Peculiar symptoms of the head are: Bores head in pillow during sleep. Jerking of the head during sleep. Great desire to **scratch** anything especially the head. Must **bend head backwards** while walking. Pain as if head were distended from within outwards. Stitches in left frontal eminence with a sensation as if extravasation of blood had taken place. Sensation of contraction and constriction on head and forehead. Crackling sensation on side of head. Sensation as of a lump or a tumor on the head.

Eye

In the eye we have a real picture of what is taking place in the mucus membranes of this remedy under pressure. We see the sensitivity of the vascular system and its tendency to break down and let the blood ooze out. So we see: **Ecchymosis** of the eye from coughing. **Ecchymosis of the lids** with swelling. Retinal hemorrhage.

Bleeding eyelids. Redness in eye after injuries. Acute inflammation after injuries.

Another characteristic is an aggravation of the eye condition from **heat**. So we see: heat brings on iritis. Warmth brings on stitching pain in eye. Warmth aggravated eye pain. Walking in open air ameliorates pain in eyes.

Exerting the eyes causes problems. Sore, bruised, tender pain in eye after doing close work. Eyes feel tired after sightseeing, seeing movies, etc. Chronic pain in the eye from a blow. Has staring gaze on waking. Right eye protrudes and looks bigger than the left. Cataract from contusion; after operation. Eyes are painful at night in bed. Tearing pain in eye is aggravated when person is in bed. Has diplopia on looking downward. Diplopia from hemorrhage of retina; from injuries; from paralysis of muscles. Has flickering vision while reading; while writing. Sees black spots.

Ear

In the ears we have results of injuries to the head with many times an impairment upon the hearing. Hearing is diminished or lost from concussions; the right ear is more affected. Pain in ears from injuries to the head. Has acute hearing during chill. Has noises in the ear caused by rush of blood to the head. His own voice seems distant to him. Redness about the ear. Pressing pain which begins in the left ear and then goes over to the right ear. Suppurative inflammation with bleeding.

Cartilages of ears are sore, as if bruised.

Nose

In the nose we have mainly symptoms indicating again the tendency of the remedy for easy bleeding and ecchymosis. Epistaxis from a blow, with every fit of coughing, during typhoid fever, from washing face. Epistaxis from blowing the nose in the morning, from exertion, from straining at stool. Blood is dark. A great characteristic here is that the **tip of nose is cold**. Though the environment is warm the nose feels cold to the touch. The nose is cold on one side while the other side is hot. Formication, tingling in the nose. Violent sneezing from overlifting.

Paroxysmal pain in root of nose. Burning, smarting pain in margins.

Face

Again here we notice the **circulatory disturbances** of the remedy: Face and hands are cold on one side while the other side is hot. The nose is cold on one side.

Sensation of burning heat on lips. Face is red while body is cold. Heat flushes in the face in the evening. Red discoloration of face while shivering. Red swelling of the face. Black and blue spots on face. Tingling of cheeks and lips. Picks his lips.

Eruptions under nose. Pimples on upper lip. Pimples inside nose. Pustules inside nose. Herpes with spasmodic cough. Erratic erysipelas on face. Pain in face is aggravated while lying on affected side, from noise, from yawning, from a jar.

Has trembling of lower lip. Paralysis of right side of face.

Mouth

In the mouth we have a great offensiveness with a characteristic taste like that of **rotten eggs** especially in the morning. This taste is very characteristic of Arnica and we shall see it in eructations as well. Anyhow the smell is offensive, putrid, especially in intermittent fever. Bitter taste in mouth during apyrexia. Mouth has a sickening odor.

Arnica could be indicated after dental work only if the person has really received a shock through it and is in great pain or distress. It is not to be given routinely after any dental work. Still we will require certain conditions like: Toothache after filling has been put in. Toothache that feels as if teeth are sprained. Toothache that feels as though roots of the teeth were scraped by a knife. We can however keep in mind the peculiar symptom of having **toothache after a concussion**. This is a great keynote. Another keynote is toothache **while eating dinner** which is ameliorated after the dinner. Stooping ameliorates toothache. Other kinds of toothaches are: Pressing toothache as if blood were forced into them. Toothache feels as if roots were scraped with a knife. Stitching, stinging toothache in upper right. Pain in teeth with swelling of the cheeks and tingling in the gums. Pain in gums while chewing. Profuse **bleeding** of gums after **extraction of teeth**. Gums are sore after extraction of teeth. Sense of pulsation in gums. A crawling sensation in gums.

Tongue is brown in the center with white and moist sides. Tongue dry, very dark, almost black. Stitching pain in root of tongue. Salivation during sleep

Throat

Some peculiar symptoms of the throat are: Sensation of food lodging in throat. Gurgling in esophagus when drinking. Bitter mucus in throat. Pain in throat during menses. Has stinging pain when not swallowing. Swelling of soft palate.

Stomach

The great keynote in the stomach is: Eructations in early morning that smell like **spoiled eggs**. Eructations bitter after anger. Eructations of mucus. Retching at night. Empty eructations during nausea. Pain in stomach extending over abdomen. Has pressing pain, as from a weight, in stomach - extending to neck.

Other peculiarities are: Stomach tension in the morning, in bed. Sensation of ball rolling in stomach. Disordered stomach from mental exertion. Indigestion after mental exertion. Stomach pain from strain. Stomach pain before cough attack.

Pain in stomach extends transversely. Pressing pain in stomach, as from a weight, extending to neck. Feeling of a lump in the back part of stomach. Gurgling when drinking. Aversion to brandy and whisky in habitual drinkers. Aversion to broth, to meat, to milk. Aversion to meat in soup. Loathing of food with a feeling as if stomach is full. Desires vinegar. Constant desire to drink but does not know what as all drinks seem to her offensive. Vomiting from movements of fetus. Vomiting of dark clotted blood; of milk.

Abdomen

We can say in general that in every pathological condition or activity (pregnancy) that is centered in the abdomen we shall see this peculiar tenderness, soreness, bruised feeling, a great sensitivity with aversion to being touched. There is pain with every cough, with every step or jar.

The movements of the fetus are felt intensely and keep the woman awake the whole night. Movements of the fetus cause nausea and vomiting.

A keynote of Arnica in the abdomen is a feeling of sore, bruised, **tenderness in the inguinal region** that forces the patient to walk in a bent position. It has the same sore bruised tenderness in the abdomen during stool. Dull pain in inguinal region on coughing. In inflammatory conditions of the abdomen, liver, intestines, **appendix etc** there is a lot of tympanitic **distension** with **frequent urging** for stool with prostration, uneasiness and great sensitivity. Distension of abdomen after supper. Anxiety felt in the hypochondria. Twitching and jerking in hypogastrium.

Abdomen has crusts; scales; vesicles.

Rectum

Urinary organs

Arnica is one of the main remedies for **retention of urine** after **exertion**, after **injuries** like concussion of the brain or a violent accident. Suppression of urine from concussion of spinal column. Inflammation of bladder after injuries.

Some of the labor after-effects could be: Dribbling of urine [by drops] after labor. Involuntary urination after labor. Has dribbling of urine, night and day after labor.

Involuntary urination while running. Retention of urine in chill; during colic. Chilliness after urination. Ineffectual urging to urinate during chill. Itching sensation in anterior part of urethra. Brown sediment in urine. Urine is black like ink.

Genitalia - male

Arnica in the first stages seem to overexcite the sexual passion in men and to make the person quickly aroused sexually while at the same time taking away the power to hold an erection for some time. The overexcitation can bring on an easy and premature ejaculation, so much so that an orgasm can take place even in the stage of carressing and kissing. For the same reason we find daytime seminal emissions and also nightly seminal emissions which come too easily. Eventually we may find impotency.

Sexual erections in morning after waking. Erections without erotic thoughts

It has been observed to increase the sexual passion in an old man with continuous erections. Aching pain in testes. **Inflammation and swelling of testes** from contusion. Hard swelling of penis. Bluish red swelling of penis. Hydrocele caused by a bruise. Painful swelling of the spermatic cord, with shooting in the testes, extending to the abdomen. Has eruptions on scrotum that look like blotches.

Erysipelatous inflammation of scrotum. Pimples on penis, prepuce. Blotches on scrotum. Hematocele

Genitalia - female

As we have described already Arnica patients have tremendous sensitivity and tenderness in their sexual organs; they do not want to be touched there, they feel extremely painful and therefore prefer to avoid coition. The idea that the penis will enter their body is unbearable. Tremendous **fear of rape** for this reason. The soreness and tenderness in ovaries is so great that it is aggravated by walking.

Arnica is frequently indicated in all stages of pregnancy, **during labor** if the pains though severe are ineffectual. **During pregnancy** if the mother experiences pain or vomiting from the movements of the fetus, or if the fetus lies in an abnormal position, for instance crosswise, in **asphyxia in a newborn** infant where the baby comes out bluish red and you may feel that it will not survive, especially after a laborious labor. **After labor** where there is slow recovery from pregnancy and its

consequences, if she has pains after instrumental delivery, if there is great haemorrhage after parturition. **During the time of nursing** if she has after-pains when nursing child or if there is **pain in uterus** while nursing the child. Alternation of uterine with mind symptoms. Threatened abortion from injuries, falls, shocks. Metrorrhagia after coition; after concussions. Walks bent over in prolapse of uterus. Shocks from copious menses. Foamy menses. Hot menses.

Chest

Shooting **stitching pains on both sides** of chest that prevents breathing is a great keynote for Arnica. Stitching pain when walking, aggravated by sneezing.

Pressure ameliorates this pain but also **pressing** aggravates a kind of sore, bruised pain in chest.

He has to **hold the chest** with both hands during cough to prevent pain, much like Bryonia. Has bruised, sore pain in chest upon respiration. Pain, as from a sprain, is aggravated by deep breathing. Inflammation in mammae from bruises. Induration of right mammae. Inflammation of nipples. Costal cartilages feels sore and bruised.

Arnica is one of the main remedies for a heart enfarct as well as for angina pectoris or other cardiac problems. The peculiarities of this remedy in this respect are expressed through the following symptoms: Angina pectoris with pain extending to the elbow of left arm. Has stitching pain in heart with fainting. Has sore, **bruised pain in region of heart**. Heart strain from violent exertion. Palpitation during anger. Icy coldness of heart during chill. Constriction, tension tightness of chest after eating. Touch aggravates constriction, tension, tightness in chest. Grasping sensation in heart. Cardiac dropsy with distressing dyspnea.

Red perspiration. Offensive perspiration. Tickling cough in the morning after rising. Cough at night during sleep without been awakened. Cough begins one hour after going to sleep.

Respiration:

Asphyxia in newborn infant where they can come out bluish-red and you may feel they are not going to survive, especially after a laborious labor.

Children who are **coughing after they had been weeping** and sobbing because of some ungratified caprice or because they were refused something they wanted.

Children cry in whooping cough as they feel that an attack is coming.

It is interesting that in Arnica like in *Cuprum* there is a definite effect of the mind or emotions upon the respiratory system where we see : Cough from mental exertion or from grief or from lamenting. Coughing causes **blood shot eyes** or epistaxis.

Dry morning cough which is loose in the evening. Dry, tickling cough coming from low down in trachea. Noise aggravates cough. Spasmodic cough with facial herpes.

Whooping cough in the evening until midnight. Hoarseness worse from exertion, or from exposure to cold and wet. Asthmatic respiration from fatty degeneration of the heart. Difficult respiration after anger; cough with heart affections; irregular respiration while standing. Expectoration glairy. Blackish expectoration with lumps in center. Bloody expectoration at night. Hemorrhage that's coagulated and dark. Hemorrhage after exertion. Hemorrhage is frothy and foaming in character.

Inflammation of lungs approaching paralysis

Back

There is a sore bruised pain all over back, patient is weak and tired, wants to lie down yet bed feels too hard. There is a **weakness of the muscles of the neck** and the head tends to fall backwards. It is of course indicated in injuries of the spine. Has sensation of sore bruised pain **during shivering**. Important modalities are: Stitching, shooting back pain on breathing; when inspiring; on walking.

Pain in the lumbar region while lying. Pain in the lumbar region extending upwards made worse on stooping. Stitching, shooting pain extending to knees.

Has back pain on retaining urine. Back pain in cervical region when sneezing. Back pain in sacral region extending to groin during menses; extending down legs to great toe. Involuntary jerking pain when pressing on dorsal vertebrae. Back spasms while nursing

Extremities

Again we must stress here that in Arnica we may find the hands or the legs cold while the head and the face are hot. There is coldness of hands with internal heat of

the whole body. Pain in extremities before chill. Thigh is cold in the morning.

The extremities feel sore and bruised especially when in contact with the bed.

Pains of the joints, especially wrists and ankles after injuries. Feels pain as if the wrist is dislocated. Tearing, sticking pain in wrist. Cracking in wrist. It feels as if wrist is dislocated when in motion. Has pain in ankle when in motion. Pain in joints of toes. Foot feels heavy after walking.

Drawing pain is felt in the hip while sitting with the thigh extended. Lower limbs feel as if they are sprained. Tearing pain in hand is ameliorated by letting arm hang down.

Arnica affects the peripheral nervous system causing a lot of peculiar symptoms such as: Sensation of paralysis in joints. Paralysis of shoulder while walking.

Sudden twitching of extremities. Twitching of the inner side of the thigh near genitals. Twitching of second finger. Shaking of extremities after faintness. Has shuddering of the shoulder and thigh shivering. Convulsive motions alternating with trembling of the body. Painful jerking of the ulnar side of the hand. Painful jerking of the shoulder. Weakness in upper limbs when taking hold of something.

Weakness in the foot while walking in open air.

Perspiration of inner side of upper limbs. Painful and **symmetrical eruptions** are the characteristics of Arnica on the extremities together with the **ecchymosis**:

Varices on lower limbs during pregnancy. Varicose tumors of the leg. Has blue spots on thigh. Has blue marks on thigh; yellow marks on thigh. Carbuncles on the thigh. Painful eruptions. Painful eczema on fingers. Painful eruption on the knee; Erysipelatous inflammation of foot.

Sleep

We see much of the excitation of arnica in their sleep. Sleeplessness for two or three hours until midnight, during climacteric period. Has sleeplessness because bed feels too hard. Has sleeplessness from painful motion of fetus; from mental and physical overfatigue. Wakes in the morning from the heat. Wakes during night with head hot and is afraid to go back to sleep because is scared that he will have a brain stroke. Wakes with soreness.

In Arnica we see a lot of vivid anxious dreams or nightmares: of being buried alive; of suffocation; of funerals; of graves; of mutilated bodies; of black dogs; of black animals; black cats; of black forms; of lightning. Has repeating dreams. Dreams seem true on waking.

Sleepiness in cholera infantum. In brain stroke we observe a very restless sleep with much drowsiness. He answers a question and during answering is falling back to sleep. His head is hot and the face flushed. Bores head into pillow

Fever

Has continued, petechial fever, typhus, typhoid, with foul breath. Violent congestion of the head, with body cold. Fever is accompanied by chill from uncovering.

Chilliness on slightest movement of the bed-clothes; from putting hands out of bed. Chilliness on the side on which he is lying. Chilly with heat and redness of one cheek. Feels burning heat in one spot which is cold to the touch. Vomiting during fever. Fever in affected parts. Fever comes in paroxysms, is changing. Fever occurring at night, 4 A.M. without chill. Before the fever there is a dragging sensation in all the bones. Sour perspiration at night. Musty odor. Stains the linen red.

Skin

Ecchymosis, **black** and **blue** spots is of course the great characteristic, but also **crops of small boils** can be considered a keynote. **Symmetrical** skin eruptions. Acne indurata that are symmetric in distribution. Green spots on skin. Blackish spots. Shiny, hot and hard swelling of the parts that are affected. Ulcers with bruised pain. Dirty ulcers. Ulcers have mottled areola. Skin is mottled during chill

Small pimples. Purpura miliaris.

Clinical

SKIN

Abscess. Bed sores. Boils. Bruises. Carbuncles. Ecchymosis. Excoriations. Sore nipples. Stings. Wounds.

MUSCULAR SYSTEM

Back pains. Paralysis. Lumbago. Rheumatism. Sprain. Exhaustion.

NERVOUS SYSTEM

Apoplexy.

Brain haemorrhage.

Chorea.

Headache.

Meningitis.

Paralysis.

GASTROINTESTINAL SYSTEM

Fetid breath. Diabetes. Disorders of taste. Thirst. Hematemesis.

RESPIRATORY SYSTEM

Bronchitis. Chest affections. Pleurodynia. Nose affections. Whooping cough.

CIRCULATORY SYSTEM

Pyemia. Heart affections.

UROGENITAL SYSTEM

Dysentery. Impotence. Labor. Miscarriage. Hematuria.

GENERAL

Purpura. Splenalgia. Traumatic fever. Tumors. Sore nipples.

Causation

Mechanical injuries. **Traumatic** experiences on all levels **physical**, **emotional** or **mental**, fright, fear, financial loss, etc.

Relationships

It is complementary to: *Aconitum napellus*, *Ipecacuanha*, *Veratrum album*, *Hypericum* and *Rhus toxicodendron*.

It is followed well by: *Aconitum napellus*, *Apis mellifica*, *Arsenicum album*, *Baryta muriatica*, *Berberis vulgaris*, *Belladonna*, *Bryonia*, *Cactus grandiflorus*, *Calcarea carbonica*, *China officinalis*, *Chamomilla*, *Calendula*, *Conium*, *Curare*, *Hepar*, *Ipecacuanha*, *Nux*, *Phosphorus*, *Ledum*, *Pulsatilla*, *Psorinum*, *Rhus toxicodendron*, *Ruta*, *Sulphur* and *Veratrum album*.

It follows well: *Aconite*, *Apis mellifica*, *Ipecacuanha* and *Veratrum album*.

Antidotes

It antidotes *Ammonium carbonicum*, *China*, *Cicuta*, *Ferrum*, *Ignatia*, *Ipecacuanha* and *Senega*.

It is antidoted by: *Camphor*, *Ipecacuanha*, *Coffee*, *Aconite*, *Arsenicum*, *China*, *Ignatia*.

Alcoholic stimulants, wine and coffee are inimical to it.

Dosage

Arnica should be given in the highest potencies especially in conditions arising from traumatic experiences.

Cases

1. In a case of whooping-cough, in a boy five years old, with light complexion, sandy hair, and sanguinous temperament. The paroxysms were attended with a great deal of "whooping" and bleeding of the nose; the eyes were blood-shot. A single dose of three pellets of Arnica montana 30, was given in the evening, and he never whooped afterwards. He coughed occasionally for a few days, but in the course of a week, he was entirely well. There was but the one dose given.
 2. Effects of a blow, Concussio Cerebri. -- A. C., a boy three years old, of lymphatic-sanguine temperament. The child had been healthy at birth and remained so till a year ago, when he was found paralytic on one side, without any known cause or previous illness, as reported. Under the use of blisters and leeches he had recovered in three months and seemed well up to the present time, except that the affected limb seemed smaller and colder than the other.
A fortnight ago he received a violent blow on the nose and soon after was seized with headache, fever and sickness, which have continued since. His present symptoms are, -
He complains constantly of pain in the head, great heat in the head. In the morning coldness and shivering, followed about 2 P.M. by heat and dryness of the skin all over the body, not succeeded by perspiration.
The heat continues during the greater part of the night, attended with great thirst, sleeplessness, restlessness and sickness and towards morning he falls into a heavy sleep with sonorous breathing.
No appetite - foul tongue and breath. Does not pass urine during the day, but at night passes a considerable quantity of strong smelling, high colored urine. Nothing remarkable was observed in the state of the pupil.
The first symptom, "pain in the head," is too indefinite to lay any stress on; the next, heat in the head, is of more importance and is one of the characteristic symptoms of Arnica.
The shivering in the morning and forenoon, followed by heat without perspiration, the heat with thirst and restlessness and sleeplessness, and the heavy sleep with loud breathing, are quite homeopathic to the action of Arnica. Also the foul tongue and breath, and likewise in a marked manner the dysuria.
The Arnica being then perfectly homeopathic, both in respect to the etiological condition and the existing affection, was accordingly administered in the 6th dilution [billionth], to be taken night and morning. The result was, that in a few days the child was perfectly relieved from all the above symptoms.
- Cases 1 - 2: The Journal of Homeopathic Clinics, Edited by C. Hering, M.D. and H. N. Martin, M.D. , Philadelphia, 1869.
3. ... A stout, strong young man was helped into the room almost bent double with severe pain. He worked for the Union Transfer Company, handling trunks and a trunk had fallen off the delivery truck, the corner of it striking him in the left lower ribs. His face was drawn with pain and he could not help groaning. I put a dose of Arnica 2C. on his tongue, gave him three or four to take home with instructions to put one in 1/4 glass water and take a teaspoonful every 15 minutes for four doses. This group was to be repeated in two hours and again in four hours if necessary. I charged him to come back anyway on next clinic date, three days later. At that time he burst into the room demanding to know the name of that stuff. I told him it was Arnica. Then he told me excitedly that by the time he was half way home, he could straighten up and breathe much easier and by night the pain was about gone; none since. He had taken two groups of doses but no more.
 4. A neurasthenic young lady consulted me for fatigue of the vocal organs in the upper register. There was a suspicion on my part of hysterical paralysis of the vocal cords. Repeated examination did not confirm this view and my treatment was in vain for ten days. I then had her sing the scales and vocal exercises to me. I immediately perceived that on account of deficient voice culture, she was compelled to strain her voice in singing the upper register. On consulting her teacher my opinion was corroborated.
I gave her Arnica cc a dose every day for three days and requested her also to take a similar dose after each lesson.
In the five months which have elapsed there has been no new attack of fatigue of the voice...
 5. Male, aged 17. First, second and third toes of left foot crushed. Amputation performed. Three unhealthy ulcers remained. Great pain at night, preventing sleep. No improvement in three months from Bichloride of Mercury, Creolin, Balsam of Peru, Ichthyol, Calendula and Aluminum acetate externally; Hepar sulph., Nux vom., Silica and Calendula internally, and Morphine hypodermically, prescribed by attending surgeon and his assistants. Re-amputation was considered by the surgeon, a man of great ability in his field. When called in the case I prescribed Arnica 30th, internally and a dilute Arnica dressing, externally, on the following characteristic indications: Great soreness with fear of being struck by those approaching the bed. He improved at once, slept the first night after receiving the remedy and was completely cured in nineteen days.
 6. Mr. H. Right nostril bleeds on washing face, and sometimes when straining at stool. Arnica m.m. [Fincke] one dose, cured at once...

7. A man living twenty-five miles in the country was taken suddenly with unconsciousness. He does not remember getting out of bed, or eating breakfast. Left the table and went out to a wagon. He leaned his head upon a trunk-rack for a moment, then suddenly straightened himself up and fell backward in a perfectly rigid state, striking his head upon the hard ground.

He came to his senses about noon and was brought home. I saw him in the evening. He complained of terrible pain throughout the back of the head, and all through the brain, of a bruised character. I gave him Arnica cm, one dose, and nothing else. The next morning the pain was all gone from the back of the head. He was ever so much better, only had slight pain in the frontal region. Next day entirely well. I have no reason for reporting the case further than for the potency used. One dose did the work. I want to put it on record for the benefit of the weak and not let it die an ignominious death in the dark.

8. An officer, some 30 years old, came to see me February, 1892. He had been ill since October, 1891, when his right inguinal gland had swollen suddenly and began to suppurate. In his garrison the military surgeon had made an incision, but the gland did not stop suppurating and though the skin closed again, there was a fistula left and after every long walk, more pus came out and the irritation of the gland was shown by pains all through the right leg. The officer could do no service and was practically an invalid. Having had homeopathic treatment in his boyhood, he came to see me on the 11th of February. I gave Arnica 30, because I heard that the initial irritation of the gland had started after a very long military march. After nine days the gland could be palpated and the cicatrix, which was deep in the flesh, could softly be massaged. This was done up till the 27th of the same month and then I dismissed the patient with some Arnica in his pocket, to take in case of need. When I saw him ten months later on his Christmas leave, he told me that from the 5th of March he had done service all the time.

9. A student of twenty-one had been struck full in the left eye with a tennis ball. He came to me an hour after the accident. I found ecchymosis extending to the peri-orbital region, which was tumid and painful. One drop of 2% cocaine made it possible to examine the eye, which was photophobic and lachrymating abundantly. The upper and lower lids were swollen and painful. The lower palpebral conjunctiva had been torn and there was widespread ecchymosis. There was much circumcorneal injection and the superficial layer of the cornea had been torn. The corneal wound involved the whole of the pupillary area, forming flakes which could easily be detached. The patient felt smarting pain and a very unpleasant sensation of scratching under the eyelids. The anterior chamber was normal, tension good, pupil reacting well; examination of the fundus showed nothing in particular. Sight normal.

Treatment: Bathing with sterilized water and a few drops of Calendula [mother tincture]; then a damp, aseptic, occlusive bandage with a few drops of mother tincture of Arnica; and to be taken internally, Arnica 10M [Skinner], one dose.

Twenty-four hours later the cornea was glossy and the epithelium had already healed. The patient had slept perfectly well, and after four days of occlusive, sterilized, daily bandages soaked in a little Arnica, all the symptoms disappeared and the patient was completely cured...

10. Some years ago a doctor wrote for help. He had had distressing breathlessness after running 80 yards [a month previously]. Heart had continued weak, with slight pain, and pulse slow. Awoke in the night with oppression of chest, anxiety and fear. Can't run up stairs without breathlessness. Legs heavy - head fuzzy.

Heart-sounds normal; weak: no heart disease. "Heart's weakness suggests early death, yet calm and not anxious."

Arnica was sent, and he wrote, "Arnica had the desired effect. All symptoms went within 48 hours. I'm all right now."

11. We are often perplexed by those paralytic conditions that come into our offices from time to time. In January 1926 one of our real estate men, who had been apparently always in good health, came into my office dragging his left foot. I noticed too that his left arm swung rather helplessly, the left eyelid was closed, and he had it suspended by a little strip of adhesive plaster. His tongue seemed to be pretty thick, he was unable to articulate distinctly, the muscles of the pharynx functioned backward so that when he attempted to swallow the food it would regurgitate through the nose; that was especially true with drink. Solid foods he could not swallow.

He was a man sixty-five years of age and my first thought when he came in was, "Well he belongs to that overworked class that naturally drifts into these paralytic conditions."

In talking with him a little while, I really forgot the significant feature of the trouble, as we often do. I prescribed for him Causticum, but as days and weeks went by, results were negative. He thought he was doing fairly well, but I did not think so. The latter part of February, his sister, an old friend, came into my office and asked me if this man had ever told me about his accident. "No." Then she told me herself, and she repeated later on, that on the Christmas previous, his son-in-law, who had become demented, was taken into his home, as he was unable to support his family. They had two little girls. One of the little girls did something that displeased him on Christmas day and he took the child by the shoulders, lifted her up and bounced her down on the floor as hard as he could. This old grandfather objected to such procedure. The son-in-law is a very robust man, and he struck Mr. Wolfe on the right mastoid, knocked him down and the old man lay unconscious for an hour and a half, and after he was able to get up, these things came on.

I was very glad to know that. In the latter part of March, I think it was, when I got the secret of the matter, I gave that man a dose of Arnica 10M. In about ten days he reported feeling a little better. I let him rest, I think something like thirty days, on that one dose of medicine. Then I repeated my remedy when I saw that

the symptoms were about at a standstill and he bobbed up again and began to improve quite rapidly so that I dismissed him practically cured in April. He was so that he could eat solid food, he could drink without regurgitating through the nose, he could keep his left eye open and instead of dragging his left foot he walked very well.

Last summer, after a year's absence he came into my office walking like a soldier. "Good morning, Dr. Dienst, I came in to let you see how I could walk," and he has walked that way ever since, for I saw him the other day on the street, feeling fine, attending to his work and with his left eyelid, his left foot and his tongue all normal...

12. Mrs. S., 48, corpulent, of healthy appearance, states that in the last six years she has suffered twice from uterine hemorrhage. During the last three months she has had small hemorrhages for a day after every intercourse with her husband. But now it happens not only after such acts, but also from slight pressure at evacuation; she is not costive and her kidneys function normally. The hemorrhage is of bright red color and sometimes slightly coagulated; it is accompanied by pain in knees and hands.

Examination with speculum shows nothing abnormal in vagina nor on cervix.

The remedy selection is based on the cause occasioned by sexual intercourse and pressure at stool and we know that both involve slight traumatism or force. It is clear that in this case every slight effort produces the hemorrhage. Consequently we thought of Arnica montana and it was given in the 6x potency, eight globules three times daily. On the second consultation the patient states that she has been free from the hemorrhage for six days. Gave placebo.

Here we see confirmed all we have heard and experience in our practice that the bad effects of force almost always fall under the action of this grand remedy and that its internal use generally shows its great therapeutic value in traumatism, even of the minimal sort.

13. Mrs. R. Y. complained of spitting blood, and during the consultation there was proof of it, thick and slightly foamy, red. It was easily ejected without cough. There was slight pain in chest, but much agitation and fear showed in her face. She was not nauseated, nor faint. Arnica 6x. every ten minutes was prescribed and complete rest ordered. Soon the cure was complete.

14. Mrs. J., 48, nurse. Diagnosis: Prepatellar bursitis on both knees for half a year. Tincture of iodine, aluminum oxide had been used without result. Aspiration had helped only temporarily.

Prescription: Arnica 30 every evening, seven globules to be sucked. Night knee-pack with dry arnica flowers.

Course: After four weeks complete cure. Patient reports that her fear complex and cardiac weakness, which she had not mentioned previously, were very much improved, and her superintendent has remarked upon it too. It is to be regretted that she did not have the courage to report the homeopathic cure to her chief physician.

15. Mrs. S., aged 58 years, on March 6, 1913, had an operation for complete procidentia with ulcerated cervix, considered possibly malignant. Complete hysterectomy and appendectomy were done. Her recovery at the hospital was uneventful and she returned to her home after three weeks. It was following this that she became a patient of mine.

Mental confusion began after being at home about one week.

Desire to sleep nearly all the time; heavy unnatural sleep.

Became indifferent to her surroundings, especially as to her personal appearance [naturally very neat.]

Dazed at times; unable to remember what she had been doing at home.

Physically, appeared stronger each day, which she laid to the relief from the mechanical condition that had existed previous to operation.

Became childish, irritable, feelings easily hurt and especially so with her husband.

When asked how she was, always said, "I feel fine!"

Talked incoherently; began things and did not finish them. One day turned on the gas in her cooking range and then went away without lighting it.

At another time went out on the street in night dress and kimono to a nearby store, returning a bag of coke, telling the storekeeper it would not burn.

Dreamed of fire at night and wakened with a start.

Head hot, especially occiput and feet cold.

General aggravation in morning; in afternoon remembered some of her strange actions of the morning.

April 24, 1913 - Became violent, rave, screamed, cried, threw herself violently on and off the bed. Talked incessantly; saw weird lights; devils, strange people, her dead children and numerous other things.

Rubbed her hands and feet back and forth until they hurt, but could not stop herself.

Was so much upset that a consultation of doctors was held, during the same afternoon and she was able then to give a fairly clear account of things, seeming to remember how she had acted in the morning. Usual afternoon amelioration. During this time, I had prescribed Sulphur, Sepia and Natrum mur., with little, if any,

result. the consulting doctor was an allopath and advised no medicine; simply rest, outdoor air, and happy occupation for her mind. So I was still left to prescribe any remedy I thought indicated. That evening, in thinking the case over again, it occurred to me strongly that the entire condition appeared to be the result of the operation and so I gave her Arnica 30th, three powders.

April 25 - In the morning, showed a slight indication of excitement, but was easily quieted.

From that time she steadily improved and has had no return of any such mental condition since...

Margaret Tyler in her book Homeopathic drug pictures mentions some representative cases of arnica:

- (1) She was taken ill one night with **stitching pains in the chest** that made breathing a proposition. Her husband tried to help her with various remedies probably Aconite, certainly Bryonia, but in vain. Then in a "Domestic Homeopathy" he discovered "batrd pleurisy" with its remedy arnica; and he gave her a few globules. They were scarcely swallowed when, with a long sigh, and "that is the first breath I have been able to draw tonight!" she was fast asleep in a moment.
- (2) He was a doctor who wrote that for more than a month he had had distressing difficulty in breathing, since running eighty yards. He would wake at night with "oppression in chest anxiety and fear." "Heart weakness suggests early death." he said, yet he was "calm and not anxious.." "legs heavy; head fuzzy; could not run upstairs. Heart sounds weak, but no disease." Arnica was suggested and he wrote back: "Arnica had the desired effect! All symptoms went within forty-eight hours>> I am all right now."
- (3) A doctor, overfatigued mentally and physically lost all interest in work. His usual self-confidence disappeared, so that he began to doubt his prescriptions and wonder whether he had prescribed too much of this, or even the wrong medicine. He was never sure whether he shut the door or turned off the lights; had to go back and see. He was naturally keenly alert, and this change of mentality worried him. Arnica 1.000 put him right in a few days, restoring perfectly his memory and self-confidence.

Arsenicum bromatum

Bromide of Arsenic; As Br₃

The essential features

This is a remedy that should be thought of in cases of cancerous affections or affections involving the glands with swelling and induration. Hodgkin's disease, sarcoidosis, tuberculosis and infectious mononucleosis may be classed under its pathology. It will suit cases of diabetes mellitus and insipidus, accompanied by a dramatic loss of weight and excessive thirst, and cases presenting an excessive amount of sugar in the urine in diabetes mellitus. It will also suit cases of nephritis.

This remedy is called for when the patient is pale, bloated, with oedemas, no appetite, white tongue, thin quick pulse, swollen spleen, watery diarrhea alternating with constipation.

But its main area of action seems to be the skin where it produces most obstinate, severe eruptions, pustular, herpetic, with acrid and very offensive discharges. The whole body can be covered by an eruption, but this applies particularly to the forehead and head.

Generalities

Arsenicum bromatum is indicated when the cervical glands are hard and swollen. It covers some of the symptoms left behind by syphilis, and is therefore considered a great anti-syphilitic remedy. This remedy has a **strong aggravation in Spring**, and therefore useful in cases of hay fever.

Head

Hair rough, full of dandruff. The scalp feels hard and thickened. Moist, herpetic eruptions at the centre of forehead and at the root of the nose, extending to eyebrows, right cheek and temples, exuding on least pressure an acrid ichor and bleeding easily. Around the eruptions the skin is injected, reddened, interspersed

with a large network of veins.

Ears

Discharging offensive moisture.

Stomach

Loss of appetite, disturbed digestion, constipation. Constipation alternating with diarrhea.

Chest

On the left chest a herpetic eruption. Hard tumor on the mammae the size of a fist, painful and sensitive to pressure. Hectic coughing with expectoration with fever in the evening reminding one of tuberculosis.

Extremities

The nails are discolored, knobby, covered with a gluey eruption.

Skin

The skin is gray and sallow. This remedy produces severe skin eruptions especially around the face and head, which discharge very offensive matter. Disgusting odour emanates from the eruptions. Split papules which are fissured, papular syphilides met with usually in the corners of the mouth. Also to be thought of in cases of severe acne rosacea, with violent papules on the nose. Young people with severe acne; violent pustules on the nose **every spring**.

Dosage

2x to 12c

Arsenicum hydrogenisatum

Arsenated hydrogen, Arsenious hydride, or Arsine; AsH₃

Preparation: Dissolve the freshly prepared gas in ice-cold distilled water.

The essential features

Try this remedy when *Arsenicum album* seems well indicated in a case but acts only partially or for a short time. Restlessness and fear are even more prominent in this remedy than in *Arsenicum album*.

The *Arsenicum hydrogenisatum* case fears that he is **going to die** on waking in the night and **during vomiting**. He is anxious, **believing his death to be near**, and **despairing of recovery**.

This remedy should be preferred to *Arsenicum album* in cases of **sudden hematuria** as is suggested by the proving: "Immediately after second inhalation, vertigo with faintness, followed by **shuddering** and a passage from bowels and a painless discharge of two ounces of blood from urethra".

Generalities and keynotes

Above forehead to right, a giddy sensation, with an inner twitching, like a painful quivering of muscles; soon after, same feeling in upper and lower jaw, going down in a straight line; later, same in right shoulder.

Cough is strongly aggravated between 9 and 10 a.m.

Thinking of water irritates him, as if he would have to vomit; it nauseates him.

Suppression of urine followed by vomiting. Sudden weakness and nausea. A foreign body, like a lump, nail or plug under the right scapula.

Sensation as if nose is deadened, feet as if dead; sensation as of a stone lying in abdomen; rectum as if relaxed, as if everything will fall out of groin. Excited, wants to talk constantly. Very pleasant poetical dreams. Dreams as if he was praying in a public meeting, with great applause.

Dosage

From 30c to the highest.

Arsenicum iodatum

Iodide of Arsenic Trituration; AsI3

The essential features

Arsenicum Iodatum is a remedy that you will need in severe chronic conditions where the organs involved are in a precarious state. You will need it in cases of severe asthma with heart involvement. An important remedy in heart trouble, particularly with valvular problems, it should be thought of in cases with pleural exudations. Of the highest use in cancerous affections. Kent states that: "it has restrained the progress of cancer of the uterus in a notable manner; the burning and odor are removed and the ulceration is lessened. Life has been prolonged for four years in several cases....it has stopped the growth of ovarian tumors." Useful in fibroids of the uterus, in lupus and epithelioma. Useful in cirrhosis of the liver where there is great weakness, especially in the legs, and where the condition is **worse going upstairs**, indeed worse after any exertion, with dread of impending evil and depression. Dropsy. Liver and spleen enlargement.

Arsenicum iodatum is preeminently a **tubercular remedy** and should be understood as such. It comprises a mixture of *Arsenicum* traits with *Tuberculinum* characteristics. Thin, emaciated, consumptive individuals with **corrosive** discharges getting colds frequently.

Arsenicum iodatum is one of the most **restless** remedies in our materia medica. It produces a physical and mental restlessness that can be described as **physical unrest**. The body cannot find rest, cannot remain calm or in one position for long (much like *Iodum*.) The person wants to do things all the time. It is really a combination of the restlessness of *Arsenicum* and *Iodine*: there cannot be a worse restlessness.

A typical Arsenicum iodatum child **never stops moving** about, climbing all over the furniture, and over the book case so that you wonder how he does not fall down. He is constantly on the move from table to chair to sofa to book-case to stove and back again! You wonder where he finds all this energy. But this is the nature of this remedy; it burns out the physical body, wasting all its energy. At school the child cannot concentrate; he cannot force his mind to pause in order to concentrate on any one thing.

There is an inner restlessness that eventually seems to burn out the body. The impression we get is of the body having been woken up and being unable to rest anymore. The Arsenicum iodatum case seems to be consumed by an internal fire that eventually will burn out the body, leaving it exhausted and totally prostrated, much like *Arsenicum*. A **tubercular diathesis** underlies the condition, and the child, if not treated correctly, is in danger of becoming consumptive. It lowers the appetite and increases the metabolism. The person is quickly wasted away, and emaciated.

The restlessness accompanied by anger and irritability that characterize the first stage of a serious *Arsenicum iodatum* case are eventually replaced by utter prostration and indifference. You may find that, where in the initial stage the patient showed great excitement, impatience and haste, with an inclination towards talkativeness and mirth, a change may overcome him eventually causing him to become silent, with an aversion to answering questions and to being spoken to. At this stage the patient is so weak that he will not talk, feeling totally disinclined for any kind of conversation. Should one press him to answer he will do so in monosyllables. He is indifferent to everything because of this exhaustion, indifferent to his pet that he loved, to happiness and to his surroundings.

Then sadness and discontent set in, accompanied by aversion to work and inability to study.

A degree of mental prostration prevails continuously, accompanied by an inability to decide between two opinions. A child may look and act as if extremely stupid, answering by moving the head as though saying only "I do not know".

Changeable moods and alternating conditions of mind characterize *Arsenicum iodatum*, but the fine shades of the mind are not yet apparent or determined.

Further symptoms include fear of impending evil, fear of insanity, of misfortune, of people. Extreme anxiety, restlessness and fear, worse in a warm bed. There are persistent tormenting thoughts, wandering thoughts, stupefaction and prostration of body and mind. The patient may suffer from a sudden impulse to kill somebody. Confusion may set in morning, night and evening, with delirium during the night. Delusions about dead people, and over-sensitiveness, especially to noise. In the woman there is much weeping.

Mental exertion increases many of his symptoms, there is marked mental weakness. The patient seems to be progressing towards insanity, he feels he will become stupid.

Generalities

The importance of *Ars-iod* in **active tuberculosis** cannot be overstressed, and although today in the Western world it is difficult to treat such a case, the remedy must be mentioned in this respect. Tuberculosis with hoarse racking cough and profuse expectoration of a purulent nature, attended with cardiac weakness, emaciation and general debility.

It is almost certain that by the time the disease has progressed to such pathology, the original extra energy that was spent by the organism is shortcircuited and is now replaced by great prostration.

Severe pleuritic exudation of a tubercular type. Predisposition to **phthisis**, and complaints of the tubercular diathesis. Common colds or influenza end up in bronchitis or pneumonia.

Actually *Ars-iod.* and *Tub.* are similar, and each can be indicated to complement the other's action.

Extreme lassitude; lack of reaction. This remedy should be considered in cases that drag along and do not recover after pneumonia. Children who catch **colds very frequently** will require either *Tub.* or this remedy.

It has cured choreic action of muscles in girls. Convulsive movements of limbs.

Induration is a strong feature, in glands, in ulcers, in skin affections.

Inflammation of **glands**, bones and serous membranes. Hodgkin's disease. Sarcoidosis. Mucus secretions increased, copious catarrhal discharges, thick and yellow resembling **yellow honey**, or yellow-green.

Hale's keynote for the remedy was: "The peculiar and persistently irritating, **corrosive** character of all discharges, in hay fever, otorrhea, and leucorrhoea, with fetid, corrosive discharge, and in diarrhea where the evacuations "scald".

L.B. Wells cured a case of left axillary tumor in a lady aged 49. A gland the size of a hen's egg, exuding a fluid which formed a hard, brown crust. The tumor was painful and very sensitive. Left breast enlarged, indurated and very sore. There was also yellow, bloody and irritating leucorrhoea with swelling of labia.

Clarke states that he has found it useful in many cases of **weakened heart** (senile heart, myocardial degeneration, arteriosclerosis) more especially when associated with chronic lung conditions.

Desire for open air. Affecting all glands, liver, spleen and thyroid gland. Sensation of a band, constriction internally. Weakness from perspiration.

Worse from motion but desire to move. **Worse going upstairs**, gets out of breath (*Calc*). Bathing and cold in general aggravate. Complaints from bathing, takes cold from bathing. Avoids the wind. Worse from the **warm south wind**.

Worse in winter. Better after eating. Aggravation from even slight physical exertion.

Head

The characteristic action of this remedy upon the head is to cause headaches that have the feeling of **dullness and heaviness**.

Dull, heavy headaches pressing from within outwards, worse on motion, noise, stooping or studying. Worse when hungry, in a warm room. Better in the open air, after eating. Unpleasant feeling in the head **as if he had a cold**. Actually this remedy develops its headaches during a common cold where the sinuses are involved.

Headache over the root of the nose and above the eyes with frontal sinusitis. Head seems enormously large and **heavy**. Headache prevents sleep. Headache with sleepiness. Headaches with heart troubles. Vertigo of the aged with tremulous feeling. Itching of the scalp with or without eruptions, worse in cold air. Eruption crusty; scurfy; eczematous. It is almost a specific for psoriasis which is centred mostly on scalp, with **thick scales**, that if raised uncover areas that **are very inflamed**, red, look **raw** and sometimes bleeding. Perspiration of the forehead.

Eyes

In severe chronic **granular conjunctivitis** with **redness of the margins** of the lids Ars-iod. is the first remedy to be tried.

Chronic **catarrhal states** of the eyes. (*Tub., Chrysarob.*) Lacrymation worse in open air. Soreness of the eyeballs. **Protrusion** of eyes. Wild look in the eyes.

During a common cold smarting lacrymation and discharge from meibomian glands. The lids are **red, swollen** and edematous.

Ears

The ears discharge an excoriating fetid pus. Catarrh of Eustachian tubes and middle ear. Stopped sensation, hearing impaired. Sharp pain in forehead and both ears from exposure to cold wind.

Nose

Most stubborn nasal catarrh with copious **excoriating, greenish, or yellow-greenish**, purulent discharge. **Honey-like** discharge. **Hay fever**. Pains at the **root of the nose** with sinusitis. Ulceration and swelling inside the nose. Nose quite dry, with epistaxis.

Face

The face **looks sickly, old, tired** with bluish lips and bluish circles around eyes.

Face cold, brown, earthy colour. Yellow spots on face. Jaundiced face. **Swelling of submaxillary** glands. Twitching of the face.

Mouth

Aphthae, cracked tongue, gums swollen and bleeding easily, scorbutic gums.

Salivation. Offensive mouth. Tongue feels enlarged, teeth feel elongated. Sour taste.

Throat

Membranes in the throat. Ulceration. Swelling. Diphtheria where the membranes extend even to the outer edge of the lips; foul breath; short difficult respiration, marked weakness and glandular enlargement. Swallowing difficult. Much choking. Dryness. Inflammation of larynx and trachea, with much mucus. Laryngismus, burning rawness in larynx and trachea.

Stomach

Appetite increased. Appetite lost with aversion to food. Desires stimulants. Aversion to fish, desire for milk. Excessive thirst. Empty feeling in stomach. Eructations empty, sour; waterbrash. Gastritis with all kinds of pains and loathing of food. Frequent attacks of heartburn. Indigestion. Stomach feels loaded. Constriction, sensation of tightness. Trembling in stomach. Continuous **vomiting**; vomiting with diarrhea; vomiting after drinking water; milk; after eating. Violent vomiting; vomiting of bile; yellow, watery substance.

Abdomen

The abdomen is **hard and distended** with flatus. Flatus is obstructed and there is rumbling. The liver, the spleen, the mesenteric glands, the glands of the groins are enlarged. Sharp pains all over abdomen which are relieved by emitting flatus or having a stool. Pulsating in abdomen. Restless feeling.

Rectum

Obstinate constipation. Stool hard and knotty. Constipation alternating with diarrhea. Diarrhea starts in the morning when commencing to move and after eating. **Not at night**. Stool **excoriating**. Stool blackish in colour. Continual aching in the anus with a seeming inability to keep the anus closed. External haemorrhoids. Burning in anus after stool.

Urinary organs

Acts deeply upon bladder and kidneys. It has been useful in Addison's disease.

Retention of urine. Constant urging to urinate. Urination dribbling and also involuntary. Albumen in urine. Suppression of urine.

Genitalia - male

Hydrocele and induration of testes, swelling of testes. Ulcers on the penis. Chancroids. Increased sexual desire and activity, later on erections wanting.

Genitalia - female

Pressure on **the rectum from the uterus** when lying on back is a keynote of this remedy. It has been very useful with female complaints. Of benefit in cancer of the uterus where there are intense burning pains and fetid odour. Enlargement and **induration** of the ovaries. Ovarian tumors. Pain and swelling in ovaries, especially right. Leucorrhoea **acid**, bloody, burning, copious, yellow. Menses absent or suppressed. Late. Irregular in time and quantity. Prolapse of uterus.

Enlarged and painful mammae. Lump in mamma with retracted nipples. Scirrhus of mammae, exuding a fluid which forms a hard, brown crust, breast hard, heavy and sensitive to touch.

Chest

Voice hoarse and weak. Asthmatic respiration, difficult on exertion and motion, **on ascending**, with palpitation (much like *Calcareia*). Respiration suffocative and wheezing. Asthma from 11 p.m. to 2 a.m. Asthmatic cough, croupy, deep and exhausting. Worse in a warm room. Expectoration greenish-yellow, difficult.

Constriction of the chest, of the heart. Inflammation of the bronchial tubes, of the endocardium, pericardium, lungs and pleura. Oppression of the heart and chest in a warm room. Weakness of chest and heart. **Anxiety** in the heart region. Very useful in ulcerative conditions during **phthisis**. Swollen axillary glands, tumors in axilla.

Extremities

Cramps of upper and lower limbs, thighs, legs, feet. Eczema. Numbness of hands and feet. Extremities cold, perspiration cold. **Edematous, dropsical** swellings of the extremities. Twitching of upper limbs and legs. Rheumatic pains in all the limbs. Hip joint disease. Itching of all the limbs.

Fever

Regular and distinct periodicity. Fever increases in afternoon. Drenching night sweats. Perspiration stains the clothes yellow. Pulse rapid, irregular.

Skin

It dries up the skin making it **harsh** and unhealthy looking. Many skin eruptions, particularly **dry, scaly**, burning and itching, as psoriasis, tinea impetigo, pityriasis.

This remedy will have its best results when the psoriasis seems to be centered primarily in the scalp and where after removing the flakes the skin underneath looks very inflamed and raw to the extent that it may easily bleed.

Another characteristic of the remedy is when we have a discharge from a tumor that is **thick and sticky like honey** which if left alone soon dries up to form a **hard crust**.

Sleep

Sleeplessness after midnight. A wakeful state supervenes after going to bed. Starts during sleep.

Clinical

Acne rosacea. Aneurism. Angina pectoris. Tumour of breast. Bronchitis. Cancer. Catarrh. Consumption. Debility. Dropsy. Epithelioma. Gastritis. Hay-fever. Affections of heart. Hydrothorax. Laryngitis. Leucocythaemia. Lichen. Affections of liver. Affections of lungs. Measles. Otorrhoea. Pneumonia. Rheumatism. Scrofulous ophthalmia. Syphilis.

Relationships

Compare: *Tuberculinum; Antimon. iod.* In hay-fever, compare: *Aralia; Naphthalin; Rosa; Sang. nit.*

Dosage

From 3x to the highest.

Case

Psoriasis.

A blonde school girl, aged seventeen years.

Psoriasis on the scalp and wrists for two months.

Crust thick, dry, underneath much inflammation.

Itching from exposure to cold air.

General good health.

Ars-iod. CM Skinner, in water, four doses, one morning and night.

May 17 An improvement began within a week and continued until quite recently . The spots are again increasing in size.

Arsenicum iod. CM Fincke, one powder, dry on the tongue.

July 2 Her skin is entirely free from eruption.

Erastus E. Case, *Clinical Experiences* p. 123

Psoriasis

Miss.F. T. aged 18, general good health, but from her infancy she has been troubled with an eruption of the scalp. At times it would show itself on the face, hands, arms, chest and other parts of the person, but the scalp has never been free from it since its first appearance. Various remedies had been used, but with no relief, and the patient and her friends had settled down in the belief that the disgusting condition would attend her through life.

In Sept. 1866, when my attention was called to the case, I found the scalp completely covered with a thick white, scaly crust which on being rubbed up with the comb would crumble off in a white powder, leaving a raw, red surface, inclined to bleed.

Ars-iod 2x, a powder three times a day, and in four weeks not a trace of the disease was left, and a year after there was no indication of a return.

FA. Benham *American Journal of Homeopathic Materia Medica* Vol. 1 No5 page 50

Exzema Squamosum

A man, aged 38, came to the Homeopathic Hospital, in Leipzig, on March 11, seeking relief from an attack of Exzema Squam., with which he was afflicted since about six weeks. It commenced as a small knot beneath the corner of the right eye and spread from there in a short time over the body, covering everything except the feet and the underside of the upper and lower thighs, the seat, the back, the upper arms and the hairy part of the head. The parts were covered with a dry, scaly eruption, accompanied by a violent itching; it was interspersed with a few reddish and moist spots. Patient often feels chilly, sleep restless, is constipated.

Received Ars-iod., 4x, 2 grains three times a day dry on the tongue. Within two days a marked change for the better was observed, the skin was less dispaned, the sleep was quieter, the stool became regular, an evacuation occuring once or twice a day, and on March 24th the patient was dismissed cured.

Dr. Stippert. Physician to the Hom Hospital at Leipzig. *The hom Recorder*, Vol. 6 No1. page 44.

Granular conjunctivitis

By Dr. Cruwell, of Brunswick. Otilie S., aged 20, blonde, unmarried, servant-maid, came on March 1st, 1879, in to the service of Dr. Cruwell's landlady. Besides her unusual thinness and pale color, he was struck by the redness of the edges of her eyelids; after sixteen days she came to Dr. Cruwell for advice. Upon examining the lower eyelids he found at the transition fold between the conjunctiva palpebraris and conjunctiva bubli some prominent pale granulations more pronounced on the left than on the right side. As I had seen good results follow the use of Ars-iod in cases where Ars and Iod seemed equally suitable, I prescribed it here in the 6th, several drops three times a day. Not only the red edges, but also the granulations were completely removed in the course of eight days, and they did not return.

EdH.R. *The Homeopathic Recorder* Vol 1 No. 6 page 140.

Tuberculosis

This was the case of a young man who had contracted acute pulmonary tuberculosis by sleeping with his mother who had died from consumption.

He presented the usual picture of such cases. There was extensive consolidation of both lungs, great emaciation, loss of appetite, weakness and marked dyspnea which prevented the least exertion, such as walking or ascending even a slight eminence. The skin was dry and harsh and altogether he presented a most discouraging aspect; there was as yet not much evidence of the breaking down of the lung tissue and the temperature was 103 with a pulse of 120. I gave a bad prognosis and advised a removal to the south-west; this the father promised to do, upon which the boy received Ars-iod 6x four times a day after meals.

In five weeks he stepped in to my office and such a tranformation is seldom to be seen even in a long practice. He stated that his father had found it impracticable to move away and that he had followed my directions implicitly and wanted more medicine. A complete review of the case showed the lungs practically clear, the temperature half a degree below normal, pulse normal and the skin soft, moist and pliant. He assured me that his appetite was fine and all of the functions natural as far as he could tell. The season of the year now having changed I ordered him to sleep in the open air and gave one dose of Sepia cm. because I noticed the characteristic chloasmic bridge across the nose and especially for the reason that it has done some of the very best work for me in tubercular cases, even checked haemorrhage and cleared up the disease.

Arsenicum sulphuratum flavum

Arsenious Sulphide; As₂S₃; Orpiment.

Preparation: Triturations

The essential features

This is a remedy that will be needed in cases that look like the old **malaria** patients with abuse of quinine. It will be of use when there is great weakness and **lack of reaction** and in cases where **eruptions have been suppressed** and a chronic condition has settled in. It should be tried in chronic, obstinate, and long standing asthma cases complicated with rheumatic and arthritic conditions, especially when *Sulphur* or *Arsenicum* or both have been tried with only partial effect. It will also be useful in chronic, stubborn cases which have resisted treatment with apparently well selected remedies, especially if the cases look like *Ars.*, *Psorinum*, *Tub.*, or *Sulphur*. Cancer of the lungs. Tuberculosis of the lungs, of the larynx. It is a remedy that will suit cases of severe or even malignant conditions of the stomach, larynx, esophagus, lungs, liver, spleen etc.

In such cases individuals have a characteristic sickly appearance, with jaundiced sunken faces that seem to suffer a lot. These individuals do not seem to have strong emotions; they are rather insecure and closed up, with a lot of anxieties and fears. **The anxiety and fear are easily seen in their faces.** Great apprehension. The anxiety increases and is felt more in the evening, or at night in bed. This is another remedy that suffers through the night, but especially so during the hours of aggravation of its two components, *Ars.* and *Sulphur*. Suffering aggravated after midnight will point to its use.

Arsenicum-sul-fl. cases do not easily show their emotions and are usually tormented by a guilty conscience. **Anxiety of conscience:** they are in great doubt whether they can be saved. They are especially prone to religious and philosophical matters and plunge into them with great seriousness. They can develop fear of a crowd, fear of people, but at the same time they dread **solitude**. Fears haunt them especially during the night, fear of **death**, of evil, of ghosts.

In their suffering and closeness they become extremely **touchy**, they are very sensitive towards criticism by others and are **easily offended**. They take everything too seriously, taking offence without cause and becoming quarrelsome, losing control and becoming furious. There is a malicious element in them. They have the psychology of a drunkard, the mind is weak, they are touchy, unreasonable and obstinate and are easily angered when they can be furious and malicious. They themselves are very **critical** towards others, especially towards friends and family. Their inner isolation leads them to believe that others are against them and intent on criticising them. Suspicious of all his friends and his family. Their insecurity leads them to acquire things, to collect them, and to desire to own objects which can have no possible use for them: "desire things which are not useful to him". They pay attention to small things and will often appear to be extremely unreasonable and obstinate. Hurried, hasty in his actions. Impatient.

In an Arsenicum sulphuratum flavum case the mind becomes weak and eventually confused. Mental work is impossible after eating. The patient has an aversion to being spoken to, and is indisposed to converse on anything. He is timid and bashful. There is confusion of mind in the morning on waking, too many thoughts crowd upon him and he does not know what is the correct thing to do. The *Ars-sul-fl.* case becomes discontented and eventually gives in to despair. Sadness and depression overcome the patient especially in the evening and during heat. They feel that nothing can help them, and **despair** that they will ever become better. Aversion to answering questions, or answers given in a tired and slow manner. Eventually they reach a state of indifference, of indolence.

The patient may suffer from great mental fatigue, in which periods of stupefaction and vanishing of thoughts occur, as well as absent mindedness. He may be driven to insanity: at times very talkative and again very malicious, almost maniacal, like one intoxicated. Speech may be incoherent and wandering. Insanity in drunkards.

Religious affections include remorse and anxiety concerning their soul's salvation.

Further symptoms include:

Delirium and raving during the night. Full of delusions.

Ailments after anger.

Anxiety after fainting.

Capriciousness. Hysteria.

Restlessness in the evening; at night; in bed; during heat; during menses.

Sadness, depression; during the evening; during heat; during perspiration.

Generalities

Periodicity. Lassitude and lack of reaction. **Weakness** in the morning, during menses, after eating, after exertion, after stool; from perspiration; ascending stairs; walking; in open air. Parts feel constricted as with a band. Anaemia. Emaciation. Useful in **epithelioma**, lupus, scirrhus. Dropsical swelling and swelling of glands. Choreic action of the muscles. Convulsions. Discharges from all mucous membranes which are **excoriating, offensive, thin and yellow**. Faintness **especially after stool**.

Symptoms are **worse after eating**. Worse from sour food, cold drinks, cold food, fruit and milk. Worse at night especially before and after midnight. Cold, wet weather aggravates. Worse after sleep; worse even with slight exertion. Worse standing.

Walking ameliorates. Warmth of bed ameliorates.

Open air ameliorates some symptoms and aggravates others. Sometimes he is too warm; at other times chilly. Sensitive and aggravated from cold air, cold bathing, drafts.

Inclination to lie down, but lying down aggravates. Ailments from suppression of perspiration.

Head

Vertigo with headache. Vertigo looking downwards. Tendency to fall to the right. Severe **dizziness walking in the open air**. When walking he felt as if dancing up and down, as if he must fly. Coldness of head during the headache, especially the forehead. A feeling of **tightness** in the forehead. Pain in head evening and night. Pain at 4 p.m. and 5p.m. ; headache from light in general. Pain during chill, **during menses, periodically** every 14 days. Pain increasing in severity.

Pain in occiput extending to the sides of the head. Violent and pulsating.

Pain worse coughing, after eating, after exertion, after sleep, from alcohol, in a warm room, from motion. Pulsation and shocks in the head. Cold sweat on forehead.

Exzema of the scalp. Pustules, moist crusts. Itching in the scalp.

Perspiration on temples worse by coughing.

Eyes

Discharges from the eyes **acrid**, bloody, yellow. Eyes agglutinated in the morning.

The veins of the eyes are injected. Chronic **inflammation of the eyes**, conjunctivitis, redness of cornea, lids swollen and inflamed. Ulceration of the cornea.

Excoriation of the lids. Opening lids is difficult. Burning in margin of lids. Paralysis of optic nerve. Photophobia with sunlight. The eyes feel as if protruding.

Protrusion of eyes. Eyes sunken. Twitching of lids. Colors before the eyes; sparks. Vision foggy.

Ears

Hearing impaired. Pulsation in ears. Ears stopped. Tingling in ears. Discharges fetid, offensive. Eruptions behind ears. Itching in external ear. Tension behind ears.

Nose

Nasal discharge excoriating, bloody, crusty, offensive, yellow. **Dryness** in the nose. Frequent sneezing. Nose **swollen**. Ulceration high up in nose. Cold nose.

Epistaxis.

Face

Face pale and cold. Bluish with dark circles under the eyes. Jaundiced face. The expression is **anxious**, sickly, suffering; sunken. Lips cracked. **Epithelioma** of the lips.

Ulceration of lips. Acne, pustules, rash, vesicles. **Burning** pains in face.

Swelling of face and submaxillary glands. Twitching of face.

Mouth

Inflammation of the tongue. Cracked tongue. Frothy mucus. **Aphthae** in mouth and tongue. Dryness of mouth and tongue. **Offensive** odour. The mucous membranes are **inflamed and excoriated**. Tongue is discoloured brown, red, white, yellow. Taste bad; bloody; insipid; putrid; saltish; sour; sweetish. Ulcers.

Throat

Ulceration of pharynx. It is a very good remedy for **chronic pharyngitis**, where there is a kind of chronic ulceration, with burning, stitching pains, or as if the spot is raw. Difficult swallowing. Sensation of **a lump** in the throat.

Choking, constricting feeling from dryness in larynx. Swollen sensation.

Phagedenic ulcers. Rawness in air passages; soreness. Hoarseness of voice. Voice weak, lost.

Stomach

Anxiety felt in stomach. Appetite ravenous. Aversion to: fats and rich food; food; meat. Coldness in the stomach. Desires alcoholic drinks; coffee; sour fruit; acids; sweets; warm drinks; warm food. Stomach disordered after milk. Heaviness, weight, oppression after eating. Nausea after cold drinks, **after eating**; during headache; during stool. Pain in stomach of all kinds especially after cold drinks.

Pulsation in stomach. Excessive thirst, after chill, during heat. Vomiting on coughing, after drinking, after milk, after eating, during headache.

Abdomen

Anxiety felt in abdomen, **anxiety** after stool. Coldness, distension, ascites. Spleen enlarged. Sensation of fullness. Flatulence. Liver hard. Pains in spleen.

Heaviness of abdomen as from a load. Pains during menses, after eating, while walking, during cough. Pains are better from warmth. Pains cutting before stool, cramping worse after stool. Severe colics on waking in the morning. Ulcers about the umbilicus.

Rectum

Constipation alternating with diarrhea. Diarrhea in the morning after rising; 8 a.m. ; night; after **midnight**; from drinking water; after fruit; during menses. Offensive flatus. Fissure in anus. Large haemorrhoids worse at night and walking. Pain in rectum during and after stool; during urination. Paralysis and prolapse of rectum.

Stool acrid, corrosive, excoriating, bloody, lienteric, mushy.

Urinary organs

Sensation of fullness in bladder. Paralysis. Retention of urine. Constant urging to urinate, ineffectual urging. Must hasten. Involuntary urination in the night.

Urination unsatisfactory, retarded. Suppression of urine. Albumin in the urine. Sediment thick. **Urine cloudy on standing**. Burning in the urethra.

Genitalia - male

Drawing pains in spermatic cords; more on the left. Stitching pains in penis, glans, scrotum. Ulcers on prepuce. Gonorrhoea with terrible pains, discharge copious, yellow, constant; burning day and night.

Genitalia - female

Menses copious, dark, frequent, protracted. Leucorrhoea bloody, burning, copious, thick, yellow, after menses.

Chest

Anxiety felt in chest. **Asthmatic** respiration worse at night. **Difficult respiration** on ascending; after eating; after exertion; while lying down.

Respiration rattling, wheezing. Sighing. Cough worse in the morning, evening in bed, night from cold open air. From itching in larynx. Cough loose, lying aggravation.

Expectoration yellow purulent. Ulceration of mammae. Cancer of mammae. Coldness in chest. Bronchitis, pleuritis, pericarditis. Oppression of chest, constriction worse ascending, walking and after eating. Haemorrhage.

Cutting pains in chest during respiration and on motion. Intercostal neuralgia.

Stitches in heart, tumultuous palpitations.

Back

Pain in the back worse during menses and during fever. Coldness of back. Pain in cervical region, between scapulae, in lumbar region, sacral, coccyx. Severe backache confining him to bed with caries of sternum and cough. Stiffness of cervical region. Weakness. Perspiration.

Extremities

Coldness of the extremities. Fingers are blue. Thighs have blue spots. Heat of feet.

Eruptions, desquamating, pustules, pimples, vesicles. Itching. Eruption on outer side of left wrist. **Excoriation** between nates and thighs.

Cramps in **calf**, foot, soles. Inflammation of joints. Numbness of upper and lower extremities. Trembling and twitchings. Weakness. Paralysis of limbs. Pains in bones, in joints, worse at night and after midnight. Swellings. Perspiration of hands and feet, perspiration offensive. Restlessness. Stiffness of joints.

Sleep

Sleep deep, comatose. Dreams: vivid, amorous, of the dead, frightful, nightmares, of misfortune, amorous. Sleep is restless. Sleeplessness after waking, before and after midnight, after 2 or 3 a.m. Starting on going to sleep and during sleep. Waking easily and frequently.

Fever

Chill in open air, walking in the cold, in the morning on waking, at night in bed and after midnight, after drinking cold water. Chilliness with sweat. Trembling with chill. Congestive chill. Chill followed by sweat. Chilliness alternating with sweat. Fever during night with chilliness. Chill ascending. Fever **during night** with chilliness.

Hectic fever. **Remittent** fevers. **Zymotic** fevers. Typhoid fever. Fever alternating with perspiration. During the fever wants to be uncovered. Perspiration during anxiety, while eating, after excitement, from coughing. Clammy, cold perspiration. Offensive, sour. Perspiration in single parts. Profuse during night. Perspiration in

single parts. Perspiration after waking.

Skin

Skin dry. Discoloration, **bluish spots**, red spots, white spots. Eruptions, blisters, blotches, carbuncles, crusty, desquamating, bleeding after scratching, boils.

Discharge: yellow, **corrosive**. Petechiae. Purpura. Psoriasis. Eczema. Herpetic eruptions. Dry eruptions, suppurating, **itching** eruptions. Urticaria.

Suppressed eruptions. Indurations, nodules. Ulcers, indolent.

Clinical

Apoplexy. Caries. Emaciated children. Diarrhoea. Gonorrhoea. Indigestion. Laryngeal phthisis. Late walking.

Relationship

Compare: *Arsenicum sulphuratum rubrum*

Dosage

From 6x upwards.

Arsenicum album

Acidum arsenicosum

English: White arsenic, arsenious acid, Arsenic Trioxide

French: Arsenic, Oxyde blanc d'arsenic, Acide arsenieux

German: Arsenik, Arsenige Saure

Mode of preparation: 5 centigrams are put into a vial with 4 grams of distilled water; the arsenic is dissolved by heating it, and water is added as it evaporates. Then 4 grams of alcohol are added to this and mixed well. One drop is then added from this preparation to one thousand drops of a mixture that is equal parts water and alcohol. Ten drops from this solution are added to a bottle containing ninety drops of alcohol. This is the second attenuation, and all the succeeding attenuations are made in this way. A second method used by Hahnemann was to triturate one grain of white arsenic with 100 grains of sugar of milk, making three triturations in succession, so that afterwards he would be able to make the remaining attenuations the liquid way.

The essential features

Arsenicum is a classic remedy; its general characteristics are well-known to all homeopathic practitioners. Originally proven by Hahnemann himself, Arsenicum has since been exhaustively described in every materia medica. The classic description in Kent's materia medica covers all the essentials in both the acute and chronic states: Anxiety, Restlessness, Aggravation by cold, Worse after midnight, Thirsty for sips, Periodicity, Alternations of symptoms, Ulcerations, Burning pains, etc.

A mere cataloguing of symptoms can be misleading in actual prescribing, however, unless the image is rounded out by an understanding of the essential dynamic process and stages of development of the remedy, particularly in comparison with other similar remedies.

The essential process underlying the Arsenicum pathology is a deep-seated **insecurity**. From this insecurity spring most of the key manifestations known in Arsenicum.

The insecurity is not a lack of confidence on a social or professional level, but rather a more fundamental sense of vulnerability and defenselessness in matters

relating to disease and death. From even the earliest stages the Arsenicum personality is dominated by this insecurity. Arising from the insecurity is the Arsenicum **dependency** on other people. Of course, Arsenicum is a prominent remedy listed under the rubric "Desires company." In reality, the Arsenicum person has more than a mere desire for company; it is an actual need for someone to be present near him. Arsenicum surrounds himself with people because of his insecurity concerning his health and his unaccountable fear of being left alone to face possible health hazards. The need for company is not necessarily a need for interaction with people, such as in *Phosphorus*. Arsenicum needs people nearby more for reassurance and support in case something happens to him.

For this reason the Arsenicum patient becomes very **possessive** -- possessive of objects, of money, and especially of people who are near, such as a wife or husband. The Arsenicum person does not readily employ a give and take dynamic in his relationships. He is much more selfish; he tends to be a "taker." In a relationship he will give support to another person, but primarily with the expectation of receiving support in return. It is in this sense that Arsenicum is a selfish remedy. The **possessive** quality of Arsenicum extends to physical possessions as well as people. He is reluctant to give money or material objects away; he is even stingy with his **discharges!** (The discharges in Arsenicum are **scanty**; they are not "generous," **not profuse**. Should the discharges become really profuse and thick, great relief is afforded his constitutional symptoms.) He may appear to be generous on occasion with his money or possessions, but he gives with the expectation of receiving in return, and he will be upset if the anticipated returns do not materialize. The same possessiveness leads to a compulsive collecting nature. If there is anything that he believes might be of some value, even some insignificant little item, he will carefully store it somewhere where he will be able to find it easily later. He does not want to throw anything away, does not want to waste anything; miserliness and avarice are the results of this attitude. Yet Arsenicum does not have the fear of poverty that might be expected. On the contrary, he feels secure that he has enough in case of need due to his **avaricious** nature.

As the disturbance on this level progresses the **miserliness** becomes more pronounced. As mentioned, the patient hoards everything that may have any conceivable future value. He cannot bear to part with anything he has collected: boxes, useless odds and ends of repair materials, scraps of paper, as well as truly valuable objects are carefully stored away (*Mercurius*). Of course, the patient himself will never offer this symptom, rather he wonders at the wastefulness of others around him. Furthermore, if any of his possessions become damaged, he is greatly alarmed. For example, if the roof of his house leaks and causes even some trivial damage to his furniture, it is a major catastrophe to him. He may even become ill from his reaction to this event, as if something of himself were ruined.

Although capable of enjoying life very much, his enjoyment is quite restricted, restricted by the extent and specificity of his desires. It is as if he clings to life and its pleasures with a sticky tenacity. His greed frequently is satisfied only by the best of everything. Arsenicum often gauges the value of things (people, pursuits, pastimes, etc.) according to their usefulness to him, the extent to which they satisfy his needs and desires. And, having determined what it is he needs, he will then pursue his goal with rigid determination. For example, in the interest of attaining better health he will attend to his diet in a very meticulous, almost hypochondriacal way, severely curtailing the range of allowable foods. Or an Arsenicum woman may choose a mate because he is clean and has a good, secure job, her choice being based more on the feeling of security he evokes than love. Security and comfort is of primary concern.

The Arsenicum patient perceives events in the world from a purely personal standpoint. His philosophy is: look after yourself first, everything else comes second. If something happens to someone else, the Arsenicum person will think first of what it means to himself. For example, if an auto-accident occurs, the Arsenicum patient will not rush instinctively to help. He may not think at all of the other person, but only of the implications to himself. Sometimes he will not go near the scene for fear of facing bloody situations that will stimulate his anxieties and fears for his own well-being. In contrast, the *Phosphorus* patient's heart will automatically go out to the victim; he readily puts himself in the place of the other person. The selfishness of Arsenicum is completely different from that seen in *Sulphur*, *Medorrhinum*, or *Platina*, for there is no egoism per se; rather, the Arsenicum patient is totally preoccupied with his own fears, needs and insecurities.

Next we consider the well-known Arsenicum trait of **fastidiousness**. Here it is important first to reiterate that in homeopathy we do not prescribe on the basis of beneficial traits, but only on pathological qualities. Thus, if someone is neat and orderly as a manifestation of an orderly approach to life, this would not be considered a limitation, or a symptom. The same could be said about a perfectionistic quality of an intensity akin to normal orderliness. On the other hand, we see people who are compulsively fastidious, obsessed by the need for order and cleanliness to the point of expending inordinate energy, constantly cleaning and straightening. An Arsenicum housewife will be seen following after the guests who are entering her house, immediately repolishing the already meticulous floor so that even the slightest stepmarks will not be visible. An Arsenicum visitor will get up and straighten a picture which is hanging on the wall slightly askew. This same individual may not be able to restrain himself from repositioning a tablecloth in a restaurant which is not hanging symmetrically. He will spend quite a bit of time symmetrically arranging his shoelaces; otherwise he will be bothered by their asymmetry. This excessiveness characterizes the Arsenicum fastidiousness. This passion for **neatness** will also be reflected in Arsenicum's personal appearance. Even if he has owned a suit for many years, so neat and clean does it seem on him that one is left with the impression that it was recently purchased. He attends to his clothing with great care and precision; on arriving home, for example, he will carefully and neatly fold his clothes and put them away so that on the following morning he will be sure to find them in an immaculate condition. He enjoys rendering

such care and spends an inordinate amount of time at it. The wardrobe of the Arsenicum is something beautiful to look upon: everything is aligned with unbelievable precision. Such uncompromising attention to detail results in the well recognized immaculate, perfect appearance of Arsenicum.

Perfectionism is another characteristic. He cannot overlook an error or inadequacy in his work, no matter how insignificant; he is compelled to continue working until he is satisfied with the results. It is this inner drive for perfectionism that leads him to be very **critical**, very **ensorious** of others. He readily criticizes anything done by anyone else, and his keen perception readily brings any existing imperfection to light. He is exhaustively fault-finding: the stove is burning too high, the light in the room is too low, his shoes are not in the right place, etc.

Arsenicum patients are greatly aggravated both **psychologically** and **physically** by the disorderliness of a messy room. Children with acute high fevers, for instance, will ask that their bed be straightened, covers hung properly and that the room be in order before they can feel restful, this despite the fact that they have a 40 degree (centigrade) fever and feel exhausted. This desire for neatness perhaps represents an obsessive attempt to temper the anxious insecurity felt inside by creating order and cleanliness in the external environment.

This passion for **order and cleanliness** can be so great that in more mentally disturbed cases serious obsessive behavior concerning dirt and microbes can result. These people will wash not only their hands, but also their clothes many times over. Some slight contact with another person may precipitate an intense feeling of uncleanliness. Their concern about being contaminated may cause them to avoid physical contact with others. These individuals may suffer a similar sense of uncleanliness as a consequence of contracting some physical disease, especially a skin rash. If a doctor tells them, for instance, that they are suffering from a fungal infection, they will immediately feel dirty inside [their body] and begin a paroxysm of frequent bathing. No amount of washing, however, will eradicate the feeling. They are very easily disgusted, not so much when eating at a friend's home, as in the case of *Sulphur*, but more by seeing or coming into contact with dirt. The fastidiousness of Arsenicum can be compared to that of other remedies. While the Arsenicum fastidiousness arises as a consequence of anxiety and insecurity, the fastidiousness of *Nux vomica* arises more from an excessive compulsion for work, from overly conscientious attention to details, and from an exaggerated sense of the need for efficiency. The *Natrum muriaticum* fastidiousness is similar to that of *Nux vomica*, but it is more specifically concerned with the scheduling of time. In studying remedies it is crucially important to have an appreciation of the stages of development of the pathology. Otherwise, if we see a patient at a given stage, we may miss the remedy simply because we are looking for symptoms that are characteristically found at a different stage. Also, an understanding of the stages of a remedy enables us to more readily discern the essence of the remedy and to differentiate it from other similar remedies.

In the early stages of Arsenicum we see a relative preponderance of physical level symptoms with less emphasis on the mental disturbances. Particular physical complaints -- **burning pains, restlessness, chilliness, aggravation from cold**, frequent colds, periodicity, **thirst for frequent sips** of water, and aggravations occurring **after midnight**, especially from one to two AM (and one to two PM) -- may be the primary symptoms with which to work. Upon inquiry, one will probably discover at least some of the following characteristics: *fastidiousness, miserliness, a certain degree of insecurity, discontentment, restlessness coupled with weakness, censoriousness, and irritability*. The irritability is seen primarily in the morning upon waking, morning being a difficult time for Arsenicum. In more advanced stages the anxiety is also frequently aggravated in the morning. At this stage, particularly if the complaints are more functional and not involving much physical pathology, it may be difficult to separate Arsenicum from *Nux vomica*. One must then search carefully for the psychological tendencies. Arsenicum will tend to be more insecure, needing the support of other people, whereas *Nux vomica* will be more self-reliant and impulsive.

In the second stage, as the illness penetrates deeper, the anxiety of Arsenicum becomes more pronounced and an **anxious restlessness** ensues. The anxiety tends to be most pronounced after midnight and in the morning on waking. The Arsenicum person may awaken in a panic during the hours of 12 to 2 AM. He may say that he is anxious even while asleep. Arsenicum will also at this stage display a prominent **fear of being alone**. There will be a constant need for company, particularly at night. The fears of Arsenicum are tremendously heightened while alone. His senses become more acute, especially his hearing (though less than that encountered in *Coffea* and *Nux vomica*). A fear of robbers is most characteristic of Arsenicum (also *Natrum muriaticum*).

The **anxiety** of Arsenicum causes great internal anguish, and it is out of this anguish that the familiar restlessness of Arsenicum arises. The restlessness is not just a physical process; it is primarily a mental restlessness, an attempt to allay the deep-seated anxiety. The restlessness compels the Arsenicum individual to pace to and fro, to move from chair to chair, from bed to bed, but the motion and the changes in position do not ameliorate his symptoms nor his anxiety; on the contrary, his **moving about totally exhausts him**. The greater the suffering, the more the anguish; the more the restlessness, the more the exhaustion. Similarly the anxiety, which can easily reach the level of anguish will drive the patient from person to person, constantly seeking reassurance and support. Earlier in the course of the pathological development of Arsenicum the restlessness can appear **periodically**, rising and falling over periods of weeks.

The **restlessness** of Arsenicum invites comparison with other restless remedies. In Arsenicum the restlessness occurs in conjunction with anxiety and desperation. The desperation forces him to move from place to place with the hope that he will find some relief. Again, the restlessness tires the patient and leads to exhaustion. There may be periodicity to the restlessness: the patient will move about for a while and then be able to rest until the urge to move again asserts

itself. The restlessness is, of course, most intense during the night, especially after midnight.

While the restlessness of Arsenicum is generally due to anxiety, a purely physical restlessness also occurs. This type of restlessness may often create confusion with *Rhus toxicodendron*. Both remedies can have a craving for milk, and both can have a desire for water in small quantities frequently. Both are aggravated by cold. Generally, *Rhus toxicodendron* is restless because the pain and stiffness are ameliorated by movement; turning, stretching, bending and moving about offer relief. In Arsenicum no relief is afforded by restless movement; the restlessness, provoked by the suffering, actually aggravates by bringing about exhaustion. *Rhus toxicodendron* patients repeatedly move from place to place because they hope to find a more comfortable position; one of the most typical examples of this tendency is to stretch and move the legs in bed at night -- they do not know where to put their legs.

Sulphur and *Medorrhinum* may have a similar restlessness of the legs and, likewise, a difficulty in knowing where to put their feet, but they do this because they are trying to find a cool place for their overly warm feet (and burning soles).

Another remedy that must be differentiated from Arsenicum is *Tarentula hispanica*. The restlessness of *Tarentula* arises from a great hurriedness that pervades all aspects of life. They want everyone to hurry; they become irritable if they see someone moving slowly. Naturally, in a very advanced stage where the patient is out of control, one can have a very difficult time diagnosing the remedy. *Tarentula*, *Stramonium*, *Nux vomica*, *Arsenicum*, *Hyoscyamus* -- all, as they shout, break things, and run about the room, can appear similar. Were one to attempt to distinguish *Tarentula* from these other remedies on the basis of an amelioration from music, one would have to be very circumspect. *Tarentula's* restlessness can be aggravated by music (as can *Natrum carbonicum*); the restlessness can increase in concert with the rhythm of the music.

Causticum is a remedy which can have much restlessness. This restlessness is a result of the stiffness and is worse during sleep. There is especially a restlessness of the lower extremities which is worse in the mornings. Another remedy with great restlessness of the lower extremities is *Zincum metallicum*; as the Zincum patient sits in a chair, his legs will jump continuously.

The **anxiety** prominent at this stage of pathology focuses predominantly upon the patient's concern for his health. The idea of deterioration, of the ephemeral, of being deceased, or death is unbearable to him. Normally he pushes such ideas away from his mind, but if circumstances force them upon his consciousness, he then becomes most anxiously fearful of death and disease. He becomes absorbed by this concern and can talk about it endlessly, completely engrossed about even the most insignificant symptom. Arsenicum's fear is not so much of the consequences of a degenerating condition of health, but the fear of the ultimate state of insecurity -- **death**. He develops an intense **fear of death** which can at times reach tremendous dimensions of **panic**. These "anxiety attacks" occur most frequently between 12 and 3 AM, but can appear any time as well. In the Repertory Arsenicum appears in the rubric "fear of death when vomiting." This symptom is but a reflection of a far more encompassing tendency -- every symptom, no matter how insignificant, can provoke fear of death and then panic.

In the midst of his **panic**, the patient will thrash about in despair, weeping and imagining that he must die, that there is no hope. With this syndrome he will quite likely be rushed to the nearest hospital's emergency room. He arrives restless and trembling with fear. He restlessly turns his head to and fro; he writhes and constantly moves his limbs and shivers as from cold. His breath quivers. All of these symptoms are the expressions of an **anguished fear of death** (Compare *Psorinum*, *Kali arsenicosum*). Eventually these panic episodes can occur without even the smallest provoking symptom.

The Arsenicum patient feels more secure if he has the attention of a physician, and, being a hypochondriac, he seeks the opinion of many doctors. He becomes dependent on the physician, telephoning frequently, demanding reassurance and advice for even the most insignificant symptoms. The homeopath is bound to feel the weight with which the Arsenicum patient clings to him. No patients in our materia medica are as clinging and demanding of relief from their anxiety as are Arsenicum, *Kali arsenicosum*, *Calcarea carbonica* and *Nitric acid*.

Arsenicum will exaggerate many of his symptoms in his imagination, blowing them out of all proportion. Even in the face of such apparently commonplace complaints as headaches, lumbago, fevers, etc., the thought readily enters his mind, "I have cancer and I am going to die!" Again, his fear will bring him promptly to a physician. Even if all the tests are negative, he will not be consoled; his anguished fear and restlessness will continue to lead him to more and more doctors. He **fears cancer** because it is the disease most readily identified as fatal in today's society. It is not really the possibility of cancer, but the prospect of death that causes him such anguish. The fear is not that he will contract cancer in the future, rather he fears that he has cancer at that moment (compare *Agaricus*). In point of fact, malignancy is an actual element of Arsenicum, and, analogously, Arsenicum's fear is malignant, similar to a **cancer eating at the mind** of the patient.

A recognition of the peculiar characteristics of the Arsenicum anxiety about health is imperative as there are other remedies which also display anxiety about health of an at least equal if not greater intensity. The Repertory lists these thoroughly and in relative strengths, but it is unable to describe the particular distinguishing qualities which are so important in separating one remedy from another. If one only knows the fact that a particular remedy has "anxiety about health" without knowing how to differentiate it from the others, one will find great difficulty in selecting the precise remedy that fits the patient. This cannot be done by a simple process of repertorization; it requires a minutely detailed knowledge of materia medica.

Other remedies possessing a strong anxiety about health are *Phosphorus*, *Kali arsenicosum*, *Nitric acid*, *Lycopodium*, *Calcarea carbonica*, *Kali carbonicum*, and others.

Calcarea carbonica has a strong anxiety about health which is primarily focussed on the possibility of insanity, cancer, and/or of contracting an infectious disease. *Calcarea carbonica* fears the condition or disease itself as opposed to the possibility of death. *Calcarea* is most apt to despair over having an incurable disease and of being unable to recover; death is a prospect which he can accept with relative equanimity.

Kali carbonicum has anxiety that he will get a disease in the future whereas *Arsenicum* fears he has cancer now. *Kali arsenicosum* has a particular anxiety about heart disease; he does not fear death as much as *Arsenicum* does. The *Kali arsenicosum* patient will say, "If I must die, it is O.K. " If one begins to talk about his heart, however, he will begin to express anxiety.

Phosphorus feels anxiety about his health, but primarily when the subject is raised to him. Many *Phosphorus* fears revolve around health -- his own or that of his relatives, but the *Phosphorus* anxieties are not as obsessive. The *Phosphorus* patient is suggestible. He hears of someone who has died from a bleeding ulcer, and then he imagines himself to have the same condition. He does not withhold his anxiety; he will engage the nearest person and animatedly express his concern. He will immediately go to the doctor who reassures him that he does not have an ulcer. The anxiety then disappears as quickly as it came; he leaves the doctor's office very relieved, saying to himself, "How silly I am!" With the next and slightest provocation, however, the anxiety will return. By contrast, *Arsenicum album*, *Kali arsenicosum* and *Nitric acid* are not so easily pacified. Their anxieties are inconsolable.

The *Nitric acid* patient, unlike *Phosphorus*, always has anxiety about his health -- an anxiety about any possible ailment, not only cancer, infectious disease, insanity, or heart disease. He may read in a magazine about someone with multiple sclerosis, and he says to himself, "Oh, that explains it! That must be what I have." Then, instead of expressing his anxiety, he carries it around inside. Eventually, he may very secretly make an appointment with a doctor, but the doctor's assurances fall on deaf ears. He is convinced of what he has and cannot be consoled. Later, he may read another article, and the process begins again. The *Nitric acid* anxiety about health is not so much the fear of death that we see in *Arsenicum*; it is more a fear of all the consequences of a long-term degeneration, with the expense, dependency on others, immobility, etc.

Lycopodium has a marked anxiety about health. The *Lycopodium* anxiety can be about any type of illness, like *Nitric acid*, but it is an anxiety that springs from a basic cowardice. It is not a fear of death, but a fear of the pain and torture of illness. He has a fear that he will not be able to cope with a serious illness, that he will fall apart and reveal a lack of courage to others.

The above distinctions should serve to illustrate that the simple rubric "anxiety about health" is actually full of a wide variety of shades and subtleties which are crucial to the precise choice of a correct remedy. This assertion, indeed, is true of every rubric in the Repertory.

As previously mentioned, The *Arsenicum* patient is dependent upon his possessions and the people in his life. Kent says: "He dreads solitude and wants company because in company he can talk and put off the fear." Thus, at this, the second stage, because of the increasing anxiety, the *Arsenicum* fear of being alone becomes especially pronounced. Yet the *Arsenicum* person is discerning about those he wishes to have with him; he wants efficient, reliable people and people who care about him nearby. Interestingly, this need to be with other people may generate the impression that he cares for them, but essentially this impression is a false one. His own need, the appeasement of his anxiety, is preeminent in his mind. An *Arsenicum* woman, for instance, may go with her husband to his shop, not to help him with his work, but merely to avoid being left home alone. For it is when alone that the crippling fear becomes overwhelming.

Arsenicum is listed in the rubric "anxiety for others," but actually, as one would expect from the foregoing description, this anxiety is caused by the fear of losing someone close to him, someone upon whom he is dependent. Consequently, he will show little concern over someone who is a stranger to him.

Other remedies are prominent for anxiety about others. One of them, *Phosphorus*, is so sympathetic and suggestible that he can lose all sense of himself in his concern over someone else, whether a close friend or a stranger. If an *Arsenicum* person were to meet someone new to the area, he would welcome the company and the opportunity for some conversation. However, if the person were to mention some personal difficulty, such as an inability to find a hotel, the *Arsenicum* individual would limit his response to a courteous expression of consolation and, perhaps, a few suggestions; his inner, perhaps subconscious, attitude would basically be, "Well, you have your problems, but what about the problems I have?" The *Phosphorus* patient, on the other hand, would become excited and say, "You haven't a hotel? Oh, my goodness! We must do something about that! Here, we'll go right now to the directory and try calling a few."

Sulphur also has anxiety about others. In this instance, it is an active imagination which leads to the anxiety. A *Sulphur* father, for example, might lose sleep worrying about his daughter coming home two hours late from a date. It is not the *Arsenicum* anxiety over losing his daughter or the *Phosphorus* sympathetic anxiety. The *Sulphur* individual will lie awake inventing endless possibilities about what might have happened. He will allow his imagination to exaggerate the significance of the situation beyond all realistic dimensions.

To review the stages of the *Arsenicum* pathology: the first stage emphasizes the physical symptoms, the fastidiousness, and the miserliness; in the second stage there is increasing emphasis on the insecurities, dependency, anxiety about health, anxiety over losing others, the fear of being alone, and the fear of death; gradually the

fear of death becomes an obsessive, anguishing fear -- the central issue of the person's life. Then the third stage supervenes.

In the third stage, the constant fear and anxiety finally exhaust the patient; he eventually surrenders to his exhaustion and subsequently falls prey to a state of despair. Arsenicum appears in bold print in the rubric "despairs of recovery." There are two reasons for this despair: the first is the realization that certain symptoms he suffers may be permanent. Even if these symptoms are relatively minor, he may still experience profound despair. Secondly, he may come to despair as a consequence of the toll exacted by the weight of the constant anxiety and fearfulness that have pervaded his life. His chronic mental suffering can cause him to begin to loathe his life and to despair of ever being able to comfortably enjoy life.

It is to this stage that Arsenicum cases of **anorexia nervosa** belong. These cases have a withered, wrinkled, old appearance; they are prostrated, feel cold all over, and suffer from an inability to eat or to retain any amount of food. They think that food is not good for them, that no type of food is healthy enough. There is much delusionary thinking in these cases. Delusions may alternate with a state of sleepy, partial confusion. They speak seldom and abruptly, giving foolish answers and making irrelevant associations. They seem confused and have the feeling that they are going insane.

In the final stage the Arsenicum loathing of life becomes absolute; the **sadness** is tremendous, and suicidal **depression** may supervene. This depression must be taken seriously for Arsenicum is one of the truly suicidal remedies. During this stage he avoids meeting friends because he imagines that he has offended them in the past. He lies in bed, occupied with thoughts that aggravate his depression and torment his mind night and day. He feels he is incurable, and **thoughts of death** constantly occupy his mind. The Arsenicum patient may develop despair and a suicidal disposition quite suddenly after a severe fright or shock or even during asthmatic attacks. A sudden fear may come that he may be forced to commit suicide. Also, a depression that is similar to that of *Natrum sulphuricum* may result from a blow to the head.

More rarely, a manic, paranoid state may develop in the last stage, with suspicion being the dominant characteristic. He suspects that people are plotting to kill him. He stares with a wild suspicious look. The patient may suffer from a **fear that he will kill people** upon whom he depends. In this stage he may avoid talking to people and may become obstinate and withdrawn. Finally, he may enter a state of complete tranquility, yet in this state he is completely out of touch with reality and refuses to talk to anyone.

The stages that have been described clearly illustrate the steady progression of pathology into increasingly deep layers of the organism. The pathology initiates on the physical level, progresses to a state of anxiety and insecurity, then to fear of death, and finally to despair, loss of interest in life, suicidal disposition, and a paranoid, delusionary state. In the final stages one may encounter great difficulty in accurately prescribing Arsenicum without the knowledge of its stages of development. Many of the usual symptoms of Arsenicum may be missing -- restlessness, fastidiousness, desire for company, fear of death, anxiety, thirst, etc. It may be difficult to separate Arsenicum from other remedies at this stage, but if the case is taken carefully, the full dynamic process of the disease will become clear.

Acutely, Arsenicum corresponds to fevers, sometimes very high, of all types, but mostly septic fevers. During fever Arsenicum can display several interesting symptoms. Delusions may arise: he sees thieves in the room and hides under the bed; he imagines that the house is full of thieves or that the bed is full of worms. He may pick at the bedclothes. He may moan and lament loudly, screaming with pain. In manic states or in fevers with delirium, the Arsenicum patient may demonstrate a strong desire to be held.

It is interesting to note here that patients who never experience fever (**apyrexia**, even in severe acute ailments), frequently require Arsenicum for their chronic or acute conditions.

In Arsenicum, acute diseases have the same anxiety, restlessness, and even despair which characterize the chronic state. The restlessness and anxiety can be tremendous, compelling the patient to get up and move about. He moves from chair to chair and then drops exhaustedly into the bed, only to rise yet once again until he finally lies, completely prostrated, in bed. He is exhausted, thirsty for sips of water, and chilly -- yet with a **hot face**.

I recall the case of an Indian woman suffering from a ureteral colic. Even in that tropical climate the patient was under four blankets. The nurse was fanning her face and supplying little sips of water for which the patient pleaded moaningly. She was restless, moaned in anguish, and rocked her head restlessly. Arsenicum 200C pacified the patient within three to four minutes. In such severe acute conditions, the restlessness exhausts the patient, and he will often fall into a stuporous, "cadaverous" state, only to become restless again upon recouping a little strength.

Arsenicum may be contrasted with the early stages of *belladonna*. Both remedies manifest high fever and a hot face with cold extremities. However, even though the *belladonna's* extremities are cold to the touch, the patient himself feels either warm or of normal temperature sensitivity.

Generalities

Prostration is quite characteristic of Arsenicum, not in proportion, however, to the severity of the ailments, coupled with **extreme restlessness** and **aggravation at night, especially after midnight** and lasting up to 3 AM.

A general tendency for **swellings and ascites** is very strong in Arsenicum.

Complaints are **aggravated by the cold** and the seaside. The patient is freezing and cannot get warm, even with a lot of coverings. (Arsenicum does not emanate warmth on any level -- physical, emotional or mental. He is miserable with his lack of vital heat, his preoccupation with himself, his health, his preoccupation with cleanliness and orderliness, and his inability to give anything of himself; as a consequence, **he is always seeking physical or emotional warmth**. In the Repertory we see this described as "desire for company" in bold type, but the flat symptoms of the Repertory have to be understood within the context of the living human organism.)

Arsenicum is often indicated for complaints that have **periodicity**: malaria, periodic headaches, skin eruptions, etc. The periodicity can be every second day, fourth day, seventh day, fourteenth day, or even longer intervals (yearly) in chronic complaints.

It has proved useful for **convulsions** that come every 15 to 20 minutes. Between the convulsions there is intense pain in the stomach. Convulsions with horrible distortion of limbs, foaming at the mouth, severe leg cramps and vomiting which is followed by a deathly unconsciousness.

Convulsions with so severe a stiffness that no joint can be moved. Twitchings, cramps, tetanic spasms. Hysteria; hysterical spasms, then exhaustion, and finally unconsciousness. Hysterical paralysis. **Faintness in the morning** with purple lips, coldness of the extremities, anxiety, and prostration.

A general **sensitiveness** pervades the remedy; he is sensitive to touch, light, odors, sound, and his surroundings -- everything has to be in order around Arsenicum for him to find peace.

Arsenicum typically has **acrid, thin**, watery, offensive, **putrid**, but **not profuse, discharges** of the mucous membranes and skin. Should the discharges be profuse and thick, great relief is afforded the general symptomatology. Pernicious anemia, septic conditions. Hemorrhages that are black and **offensive. Burning pains**, like hot needles, which are ameliorated by warm applications.

Alternating complaints: different ailments replace each other at different times; for instance, stomach pains may arise as an arthritic condition subsides and vice versa.

Turning to the characteristic physical pathology of Arsenicum, we note a propensity for affections of the respiratory and digestive tract -- the mouth, esophagus, stomach, and intestines, nose, larynx, bronchii and the lungs. Of course, Arsenicum is such a big remedy that it affects almost every part or system of the body. Although Arsenicum is not normally considered a right-sided remedy, there exists a preponderance of right-sided symptoms, notably the rhinitis, ovarian pains, and hepatic disorders. Arsenicum possesses a general **tendency to malignancy** in the sense of its frequent correspondence to both serious, aggressive diseases that progress to prostration and cancerous affections. With these characteristics in mind, symptoms of specific organ systems will be reviewed.

Sensitiveness of all senses is characteristic.

Oversensitive to any kind of disorder in the surroundings.

Vertigo

Vertigo on shutting eyes; as if would fall; vertigo when walking in open space.

Vertigo preceding an attack of epilepsy. Confused and stunned after an epileptic attack. Sensation as if brain moved and hit against skull, during motion. Great confusion of head. Vertigo during asthmatic coughing and before epilepsy.

Head

As previously stated, in acute ailments (fevers) **the body is cold but the head feels very hot**.

The head is ameliorated by cold air, walking in the open air, fanning, and even cold applications -- the colder the better.

In chronic complaints, however, the reverse is the rule: chronic headaches, facial neuralgias, etc. are ameliorated by warmth.

Arsenicum headaches are aggravated from motion, from a jar, and ameliorated from lying down in a dark room; they are attended usually with nausea, weakness and pale face. Headaches can be found in any part of the head. The most severe headaches are many times congestive, **burning**, and arise from the occiput and radiate to the forehead. These headaches are so severe that they make the patient feel dazed and stupefied, and they are followed by anxiety. The headaches are often the result

of exertion or excitement.

Frequently there are **periodical** headaches -- daily, every second day, every fourth day, weekly, bi-weekly or bimonthly -- which recur usually after midnight, especially one to three AM, or in the afternoon during the same hours, or beginning from one to three PM and lasting throughout the day. Periodical headache above left eyebrow and temple, lasting twelve hours, followed by vomiting of a yellow, bitter or tenacious mass. Periodical semilateral throbbing, with nausea, buzzing in ears and vomiting. A restless tossing of the head from side to side can frequently be encountered, especially when the rest of the body is in such great pain that it cannot be moved (kidney colics etc.). Head pains are aggravated by hearing people talking. Headaches may **alternate** with arthritic complaints or with pain in stomach.

A sensation of a weight on top of the head which **alternates** with frequent urination. One-sided headache with a feeling of icy coldness of the scalp. Sensations as if the brain moved and beat against the skull. Some other peculiar symptoms are: Head feels swollen enormously. Heaviness of head **better in open air** but returns on **entering the room**, with humming in ears. In morning after rising as if the brain were oppressed by a load, with humming in ears. Tired sensation at base of brain. Throbbing pain in forehead during motion. Throbbing pain over root of nose. Paroxysms of excessively painful hemicrania, with great weakness and ice-cold feeling in scalp, followed by itching. Scalp very sensitive, especially on brushing hair. Falling of hair. Eruptions destroy roots of hair. Eruptions with dry scales. Scalp itches tremendously. Scabs on hairy parts. Losing hair on front part of the head. Falling out of hair especially in circular patches that become rough and dirty. The scalp is so sensitive that cannot comb his hair. Scalp covered with dry scales or crusts, sometimes extending down to forehead, ears and neck. Erysipelatous burning and swelling of head, with great weakness and coldness worse in the night. Dropsy of the scalp that pits upon pressure.

Eyes

Arsenicum produces inflammation of the eyelids and cornea with redness and extreme sensitivity to light, especially during a common cold. The lachrymation and discharges of the eye are typically **burning and acrid**. There is also **edema** of the eyelids, especially of the lower lids or beneath the lower lids. Edema around the eyes. Lids granulated, ulcerated. Very painful ophthalmia with swelling of lids. Strong **photophobia** in severe cases of conjunctivitis.

Parenchymatous keratitis, with excessive photophobia, lies in bed with face buried in pillows, hot scalding lachrymation causes an eczematous eruption.

Flickering before the eyes. Horizontal half sight. Everything appears green.

Spasms of the eyelids. Trembling of upper lids with lachrymation. Conjunctiva yellow as in jaundice. Chronic acrid eye and nose catarrh as in hay fever that excoriates the eyes and the nostrils. Eyeballs hot or burning. Conjunctivitis with thin bloody discharge which progresses towards ulceration. Conjunctivitis with ulcers on cornea before and during menses. Ulceration upon the cornea. Eyes **sunken** or protruding. Pulsative throbbing in eyes, at every pulsation a stitch.

Violent pain in eyes with a prick of the pain in the night. Violent burning in eyes. Severe conjunctivitis in children when their skin is rough, dry and dirty looking; intense pain from least ray of light, with profuse lacrymation.

Extreme redness of inner surface of lids, they burn so much that they can scarcely be opened.

Ears

Sensitiveness to sound. Humming in ears better in open air and worse in a warm room. Roaring in ears with each paroxysm of pain. Hardness of hearing. Profuse, cadaverous smelling discharge from the ear. Parotitis with intense headache.

Nose

Arsenicum gets colds easily, and they travel down the throat to the bronchi. Sneezing from the slightest change of weather. During coryza the patient feels chilly and is better from warmth. In both upper respiratory infections and hay fever Arsenicum produces symptoms primarily on the right side. The discharge is watery, thin, **burning and acrid**. During coryzas there is a simultaneous discharge from and swelling in both the eyes and nose. *Discharge stops in the open air*. Frequent **violent sneezing** occurs without release. Coryza with **sneezing on waking in the morning**. Discharge beginning at 5 AM. Coryza ends in ulceration. There is a feeling of obstruction or fullness of the nose with an accompanying watery discharge, again mainly on the right side. Great sensitiveness to smell, cannot bear even the smell

or sight of food. Epithelioma of nose. Knotty swelling of nose. Cancer of nose. Scabs in nostrils, which, when torn away, leave nostrils raw and bloody until other scabs are formed; worse in the cold and better in moderate weather. Nose cold and pointed; nostrils red and open. Offensive smell from nose. Nosebleed after a fit of passion.

Face

The face of the Arsenicum patient usually has the appearance of that of a sick person. Pale grey and puffy. Waxy. Cachectic. Little **bags around or under the eyes**.

The face takes on a deathly color during vomiting. The skin becomes wrinkled and shrivelled, the person looks prematurely old. Has the expression of agony. The skin becomes wrinkled especially around the mouth and the lips. Lips bluish and cold. **Epithelioma** of lips. Lips are pale, cracked, swollen and crusty during apyrexia. Sore lips and ulcers in mouth. Painful nodules on upper lip. Twitching on one side of the upper lip, worse on falling asleep.

Mouth

Dryness of mouth with thirst for frequent sips just to moisten the mouth. Dryness with violent thirst. The cavity of the mouth was as dry as his skin, to such a degree, that in spite all efforts could not moisten the least bit of bread.

Candidiasis of the oral mucosa in adults, with burning prostration, and very great restlessness. Malignant ulceration. Ulcers on inner cheek, irregular, jagged edges and spongy base. Ulcers extending from throat to roof of mouth.

Painful blisters in mouth and tongue. Grinding of the teeth. Toothache, worse from cold water, after midnight, better from warmth. Tongue swollen, brown and dry.

Redness of the tip of tongue. Sweet taste in the morning. Food tastes too salty; water tastes bitter; beer tastes flat. Loss of taste. Tongue trembling; difficult articulation, tongue heavy, as if paralysed. Tongue as white as chalk; as if painted white. Tongue and lips parched and cracked, with black and sticky coating.

Throat

Striking **ulceration** is seen throughout the mouth, pharynx, larynx, esophagus etc. The ulcers are deep, spread rapidly and are extremely painful. Eating becomes impossible with these painful ulcers, but the pain is somewhat relieved by warm drinks. Ulceration is actually one of the main characteristics of this remedy.

All these are in accordance with the general tendency of the remedy.

In studying a remedy we should attempt to distinguish the patterns and tendencies produced by this remedy rather than look at isolated symptoms which can be extremely misleading; thus similar patterns in the patient. can be recognised with greater certainty

Catarrhal states from the nose travel rapidly to the larynx, accompanied by hoarseness, and then deeper still to the trachea and bronchi. At this time dyspnea supervenes. Stinging in the esophagus as from a splinter. Sensation as if hair had lodged in the throat. Sensation as of a ball of mucus. Paralytic conditions of larynx and esophagus. Diphtheritic membranes dry looking and wrinkled.

Stomach

The stomach manifests a wide spectrum of pathology ranging from gastritis to peptic ulcer disease, and even gastric malignancies. Prevailing in these conditions is extreme inflammation with **burning** pain -- burning in the stomach and the entire esophagus. This burning pain is often worse around two AM, irrespective of the time the patient ate his evening meal. The pain causes a constant desire to drink small quantities of water frequently. However, when the stomach is affected, this water may not be tolerated and may be vomited immediately afterward. Warm foods and drinks are better tolerated and may relieve the pains. Thus, we see that both external and internal warmth can ameliorate the Arsenicum patient.

We have symptoms like constant nausea and vomiting worse rising from bed.

Vomiting of blood, with fainting before and after; of brownish matter, with violent colic; of clear water at all times of the day; of everything he takes; immediately after eating and drinking.

The stomach pain is also greatly ameliorated by drinking milk (*Graphites, Rhus toxicodendron*), especially sweet milk. Cold foods, especially ice cream, will be immediately rejected by the diseased stomach. When the stomach is not affected, however, the patient craves cold water and tolerates it easily. Chilliness at the pit of the stomach is a characteristic. **Anxiety** felt at the pit of the stomach. The epigastrium is very sensitive to the slightest touch. Pain in epigastrium, **burning, violent**, like red hot coals. Pain in pit of stomach arresting breathing. Burning as if stomach and esophagus were being made raw by an **acrid corrosive substance**. Severe aching in stomach and epigastrium extending to the middle of chest. Weight in stomach, as of a stone. Painful vomiting of grass green solids. Loss of appetite. All the above symptomatology shows why Arsenicum has a reputation in cancer of the stomach. Many cases of **anorexia nervosa** benefit from Arsenicum.

Arsenicum patients have a predisposition for gastroenteritis and **food poisoning**. Diarrhea and vomiting may often occur simultaneously (*Veratrum album*). The food poisoning occurs usually from spoiled or questionable meat or moldy cheese. During these acute conditions the patient may have an aversion to all food. Many times in acute conditions there is **nausea from the sight, smell or even the thought of food**.

The food cravings of Arsenicum include fat - even lard, - sour things especially lemon (even the peel is relished), refreshing things, bread, and alcohol -- especially whisky and wine. During the early stages of acute disorders, especially when there are chills, the patient usually craves warm drinks. There may be an aversion to farinaceous foods, foods such as beans and peas which induce flatulence, meat and the fat of meat, butter and sweets.

The **thirst** of Arsenicum is normally, as previously noted, for ice cold water (which may be vomited immediately after taken). The thirst is often for small quantities, sips, taken frequently; however, sometimes large quantities are desired. Thirst is often increased at the onset of a fever, and we find Arsenicum listed in the Repertory for thirst before, during, and after the chill. During the fever he wants small quantities of cold water often; during the chill he wants warm water. Increase of thirst during the sweating stage. Sometimes during fever there is a tremendous burning thirst which is quenched only by drinking large quantities of ice cold water.

Abdomen

The liver can be affected with acute inflammations such as hepatitis. These inflammations may progress to end-stage liver disease and cirrhosis, with corresponding **ascites**.

Induration and enlargement of both the liver and spleen. **Tympanitic** distension of the abdomen is a characteristic of Arsenicum. Gallstone with cholera like symptoms. Both hypochondriac regions sore to touch. Stitches in spleen, precede vomiting of blood, which is partly coagulated, partly fluid and dark. Pains about navel aggravated by lying on back. Periodical colic. Violent pains in abdomen with great anguish, has no rest anywhere, rolls about the floor in despair. Terrible cutting pains in abdomen with frequent thin evacuations, fainting and cold sweat. Peritonitis, when there is sudden sinking of strength, anxiety, cold sweat. **Ascites** from heart, hepatic, or spleen diseases, also post scarlatinal. Ulcer above navel. Painful swelling of inguinal glands.

Rectum

Arsenicum frequently corresponds to cases of enteritis and dysenteric conditions characterized by frequent, black, **offensive** stools (cadaveric odor) which are **burning** and acrid, but **not profuse**. We must remember that Arsenicum is not "plethoric" in its excretions; scantiness is more the rule. The rectum and anus burn, and the burning can extend to the bowels. Diarrhea often results from **cold drinks, fruit, and ice cream**. Diarrheas are very offensive and are attended by anxiety, exhaustion and a very pale face.

Think of Arsenicum in cases of diarrhea such as the following: initially profuse stools which have been reduced at the expense of a general worsening of the patient by the prescription of several different remedies. As a consequence the patient is left **completely exhausted**; he feels almost dead, hardly breathes, is very cold, and now has scanty diarrheic stools.

The restlessness and exhaustion so characteristic of Arsenicum are most prominently exhibited in debilitating dysenteric conditions. During dysentery (or other diarrheas) there is frequent tenesmus with unbearable urging and great distress as a consequence of the pains; when in the throes of such suffering, the patient is tremendously anxious and thinks of death constantly.

Painful spasmodic protrusion of rectum. Constipation. Diarrhea alternating with scybalous stools of a whitish-clay color. Small, diarrhoic, offensive stools. Bilious

dysentery with great exhaustion after every exertion. Black stools. Stool slimy, brownish. Anxiety felt in the abdomen which is not relieved by stool. Tremendously painful haemorrhoids protrude during stool and cause great exhaustion. They are big, like grapes, and burn like coals of fire. They feel very hot and may bleed easily. Haemorrhoids with stitching pain when walking or sitting, not when at stool; with burning pain relieved by heat. Fissures of the rectum that bleed after every stool. Pains as if stuck by red hot needles.

Violent burning in umbilical region, before and during loose stools, which consist of mucus. During stool: chilliness, nausea, vomiting. Involuntary stools and urine. Diarrhea after taking cold substances, particularly ice-cream. Cholera infantum; simultaneous vomiting and purging, great exhaustion; vomiting and purging aggravated by food and water. Purging with extreme coldness of the extremities.

Urinary organs

Arsenicum corresponds to **involuntary urination**, either during the day or at night with enuresis. There is also a peculiar paralysis of the bladder where, despite the sensation of fullness and distention of the bladder, there is no urge to void.

Paralysis of the bladder in elderly patients. Urine scanty. **Burning** in the urethra. Burning pain especially at the start of urination. A feeling of weakness in the abdomen after urination. Urination frequent during the cold stage in intermittent fever. Chronic cystitis, with retained urine; what passes is turbid and purulent. Urination after sweat, brown, soon turbid, but without sediment.

After urination a feeling of weakness in upper part of abdomen. Retention of urine after parturition; the bladder is full, but urine cannot be passed. Acute and chronic inflammation of kidneys with swelling of legs, pale earthy face and the other characteristics of Arsenicum. **Atony** of bladder, no desire to urinate and no power to do so; seems to have lost all control over power to emit; especially after parturition. Involuntary urination. Bladder greatly distended and paralysed. Urine scanty, passed with difficulty, burning during discharge. Urine like thick beer; rotten smell. Well-marked albuminuria.

Genitalia - male

In men we find painful testicular swellings which may be malignant, such as seminomas. Burning, edematous swelling of the genitalia also occurs. Priapism.

Edema of the penis to such an extent that the penis looks like a water bag.

The scrotum, especially the skin of the scrotum, is greatly swollen and humid.

Rawness of scrotum with bluish look. Eruptions on the genitalia. Herpetic eruptions that burn and sting. Little ulcers that burn. Ulcers that spread without a tendency to heal; they perniciously continue to consume normal tissue at the margins. The remedy is similar to *Mercurius* in this respect. What is important to understand in Arsenicum is the general **weakness of the defense system** which fails to check the rapid worsening and spread of pathological conditions; hence its ability to cure malignant diseases.

Genitalia - female

Malignancies are also seen in women, both uterine and breast cancer. We must not forget that Arsenicum is a remedy which is often indicated in malignancies. There are ovarian swellings with burning pain in the ovaries, especially the right ovary; the pain is ameliorated by moving the feet.

Amenorrhoea is commonly seen in frustrated, nervous women who have weak constitutions. Sudden profuse discharge of dark blood from the vagina. Discharge of bloody mucous after menses. Suppressed menses for months in cases of worn out, anemic and prostrated women. Stitches in the rectum during menstruation.

Leucorrhoea may replace the normal menstrual flow. The leucorrhoea is acrid and is aggravated by standing for long periods of time. Spreading vaginal ulcers are also characteristic of Arsenicum. Leucorrhoea while standing, with emission of flatus; yellowish, thick, corrosive leucorrhoea or copious, whitish, thin leucorrhoea that runs down the thighs and excoriates the parts.

Chest - respiratory

Arsenicum produces infections in both the upper and lower respiratory tract and has a lot of peculiar symptoms in this area.

In the infections the usual pattern is that the nose starts running, then the voice becomes hoarse with a dry, tickling cough, and then bronchitis sets in as the breathing becomes difficult, weak and shorter. All of these infections are aggravated from twelve to two AM and usually require that the patient sit up to find relief. Constriction, tightness of the chest. The Arsenicum chronic cough and asthma are also worse from twelve to two AM, and they are **worse lying down**, from odors, laughing, turning in bed and **ameliorated by sitting**.

Respiration is oppressed, anxious and wheezing, causing the patient to jump up from the bed at midnight.

Laryngitis, loss of voice. Coughing because of a tickling in the throat which does not ameliorate the tickling. Dry, wheezing cough. The cough or the dyspnea is attended by **anxiety, restlessness, prostration, cyanotic face**, and sweat. The cough produces a frothy expectoration. Asthmatic conditions that are much aggravated by taking a cold in the midsummer. Burning in chest as if there were coals inside, or excessive coldness of chest. Arsenicum will do wonders in cases where after coryza the organism becomes weak and an asthmatic attack sets in. **Burning** in chest and stomach. Constriction of chest on going uphill.

Acute, sharp, fixed or darting pain in apex and through upper third of right lung. Impending paralysis of lungs. Feels as if he had a load in upper part of both lungs. Tightness of chest, as if bound with a hoop. Constriction of chest with anguish and oppressive anxiety at the pit of the stomach. Burning in chest and stomach. Heavy and painful inspiration accompanying pains in abdomen.

Sighing in the night. Spitting of blood with tremendous irritation to the nervous system, so much so that a current of air can cause convulsions. Hemoptysis from suppressed menses. There is also an unusual sensation of tickling inside the chest or sometimes a feeling as if the lungs were full of smoke or dust. Yellowish spots on chest. Wheezing respiration, with cough and frothy expectoration. The breathing is usually short and **anxious**. In bronchitis quick, loud, rattling. Talking and laughing aggravate the difficulty in breathing. Sensation as if one was inhaling dust. There can be a sudden asthmatic attack so severe that he thinks he will suffocate around 1 a.m. Has to sit up to be able to breath at all.

Loss of breath immediately on lying down, in evening, with whistling and constriction in trachea. Deep dry unceasing cough. Cough excited by smoky sensation or as of vapors of sulphur in larynx. Whooping cough with arrest of breathing, tough mucus in chest; sputa of frothy mucus in lumps. Cough preceded by jerking in hips, which seemed to excite the cough. Frequently recurring cough, with expectoration of bloodstreaked mucus; retching and vomiting of food and drink.

Chest - heart

The heart and the circulatory system are profoundly affected in a number of ways in Arsenicum. There are frequent and **violent palpitations** felt throughout the body which cannot be tolerated by the patient; he feels that he can hear the pulsations while lying. Palpitations worse lying down and after midnight. Severe paroxysms of palpitations during endocarditis. After stool, tremulous weakness of the heart and palpitations necessitating lying down.

Arsenicum is famous for its **arrhythmias**, and they are accompanied by anguish which is worse at night, lying down, going upstairs, and at two to three AM. The pulse is **rapid, weak and irregular**. Weak heart with thread-like, feeble pulse; patient is pale, weak and sweaty. Pain in the heart, extending to the neck, with a fainting feeling.

Angina pectoris; sudden tightness above heart; agonising praecordial pain; breathing difficult, fainting spells; least motion makes him lose his breath; sits bent forward with head thrown back.

Serious heart conditions such as: endocarditis, pericarditis, angina pectoris, pericardial effusion, hydropericardium with great irritability etc. Heart conditions can arise from suppressed eruptions, rheumatism or rheumatic fever.

Back

Pain across the scapula extending to the arms. Drawing pain in scapulae with a feeling of weakness; has to lie down but gets no relief. **Weakness** felt in the entire back. Pain in the region of kidneys when inspiring or sneezing. Burning pain in sacral region. Stiffness of the back that starts from coccyx and extends upwards. Feels as if warm air is streaming up the spine.

Extremities

In the extremities we see convulsions with rigidity and pain. Twitchings, distortions, uneasiness, weakness and heaviness. **Paralytic weakness** at a regular hour every day, with **trembling**. Paralysis of lower limbs with atrophy. Contractions in knees and elbows. Cramps in calves. Retraction of flexors of fingers. Toes and fingers are continually flexed. Hands and feet are constantly agitated; he has to move about or move the feet to get relief. Swellings of feet with **arthritic inflammation** of the joints of the most malignant nature. Psoriatic arthritis after suppressed psoriasis. Tearing in long bones, better on motion, worse lying on the affected side. Stiffness of joints. Arthritic pains in shoulders and hips. Peripheral neuritis. The nails are subject to discoloration -- dirty yellowish, violet, bluish-black. The colors change easily. Furrows and cracks of the nails.

Sleep

Sleepiness with constant yawning, especially after eating. Jerks on falling asleep. Unrefreshed sleep. Anxious and restless sleep, with dreams of death. The sleep is full of cares, anger with anxiety, disquietude, etc. Dreams of storms, of fire. Sleeplessness from anguish, with restlessness and tossing about in bed.

Fever

Arsenicum corresponds to many varieties of fever. Especially noteworthy is the **periodic fever** which recurs daily between twelve and three AM or between one and three PM. During fever the patient feels very cold externally while internally he feels a burning heat. Violent chills with prostration, dry mouth, desire for warm drinks, and desire to be covered very warmly. **Irregular chills** coming at any time and of any form. Head congestion during fever with desire for the head to be cool. Arsenicum has all kind of fevers: very low grade fevers; **apyrexia**: chronic cases which almost never develop fever when they have an acute. When prescribing Arsenicum for fever symptoms, it is always important to look for some of the general characteristics of the remedy.

Skin

Arsenicum produces many eruptions; they are mostly **dry, rough and scaly**. Psoriasis. Eczema. Skin eruptions alternate with internal disorders. Urticaria with burning swellings, anxiety and restlessness. Vesicles that are burning and **desquamate**. **Ulcers, without much discharge**, that spread easily, burn and become **chronic**, with raised, hard edges. If Arsenicum ulcers discharge anything, it is bound to be blood. Ulcers have a bluish or greenish color and may look like warts. Burning carbuncles. The skin is dry, dirty and shrivelled with a yellowish color (jaundiced), with spots that are red, blue, black or white.

The nails are discolored.

Clinical

As with any remedy in our materia medica, Arsenicum can be indicated for any pathological condition, but the following are some of the more common in today's patients.

Mind

Anxiety about health to the point of hypochondriasis.

Anxiety neurosis with excessive fear of dying; delusions, especially of robbers entering the house. Anxiety about health to the point of hypochondriasis.

Skin

Abscesses. Acne rosacea. Ringworm. Pityriasis. Psoriasis.

Respiratory-chest

Bronchial asthma. Bronchitis. Croup. Hay fever and allergic asthma. Pleurisy. Intercostal neuralgia. Pneumonia.

Female

Amenorrhea. Endometritis. Disorders of menstruation. Cancer of uterus.

Digestive tract

Aphthae of the mouth. Gastritis, duodenal ulcer, malignancies, cancer. Enteritis, food poisoning, spastic and ulcerative colitis.

Heart

Arrhythmia, tachycardia, pericarditis, endocarditis, myocardial infarct, angina.

Causation

Care. Grief. Fright. Chill in the water. Eating ices. Sea bathing and sea travelling. Poor diet. Ailments from fruits. Food poisoning. Drunkenness. Effects of tobacco, of quinine, of iodine. Strains.

Relationships

It is complementary to: *Phosphorus, Rhus toxicodendron, Carbo vegetabilis, Natrum sulphuricum, Pyrogenium, Thuja, Secale, Allium sativum.*

It follows well: *Aconitum napellus, Agaricus muscarius, Arnica, Belladonna, Chamomilla, China officinalis, Ipecacuanha, Lachesis, Veratrum album.*

It is followed well by: *Aranea diadema, Arnica, Apis mellifica, Baryta carbonica, Cactus grandiflorus, Calcareo phosphorica, Cicuta, Ferrum, Hepar, Kali bichromicum, Lycopodium, Mercurius vivus, Ranunculus sceleratus, Nux vomica, Iodum, Sulphur, Thuja, Rhus toxicodendron.*

Antidotes

It is antidoted by:

- Poisonous doses are antidoted by: milk, albumen, demulcent drinks, followed by emetics of mustard, sulphate of zinc or sulphate of copper; castor oil is the best purgative.
- Chemical antidotes: Animal charcoal, Hydrated peroxide of iron, Magnesia, Limewater.
- Dynamic antidote: Opium -- it may be administered by clyster if not retained on stomach. Brandy and stimulants, if there is depression and collapse. If urine is suppressed, sweet spirits of nitre in large quantities of water.
- Antidotes of potencies: *Camphor, China officinalis, Chininum sulphuricum, Euphrasia, Ferrum, Graphites, Hepar, Iodum, Ipecacuanha, Kali bichromicum, Mercurius vivus, Nux vomica, Opium, Sambucus nigra, Sulphur, Tabacum, Veratrum album.*

Substances to which Arsenicum is sensitive and which can easily trigger an aversive reaction: alcoholic stimulants, *brandy, sour wine*, tobacco chewing, coffee, *old cheese*, cold drinks, *cold food, fat, spoiled fish*, flatulent food, *frozen food*, fruits, **bad meat**, *milk*, pastry, pepper, pork, raw food, **spoiled sausages**, green

vegetables, salt, sauerkraut, veal, salad, vinegar.

Dosage

From 12c up to the highest potencies.

Cases

1. Oct. 26. Miss L. had chills early in the season suppressed with Quinine, and followed with bending of the knees on walking; has anticipating chill in the forenoon, with shivering most in the lower body, chattering teeth, thirst, nausea, increased by drinking, pain in heart and palpitation [worse in the heat], shortness of breath, sleepiness, blue hands and face, pain in forehead, stomach, lower back and thighs. Heat with redness of cheeks and forehead, headache, thirst, sleepiness and pain in thighs, with chilliness from uncovering or motion. No sweat. Constant bad taste. Arsenicum cm, cured permanently.
2. A brick mason, aged sixty-five, had chills and fever thirty years ago, much Quinine then, and frequent large doses since. He had consulted an oculist for a defect of vision and was referred to the physician. Objects move perpendicularly up and down before the vision. Upper part of orbits sore to touch. Dull pain in the occiput extending to one temple, with pain in lumbar region: tired and sleepy at the time. For this he takes Quinine. Awakens at one A.M. with dull pain in the occiput, then has no more sleep unless he drinks strong coffee. Heat in left side of head, worse from reading; worse from warm air. Vertigo on rising from stooping. Bowels obstinately constipated.

March 12, 1913. One powder Arsenicum cm F. Within a few days the defect of vision was permanently cured and the bowels moved naturally...

3. a. Chronic dysmenorrhea. Menses early, scanty and painful. The pains come and go quickly, worse on left side.
- b. Chilly and nauseated; she lies on abdomen; better on belching.
- c. Aggravation lying on left side; from anger.
- d. The heart misses beats.
- e. Dyspnea worse on excitement ... or from anger.
- f. Frontal and occipital headache.
- g. Bad taste in A.M.
- h. No inclination to sweat or cold sweats.
- i. Jerks and starts in sleep.
- j. Sore over kidneys.

Arsenicum MM, a single dose, cured.

4. Oct 18th. Miss S. had an attack of intermittent fever the previous summer for which she received Quinine. The disease appeared again, and again disappeared under other non-homeopathic treatment. She presented the following symptoms: Chill every other day anticipating three hours, without shivering, but creeping coldness mingled with heat. With the chill, thirst, nausea, stretching, headache, frequent urination, coldness, especially of the feet and hands, nose and knees; cold first in the arms. Heat mostly in upper body with nausea, headache and coldness of the feet in the early part; also thirst and stitches in the stomach near the end of heat. Heat began in cheeks. Sweat comes on in sleep and is profuse, most on chest with headache. Heat, creeping chills and sweat at same time. In the apyrexia - nausea. Arsenicum 45m. Fincke, a teaspoonful of a solution every two hours in the apyrexia cured permanently in ten days, there being a steady decline in severity and a lengthening of the interval till the chills ceased.
5. A stout German woman of 45, who is on her feet working hard most of the time, bruised her shin four months ago. Shortly afterwards a sore appeared where she was injured, which has persisted in spite of strapping and ointments, discharging a thin, bloody, irritating fluid. Severe biting, burning pain, leg very hot, worse in the afternoons, worse about midnight, waking her every night, worse on soaking in hot water, worse on elevating the leg. Is very restless, does not expect to get well. Has varicose veins for years.

She was given Arsenicum 1m, 9m and Cm, and a horse bandage was used to give support. In three months the ulcer was healed and the pain was gone.

The second patient, also a widow, was eighty-seven years old. A suspicious crusty scab, about a fourth of an inch in diameter, had formed on the right side of her nose over the lower margin of the cartilage and another, smaller one, on the right upper lip. They had been developing for three months; there was a red areolar about

each. Some itching, especially of the one on the lip. When scabs exfoliated, slight bleeding. Glandular enlargement at the angle of the jaw.

There was an appalling paucity of symptoms, as she felt quite well, and the nose and lip lesions were not sufficient upon which to prescribe. I remembered that during the seven or eight years I had taken care of her that she had had two attacks of lobar pneumonia, in both of which Arsenicum proved curative and therefore she was given one dose of Arsenicum 50m; this was repeated in a month. She then went away for the summer but reported, in about six weeks, that the lesion on the lip was healed and that on the nose improving. Later she wrote there was more gain. In October, when I saw her next, I found both spots healed without scar. No further medicine given...

6. Did Arsenicum hasten labor? The patient, about 25 years old, two living children, making no progress for more than the past two hours, was becoming exhausted. She was restless, but getting too weak to move; mouth and lips dry, wetting lips with tongue; much thirst, but wanted just enough cold water to moisten the lips; chilly and had to have more covers. The patient could not relax, and the parts were quite rigid with about two fingers dilatation. Arsenicum album in water, a teaspoon every ten minutes. After the second dose I thought I noticed a slight change - less restlessness and better mentally, which was decided after the third dose. The pains became more normal. In less than an hour after the first dose of Arsenicum album, the baby made a normal exit. No tear.

7. Corporal L. Austrian Engineers, was wounded at Boulecourt, 15-5-1917, and entered hospital two days later with a compound fracture of the left humerus and of the metatarsal bones of the right foot and eleven pieces of shrapnel of various sizes scattered through his legs and back. After removal of most of this iron and the application of the necessary splints he got along very well for two days, then developed a temperature of 106 and a general septic condition. He was intensely restless at first - much worse after midnight - would start up in a fright - said he was double and smooth and was going to die - desired a little water to drink every few minutes and would not eat. Later he became stupid - had involuntary evacuations and cold sweat of the legs, and his wounds became extremely offensive in spite of careful dressings. After Arsenicum album 1M in water every hour for one night he became rational, asked for some food and ate it, slept most of that day and made a very good recovery without further medication.

8. Bombardier Perry, after months of trench fighting, developed pneumonia and while waiting to be carried to hospital was bitten on the middle finger of the right hand by a rat. When first examined, he had consolidation of the lower lobe of the right lung, coarse rales in patches in the left, and his hand and arm nearly to the shoulder was tremendously swollen and black. His expectoration was scanty - very dark and offensive, he was restless - thirsty - had repeated chills and severe pain in the hand and arm which was only made bearable by keeping it immersed in a hot bath. Though several incisions were made in the hand, at no time was any particular relief experienced and very little pus was found. What discharge occurred was thin, bloody and dark - of a bad odor.

After Arsenicum album 1M he had his first good sleep, his temperature gradually came down and his recovery was in every way satisfactory.

9. Mrs. C. D. W., aged 75, reported on October 8th, 1908, that, as a result of a nervous shock a year-and-a-half before, she then, almost immediately, had a vaginitis with much burning. This improved somewhat but had now returned. She was quite emaciated and weak. There were also constantly cankers, bluish, inside the lower lip. Great thirst, urine much increased, especially at night, and also a painless diarrhea, worse at night and after eating. The diagnosis of diabetes mellitus was at once confirmed by urinalysis [sample] which showed a specific gravity of 1.041, with 46 grains of sugar to the ounce.

She was given Arsenicum 200th, and later the 1m and 50m, as needed, with gradual and permanent relief of all symptoms. A second urinalysis. December 15th, 1908, was as follows: twenty-four hours amount 1360 cc.; specific gravity 1.019; sugar only a trace; amount of solids, individually and collectively, normal. She lived six or seven years after this with no recurrence of the diabetes. Very little change in diet was made, only a temporary abstinence from sweets and bread, which were gradually resumed in three months...

10. After drinking a good deal of moonshine for several weeks the victim showed the following symptoms:

1. Sleepy by day, but sleepless at night.
2. Anorexia and exhaustion.
3. General jerkings, with restless lower limbs; they feel as if to break off.
4. Urine foul; leaves an indelible yellow stain.
5. Vertex as if to fly off with every cough.
6. Trifles worry him; fears death. Hallucinations.
7. Thirst for cold drinks, but only a little at a time.
8. Strangling shortly after falling to sleep, worse at midnight, ameliorated after hot drinks.
9. Pain in heart, worse on lying.
10. Mouth - yellow, bloody, acrid water runs from it at night; fetor.

A single dose of Arsenicum MM helped a little for two days, then worse again, when Arsenicum 12x took right hold and he made a slow but steady recovery.

11. Mrs. L., aged fifty-five, came to me last September with an epithelioma upon the vertex. It was 3 1/2 inches in diameter; the soft tissues were all ulcerated away, the periosteum destroyed, and the denuded external table necrosed so that a large sequestrum detached later on. Cauliflower excrescence was piled up about the edges to the height of one-half or three quarters of an inch. The flow of pus was very great, attended with the usual atrocious, cadaverous odor. The pains were burning, lancinating and at times intolerable. Her general appearance was anemic, emaciated and anxious. There was almost complete anorexia, great weakness and restlessness. At midnight there was always a great exacerbation of pains, so much so that her husband was obliged to hold her in his arms two or three hours to prevent her committing suicide. "I feel as if a red hot stove were on top my head, burning its way into my brain," was her description of these nightly attacks. During the day there was more or less of this same weight and burning sensation and a continual sense of tension and drawing throughout the whole scalp. She received Arsenicum Cm, one dose. The effect was immediate and marvellous. There was no return of the midnight attacks, her general health began at once to improve, and she today is cured.
12. George L., aged 40. Has suffered with asthma for four years, and for the last two years has been unable to lie down. During the day he moves about with comparative comfort, but at night is compelled to sleep in his chair; sitting almost erect. Family history good. Five years ago he suffered with third day ague [malarial fever]. Quinine was prescribed by three different physicians without relief; then he purchased a bottle of it, taking daily powerful doses of it for some time - of course suppressing the chills. Scarcely a year had passed until the asthma made its appearance, and a further knowledge of the case revealed no cause for his present trouble but the suppression of the chills by the over-doses of quinine. Chininum sulphuricum Cm in water, was given, with directions to take a teaspoonful every two hours until five doses were taken. Results. Fourth day after taking, slight chill; asthma somewhat better; seventh day, quite a severe chill. Was called to see him soon after the chill, but did not change the prescription; tenth day, slept all night in bed very comfortably. On the fourteenth day he again reported that for the past few days he had slept all night except between the hours of twelve and one, during which time he was compelled to sit up, but again went to sleep and slept very comfortably until morning. His symptoms now are as follows: Mouth dry as a chip; tongue brown and crisp; lips covered with a whitish deposit like flour; thirst intense for small and frequent sips of cold water. He has stopped taking the medicine. He says though it has helped his asthma, it is poisoning him, for he feels just as he did when taking an asthma specific one year ago. The principal constituent of which was Arsenic. His suffering from thirst was so great that I was induced to give him Arsenicum Cm which has removed all his symptoms, and he has had no return of the asthma...
13. Male. Herpes zoster. Burning pain relieved by heat. Arsenicum album 30th stopped the pain and produced rapid recovery. I have relieved many cases of herpes zoster with the indicated remedy.
14. Mrs. C., aged about 30. About one week after parturition, had appearing on the dorsal part of the first phalanx of the middle finger on the left hand, a minute vesicle, causing, in the beginning, itching and stinging, and was supposed by the patient to be the result of a mosquito bite. This vesicle increased in size until it reached the dimensions of a silver half-dollar. It spread in breadth but not in depth and contained a thin yellow pus, but not much of it. As it increased in size, the centre commenced to dry, while at the periphery there was a narrow, raised ring of serum, about one-eighth of an inch wide, as if a ring had been burned around it, and the skin had raised and filled with serum. Outside of this ring, there was a narrow ring of inflamed skin, but the inflammation was limited. The ulcer was not painful nor caused inconvenience unless the finger was moved. This ring of serum, gradually increased in size and manner, as the ripples produced by throwing a stone into a quiet surface of water, while that portion enclosed by the ring, gradually dried and formed a rough, very light brown scale.
- Remembering Prof. J. C. Morgan's excellent key-notes, viz:
 Arsenicum - Ulceration extending in Breadth.
 Silica - Ulceration extending in Depth.
- Besides the appearance of the ulcer, and the accompanying symptoms, I gave one dose Arsenicum 2c., [pellet form]. Soon after taking this the spreading ceased, the ring of serum dried, the inflamed ring disappeared, the entire ulcer dried, forming a rough, very light-brown scab, raised above the surrounding skin, and finally came away, leaving the skin of a healthy, light-red color, which gradually faded in several days, leaving no scar.
15. Male. Advanced carcinoma. Morphine, given for a long time before I saw the case, had lost its power to control the pain. Symptoms: Intense burning pain relieved by heat. Arsenicum album 30th in repeated doses completely relieved his suffering until the last.
16. Mrs. N., a thin, frail, nervous lady, 40 years of age, has been subject to burning pain in stomach for several years, generally not very severe nor long-lasting. In January, 1873, an unusually severe attack came on for which I was called to prescribe. Gave Arsenicum 200, Phos. 200, Carbo veg. 200, and several more remedies in different dilutions without relief. Finally, after nearly a week of suffering she said the feeling was just like lime slaking in the stomach and the hot fumes rising into the throat. Cold or warm drinks, or food of any kind aggravate. Gave Causticum 200. No improvement Causticum 3 1 - 10. No improvement; again Arsenic 200, then 15 was given and still the distress continued unabated. Then I gave

Arsenic 2x, a half grain every two hours, and five doses cured...

17. 1. Eruption of fine, clean profuse scales on hairy parts with profuse dandruff. When the eruption is worse, it is accompanied by the hawking down of a sticky postnasal discharge; at other times there is dryness of the posterior nares. Inherited eczema. Tubercular ancestry.
2. Sensitive to cold and easily takes cold which results in catarrhs.
3. Restless when not well.
4. Likes salty food. Fresh beef doesn't agree very well.

The remedy caused an intense aggravation with weakness on the fourth day, then improvement set in and at the end of five months he remains well.

18. Nov. 27, 1892, 2 A.M. - A machinist, aged sixty-one years, has had vomiting and diarrhea since 9 P.M. Yesterday's dinner was corned beef and cabbage, of which he ate heartily. The emesis and stool come at the same moment and are accompanied with faintness, sometimes with loss of consciousness. Severe cutting pains in the abdomen precede the discharges.

The stools are small in quantity, liquid, brown and acrid. He is exceedingly weak. Rx. One powder Arsenicum album Cm [F.]

10 A.M. - He dropped asleep within fifteen minutes and rested well until morning. The only discomfort since then is the weakness...

19. Miss K., governess aged 22, of a weakly constitution, complained four years ago of persistent burning on the tongue, which sometimes was so violent as to force tears. She looked pale, her gums were bluish and spongy, but not bleeding, the tongue somewhat swollen, the edges showing the impressions of the teeth, and the back of it islets of festering sores; these were superficial, flat, from the size of a 5 cent piece to that of a dime, the edges were white, somewhat raised and circular. Secretion of saliva was not increased, neither was the appetite impaired; the smell of her breath was not bad, the buccal cavity was pale, but not festering. Her morality was above suspicion. The whole condition followed a prolonged depression of her mind which had lasted for over a month, and which did not yield to any remedy. The quality of the pains and the form of the sores prompted me to give Arsenicum 6, of which remedy she received 1 drop on milk sugar mornings and evenings. The first six doses brought about amelioration of her condition and within two weeks she was cured.

20. Jaundice: Arsenicum. ...Principal of a school, preparing for Regent's examination, working hard and eating heartily, complained of chill, fever and sleeplessness, following a late dinner, causing bad feeling in stomach. He was irritable, cold could not get warm and had foul odor to the breath. Nux cm [H. S.].

A week later a report from his wife said that the medicine helped for a day or two and relieved the sleeplessness, but the stomach still felt very badly. As they lived in a village a few miles out of the city the following symptoms came by telephone:

Gnawing in the stomach, worse by eating; water nauseates, had vomited it; foul taste; yellow skin and eyeballs; brown urine; white stool

Jaundice: Offensive taste and odor of mouth; gnawing in stomach; sleep prevented by restlessness; nausea and vomiting of water. ARS., Mer., Sul.

Mercurius was a close second, but the general habit of the man convinced me that he was suffering from catarrh of stomach and thus he received one dose of Arsenicum [Cm.] after which he improved rapidly.

21. This case in a man aged 62, was shown at a meeting of the British Homeopathic Society in December 1937. There were then present marked exophthalmos with edema of the internal canthi, ophthalmoplegia in all directions of both eyes and a marked optic neuritis on the right side with reduction in vision to R. 6/18, L. 6/9. He has no marked tachycardia. Pulse 88; only a very slight tremor and no obvious goitre. In order to save the sight it had been suggested that the orbit should be decompressed. He was given Iodine 10m, chiefly on his heat reactions, but without effect. This was followed by Thyroid 3x t.d. s., but again without any obvious effect.

The following notes were then taken: Nervous; fidgety hands; e.g. , fidgety about the neck and always easing his collar though it is not at all tight. Particular and fussy about things; e.g. , picture on the wall if not hanging straight. Always likes to be doing something. Could not sit down with a book for an hour. Must be moving and doing something. Restless hands and feet. Irritable with his daughter at home because she is not tidy. Fond of fat and vinegar and pickles. Most of these symptoms were considered to be good indications for Arsenicum album. He was given Arsenicum album 1m, one dose, on December 30th, 1937. From that day progress was steady. Nerves better.

Mr. Scouler reports 10-3-38, Vision improved in R. eye to 6/9. Papillitis resolving L. 6/6.

14-4-38. Proptosis both eyes improving. Papillitis less marked.

19-5-38. Vision, R. 6/9, papillitis less marked. Nerves not so well. Arsenicum album 10m, one dose.

9-7-38. Vision, R. 6/9. Both discs nearly normal.

6-10-38. Vast improvement. Both discs normal; sight both eyes 6/6.

The accompanying photographs are shown to demonstrate the improvement. The R. eye is now almost normal in appearance, but the L. shows proptosis still.

22. July 9th, 1867. Wm. G., born, apparently healthy. July 19. The nurse noticed an increased size of scrotum a couple of days after birth of child, but made no mention

of it until the tenth day. On making an examination, found scrotum much distended with fluid, being several times its normal size. It had a translucent appearance, and the testicle was situated at the upper part; the right side was distended the most. The child had little fever, was fretful, desired the breast often, but after drawing very small quantity, refused to take any more. There was a slight miliary eruption on body. During sleep child moaned continually, and was quiet when covered warmly.

Gave two globules Arsenicum 30 on tongue; on second day swelling began to decrease, and at end of one week had entirely disappeared.

March 1st, 1868. Child is still well, and is cutting three teeth, it having cut the two central lower incisors and one upper incisor several weeks back.

23. On the 15th day of September last, I was applied to by a woman suffering from intermittent fever. She told me that she was sick with it during the month of June previous, and was cured by taking a four dollar bottle of fever and ague medicine. On the 10th of September she was taken again; her symptoms were as follows:

Very severe pains all over the head, in small of back and all her limbs, so as to make her unable to stand up, with nausea. Attack every other day, 4 P.M.

I gave her four doses of Arsenicum 200 [L.] and two days after I was told that she was much worse and that the attack came on every day. I then gave her Arsenicum 1400 [J.] as it was the only next higher potency that I had. After that she had two more attacks; about two months after she had another attack, when I gave her Arsenicum 1400 [J.] as before, and since that time I have heard no complaint. I have treated her husband with the same remedy with like success.

24. M., a blacksmith, aged forty-three, of robust constitution, had suffered for three-quarters of a year from a most troublesome skin disease, which had come on after a violent shivering fit. He had sought aid, in vain, from various physicians; his disease had rather grown worse under all the different modes of treatment. He came to me on the 14th of April, 1823, when, on careful examination, I found the following symptoms: The whole face, not excepting the forehead, the neck, the breast, and forearms and hands were covered with sanious ulcers, which gave insupportable burning pain, like red-hot coals. They began as small red pimples, which soon filled with a clear fluid at the point, then burst, discharging a corrosive fluid, then formed crusts, from under which the matter continued to ooze. These ulcers became confluent. He was often seized with horripilation, especially in the parts affected with the eruption. He could scarcely get any sleep from the continued pain; dislike to smoking tobacco; salt taste in the mouth; little thirst; dirty yellow coated tongue; turbid yellow urine; lassitude and ill-humor.

Treatment. - There was no change to be made in the diet of this patient; and as he had taken no medicine for some time, he could begin the Homeopathic treatment at once. As no medicine suited so well the insupportable burning pain, the nightly restlessness, and the salt taste, as Arsenic, I gave him on the same day a dose of the 30th dilution.

Results. - In four days the patient came to me again, and even then his whole state had improved amazingly. The formerly sanious ulcers were now dry; the burning pain was very much lessened, and no new pimples made their appearance. He seldom had shivering, and at night, he slept quietly for several hours at a time. The other symptoms persisted, but in a milder degree. The improvement advanced steadily, and in the course of ten days the eruption was quite dry and all the other symptoms gone.

25. C. H. - a woman about sixty, had suffered for several months from an eruption which had resisted all the efforts of the physicians to cure it and threatened to undermine her vital powers. On the 4th of October my advice was asked, and the following symptoms were observed on minute examination: The whole body, except the face, was covered with small sanious ulcerations, which were excessively painful and occasioned a sharp burning pain when the patient was exposed to cold. This burning caused her to scratch, which always aggravated it. She was most comfortable when warm. The ulcers were so sensitive that she could not bear the mildest ointment. They healed here and there, but new ones always formed again. The patient grew daily thinner. Digestion was disturbed, and every morsel of food caused pressure in the gullet, as if it stuck there. She was so weak that she could scarcely walk across the room; sleep restless. She had a febrile attack daily; first, shivering, with increased burning in the eruption; then heat followed by perspiration; her spirits were depressed and desponding.

Treatment. - After leaving off the former medicines for eight days, and forbidding the use of coffee, in place of which she was allowed light beer, I administered on the 13th of October, Arsenic [30], as the whole peculiarity of the eruption, the daily fever, and most of the other sufferings, corresponded to the primary action of that powerful medicine.

Result. - On the 28th of October it was reported to me, that since the administration of the medicine all the symptoms had gradually diminished and I satisfied myself, by personal examination, that the eruption was then quite gone, as well as the other symptoms. The patient has never since suffered from skin disease.

26. Mr. G.P. H. Large, stout man, nervous and irritable. Had been having many small boils in external ears and several styes, for which he had had Pulsatilla and later Sulphur. February 14 a small pustule appeared on the back of his left hand, and a day later, when I saw it, the hand was swollen, red and throbbing. On general symptoms I gave Silica high. He seemed a little better for a day or so, but the third night he had a chill and suffered much burning pain. There was also throbbing and pricking like hot needles, the pains extending to the elbow, hand much swollen and also the forearm.

Pain is better with hot applications.

Mouth dry and thirst for a glass of water at a time.

Tongue coated, red tip.

Aching in small of back.

Very tired and restless.

Jumping and twitching in sleep.

The case looked like Arsenicum, but I wanted advice and so I called his former physician, Dr. Fred Keith, on the telephone. He advised Arsenicum High, one dose. I gave Finke's 45 M and awaited results.

The first day was very uncomfortable, partly due to the fact that I positively forbade cigarettes for 12 hours, in order to give the remedy a better chance; but the night was better and the improvement continued steadily. A large amount of pus was discharged and the hand healed rapidly. Several years before, the patient had had a carbuncle which was treated in the classical fashion with deep incisions and it was several weeks in healing. He was not slow to observe the difference in healing and in his general health under the two methods of treatment.

27. A few years ago a man, 53 years old felt coldness in the hypogastrium, followed by shaking, heat and sweating, all at once. About a week ago coldness was felt again in the hypogastrium, with a sensation of hardness and swelling in the same region; cold feeling in the abdomen from cold drinks; coldness alternating with heat in hypogastrium; coldness with sinking empty feeling in stomach; coldness with prostration; feverish 1-2 times every night; rumbling in stomach; flatulence. Arsenicum 10M, one powder, gave a soothing effect at once.

28. Male, aged three months... The skin of the scalp and face is dry and scaly and has been so since birth, gradually getting worse. Has had no treatment thus far, on account of age. The infant is nursed by the mother. Arsenicum album, Cm. sk., one dose each, to mother and baby. We saw this case again after about two months, when the skin was perfectly smooth and free from any eruption. The infant has remained well since.

29. Female aged 60. Constant, incessant nausea, sometimes accompanied by vomiting and associated with great weakness. The patient felt better from heat and in hot weather. I am not including the common symptoms in these reports. Two year treatment with her former physicians [of the "old school"] proved worthless. Her last doctor, a well-known and broadminded man, said: "Go to a homeopath and he will cure you."

I was led to Arsenicum album on account of the weakness and relief from heat. This remedy, in the 6th potency, improved her at once and completely cured in about two months...

30. February 20, 1919. L.O. S., aged 59.

Dry, scaly eruption on left leg, began about two or three weeks ago.

Itching worse in evening, after undressing.

Scratches till part is raw: from 10 to 15 minutes.

Itching worse on scratching.

Smarting after scratching.

Yellow discharge follows scratching.

Lack of vital heat.

History of chronic alcoholism.

Arsenicum 1M. cured the man.

31. A woman, aged 40, March 19, 1867, got a most violent bellyache, with very frequent watery stools; had much fever and much thirst, but drinking little at a time; she was worse after midnight and towards morning. Rx Arsenicum album 2c, [Jenichen.]

March 20. About the same, neither better nor worse. Being convinced that Arsenic must be the most fitting remedy in this case, I gave her Arsenicum album 43m, [Fincke.] and had the satisfaction that she improved from the very hour. The bellyache ceased, also the diarrhea, the fever disappeared. The next day, patient was perfectly well and remained so. May 23, 1867.

32. January 7, 1869. Mrs. Quinlan. Varicose ulcer of leg, of six months standing; about the size of hand, dark, livid appearance. The ulcer seemed to spread by large blisters forming on the edges, filled with water; burning pain depriving her of sleep.

Rx Arsenicum album 200. Six powders - one every night.

January 16 returned - the ulcer healed to about the size of a silver dollar. She said that in less than one hour after taking the first powder, the burning pain ceased; she slept all night - the first in three weeks.

Rx Arsenicum album 11000, one dose.

January 26. Entirely healed. The skin where the ulcer was is as smooth as any part of the body.

33. In May 1834, an apparently strong and healthy forester, aged thirty-six, came to seek my aid against very bad fits, to which he was liable. For two years he was frequently attacked with the following symptoms: He felt a burning pain in the stomach, and, at the same time, there came on a pressure in the spinal column, which rose up like a warm wind along the back, behind the ears, and then into the brain. He then felt giddy and fell down insensible, in which state he remained for ten or fifteen minutes, when he came to himself again, and was then free from pain, but much stupified. In the intervals the head was generally well, but the patient felt not unfrequently a pressive pain in the occiput. Also he frequently had pain of a burning character in the spine. In the morning sweet taste, and after meals burning in the stomach and abdomen; bowels irregular, generally loose, with burning at the anus and scalding on making water. Frequent cramps in the legs. Several years ago he had had the itch, which was suppressed with ointments. Within the space of two months I gave him eight doses of Arsenic [6.] At first he passed large masses of mucus, by stool, and after four weeks all his complaints were gone. I saw him again today, 1st August, 1835, and had had no return of them.

Arum triphyllum

Arisaema triphyllum

Natural order: *Araceae*

Common names: Indian Turnip, Jack in the pulpit.

The essential features

Arum triphyllum is suited to typhoid states, sepsis, blood-poisoning, the malignant type of scarlet fever, diphtheria etc. Impetigo and pemphigus have reportedly been cured by it. Its pathogenesis in any case always presents a serious and severe infection. It is also indicated in common colds and severe skin eruptions of a vesicular type that break open and end up in suppuration and pustules. It affects the digestive system producing stomatitis, gastritis and diarrhea. It will be indicated in diseases with a membranous or pseudo-membranous production.

The whole appearance of this remedy is so characteristic that if you see it once you will never forget it. In its fully developed state, you will tend to recognise this remedy by observing the patient's face rather than by actually taking the case. It seems that the major activity of this remedy is centered about and around the **mucous membranes** of the mouth, the lips and nostrils, the pharynx and larynx. Whenever you see an excessive activity of any disease around this area, with irritation, inflammation or ulceration you must think of this remedy.

The **whole face looks red**, the **lips are red and swollen**, dry, **chapped** and many times have bleeding **cracks**. In most of the cases there are big pieces of dry skin that peel off from the lips and the patient picks them with great insistence. There are **scabs** around and **inside the nostrils** and there is an irresistible desire to **bore the fingers into the nostrils**. This is indeed the grand characteristic of this remedy: the patient wants to take off the scabs or the dried up and cracked skin.

There are scabs in the nose that are quickly formed and the patient bores his finger into them with intensity to get rid of them, **and though it is painful he continues to do so**, unable to resist it. Children will cry from pain by removing the dry chapped skin or the scabs from nose or lips, yet cannot stop doing it. Usually there is a watery, corrosive discharge that runs constantly through the nose, more in the left nostril, corroding the upper lids. This kind of appearance is usual with children who have a common cold or influenza, and they need this remedy; but you may see it also in any zymotic fever, scarlet fever, diphtheria or even in severe cases of impetigo or hay fever. Arum triphyllum has all kinds of discharges from the nose: watery, thick, bloody, **excoriating**, yellow discharges while the head feels stuffed up and stupid.

But I think that this remedy is increasingly going out of fashion with homeopaths, because we no longer have the opportunity to see the severe effect that this remedy has upon the skin and the mucous membranes of the face, nose and lips. This is due to the fact that cortisone creams and other sprays or palliatives are used by patients before coming to a homeopath which therefore modify the original picture. It is rather doubtful that you will ever see the typical appearance of Arum triphyllum in today's children.

Because of its tendency to produce membranes and ulcerations the remedy was used in cases of diphtheria, especially when you see an extra activity of the mucus of the nose, or whenever you have a case with membranes forming in the mucosa of the mouth, larynx or pharynx. Constant discharge excoriating the upper lips during diphtheria is a characteristic for this remedy.

This remedy should be thought of also in all cases of fevers where a toxemic state develops and the patient goes fast into **delirium**. During such deliriums there is great activity of the hands and fingers picking at the nose or lips. You will see the usual redness and dryness of lips with cracks. Delirium where the patient is

very restless, tosses about in bed, moves his hands constantly as if picking at something, and tries to escape. Another characteristic which is usual with such severe cases is the suppression of urine.

This remedy is difficult to recognise in the early stages where you do not have the keynotes. But think of it when the picture is not clear for another remedy, in cases of severe 'flu where the patient feels really rotten, with small cervical glands developing or cervical adenitis with high temperature and many pains.

A reliable keynote for this remedy is its tendency to **bite the finger nails** so much that they bleed, or to bite the fingers and lips. These symptoms can be apparent in both acute and chronic cases. The patient is prostrated, but in spite of that the head moves incessantly; he bores the head into the pillow, moves limbs and fingers constantly.

Children lose their appetite, they have an aversion to milk, don't want to play, lose flesh, suffer from headache and scanty urine. Perspiration around the head in bed at night, fidgety, unable to concentrate, poor appetite but craving for meat. Extremely irritable children, fretful, biting their finger nails vehemently; they ask for things and push them away when offered. Thirst for cold water. Sometimes you may see a terrible eruption that starts with crops of vesicles which grow and break open and form pustules covering the entire face, neck, scalp, cervical region, chest, ears, arms and thighs. The condition is worse at night. There is intense itching.

This remedy can go into manic states with shrieking.

The mental/emotional picture of this remedy is as yet almost unknown. We have a few mental symptoms which include: Absent-mindedness; weakness of memory; forgetfulness; confusion in the morning; lassitude; irritability; restlessness, nervousness; sadness, mental depression; starting during sleep and unconsciousness.

Generalities

The left side is affected more than the right side. The sleepiness, sneezing and headache are worse at 11 a.m. Flushes of heat in the afternoon, in the evening, at night.

Pain appears and disappears suddenly. Burning pains.

Internal pressing pain. Internal prickling sensation. Pulse with intermittent third beat. Need to stretch in the afternoon. **Swelling of glands**.

Head

It has violent headaches that seem to prefer the left side of the head, though sometimes they affect the right side as well and the pain extends downwards.

In general this remedy affects the left side more, the left nostril, the left side of the face, the left side of the chest and the left lung. **Bores** head in pillow during high fevers or delirium. Coldness, chilliness, in the afternoon. **Coldness of vertex** in the afternoon. Sensation of heat in the afternoon. The head is very hot during coryza; flushes of heat. If the head **becomes heated** in any way it **aggravates** or even brings on the headache. **Heat** of the room or wrapping up the head or exposure to sun aggravates the headaches. The headache is also aggravated by **hot** drinks or by warm food. Headache is ameliorated after breakfast, ameliorated after dinner. Pain at the sides of the head on waking in the morning. Pain in the temples at night. Headache with a sensation of boring, digging and screwing after waking in the morning. Headache after coffee. Shooting headache when turning the eyes upward. Sensation as if the top of the head were open without covering.

Eruption of eczema. Heaviness and dullness in the forehead during the morning

Eyes

Eyes always look sleepy. **Dimness of sight** as if a veil were drawn. Inflammation of the lacrimal sac, lachrimation. Much water in the eyes with the **margins of the lids swollen**. Photophobia. **Quivering of the upper eyelids**. Tension of the lower lids, as if swollen.

Nose

The most characteristic symptom of Arum is the **boring in the nose with the fingers**. Picking of nose until it bleeds. Nose is chapped, there are scabs around the nostrils. Coryza which is worse on the **left** side. Coryza worse in the morning. Coryza with fluent discharge. Coryza with fluent discharge in the afternoon.

Discharge with crusts and scabs high up inside the nose. Another characteristic variation of the nose symptoms is: the nose is **completely stopped up**, yet there is

a constant fluid discharge from it which has to be wiped away continually. Hay fever, running of nose, sneezing, corrosive discharge. **Coryza during diphtheria**, during scarlatina. Violent attacks of coryza with **sneezing**, worse at night. Discharge during the daytime, all kinds of discharges: bloody, **excoriating**, thick, watery, yellow, copious. Epistaxis in the morning. Liquid comes out through the nose on attempting to swallow. Sensation of obstruction with watery discharge. Pain in root and sensation of rawness. Ulcers in the posterior nares.

Face

The lips are intensely **swollen, dry**, cracked, **chapped, bleeding**. **Picking** at the lips. Membranes on lips. Cracked lips and **corners of mouth**. **Excoriated** lips. Red discoloration of face after eating. Heat of face in the afternoon. Inflammation of the parotid gland. Pain when articulating and swallowing. Inflammation of the jaws and/or joints. **Swelling** in the jaw and **glands** in general. Stiffness in the lower jaw muscles when swallowing. Swelling of the parotid glands, of the submaxillary glands, worse on the left side. Burning pain on the lips. Sore and bruised parotid gland on the left side. Swelling of the whole face during scarlet fever.

Mouth

Strawberry tongue. Aphthae. Bleeding in scarlet fever. **Cracked, fissured**, bleeding, **swollen** and red tongue. **Tip of tongue painful**. Papillae of the tongue are **erect**. Excoriation of the mucous membrane, from which blood oozes. Dryness at night. Dryness at centre of tongue. **False membrane**. Viscid mucus. Odorous, putrid breath. Painful tongue. Smarting, raw and **burning** pain in the **palate** and in the **tongue**. More during the morning. Burning in the root of the tongue. Sensation of swelling in palate. Painful tongue at the **sides and near the tip**.
Salivation.

Throat

Kent writes: "The voice comes in for an extensive part of the trouble. It has been found especially to relate to singers and public speakers. At times when a lawyer has had a long case and he is making a final effort, and has been speaking three or four hours, and while in a sweat has got into a draft or gone out, he finds himself hoarse and cannot finish his speech, a dose of *Arum triphyllum* will enable him to go on with his speech in a clear voice. It clears up the hoarseness. In *public speakers and singers who have been compelled to strain the voice* and have taken a little cold and the voice is hoarse after prolonged exercise; this is the most striking feature of the *Arum triphyllum* voice. "Voice uncertain, uncontrollable, changing continually, now deep, now hoarse, etc." It manifests itself in this way. Burning of pharynx and glottis."

Farrington relates: "In regard to *Arum triphyllum* one remembers a clergyman, long ago, among our Missionary Students, who at "out-patients" asked for a remedy for his "clergyman's sore throat" _ a huskiness and cough most troublesome and annoying at early Communion. Without a thought one said, *Arum triphyllum*. It promptly cured him, and he was duly grateful to be rid of one of life's minor miseries". Membranous croup. Membranes, exudation, diphtheria, etc. Inflammation of the larynx **in speakers**. Oedema glottidis. **Soreness of the larynx in singers**. **Hoarseness from singing**, from talking. Paralytic feeling of the throat and oesophagus and difficulty to swallow due to that. Voice hoarse; from over-exertion in speaking or singing. Hollow voice, voice lost. Voice lost after exposure to north-west wind. Shrieking voice. Choking, constriction. **Liquids taken are forced into nose**. Pain on coughing, on inspiration, on swallowing. Pain with a feeling of rawness.

Stomach

Insatiable appetite. Eructations of food. Thirst for small quantities, often.

Abdomen

Excoriation of the inguinal region. Aching, dull pain (See Boring, Drawing, Distress, Digging, Gnawing, Pressing, etc.) in the region of the hip.

Rectum

Mushy stools very frequently day and night. Watery stools.

Urinary organs

Suppression of urine. Pale colour. Suppressed. Scanty. Copious.

Genitalia - male

Pain in the testes, extending into the spermatic cord. Smarting pain at the end of the penis. Soreness, bruised feeling. Tearing pain in the testes, worse in the right testes. Tearing pain in the right testes extending to the abdomen.

Chest

Respiration difficult when falling asleep. Asthmatic. Respiration difficult on waking. **Distressing cough** worse in the mornings between 6 and 7 am, at midnight and after 5 am. Hacking cough on waking. Cough loose without expectoration. **Mucus in the larynx**. Mucus in the trachea. Cramp in lungs after waking (see spasms). Sensitive nodules in left mamma. Bruised sensation on mammae. Pain in lungs above nipple. Pain in the region of the heart. Pain as from stitches in the sides extending to the scapula.

Back

Moist eruptions on cervical, back, coccyx. Painful pressure on coccyx.

Extremities

Sleep

Falling asleep after eating, drowsy after sundown. Sleepy yawning and sneezing. Starts on falling asleep. Sleeplessness **from soreness in mouth** and throat. Yawning in the forenoon, 11 a. m. Aggravated yawning in the afternoon. Periodical yawning.

Fever

Chill beginning in the head and extending from the vertex.

"This remedy has an interesting history. Some 25 years ago "(ie about 1856) "there appeared an epidemic of **scarlet fever** in the course of which nearly every case that was not promptly cured in the beginning died. The percentage of losses under Homoeopathic as well as under other systems of treatment was truly frightful. The reason for this was that we had no remedy which covered the symptoms of the epidemic. In a poor family, living in a small street, there were five children sick

with this epidemic form of scarlatina. The physician who was called to attend them had lost so many cases under the usual remedies that he thought it useless to have recourse to these. He thought it better to try something new. *Arum triphyllum* had only been experimented with to a certain degree, but still it had been known to produce certain symptoms which led him to the selection of the drug, which he administered in a low potency. All the cases recovered. It was afterwards prescribed in other cases during the same epidemic, with marked success. From that time to this *Arum triphyllum* has been looked upon as a valuable drug in the treatment of diphtheria, malignant forms of scarlet fever, and also other fevers having a typhoid form." (Farrington).

Heat in general. Itching in fingers and toes. Continued fever, typhus, typhoid.

Exanthematic fevers, measles, **scarlatina**. Intense heat.

Skin

Eruptions, vesicular, desquamating, suppuration, pustules. Desquamation two or three times in scarlatina. Eruptions like scarlatina. It has upon the skin all the scarlet rash that you would expect to find in scarlet fever.

Clinical

Clergyman's sore throat. Voice hoarse, chronic pharyngitis. Biting of nails. Cracked tongue, inflamed, glossitis. Diphtheria, *scarlatina*, typhoid fever, glandular swellings.

Dosage

The higher potencies are more effective, but one can give it in low potencies as well, so long as these are not repeated too often.

Relationship

Compare *Ailanthus*, *Am-carb*, *Allium cepa*, *Cina*. Complementary to *Nitric acid*, *Caust.* and *Hepar*.

It is antidoted by acids, butter-milk, vinegar etc.

Cases

Chronic suppuration of the right tonsil

Medical Century, January, p. 13.

Diphtheria

Babu Chandra Sekhur Kali, L.M. S., reports a case of diphtheria which was doing badly. The fact of the child's always boring in the nose and picking the lips reminded him of arum. Its tincture was applied over the throat externally, and its 1x dilution given internally every two hours. Immediate improvement and gradual recovery ensued. -

(*Calcutta Journal of Medicine*, May.)

Journal of the British Homoeopathic Society. Vol. 2, no. 4. , pp. 217, 478.

Sequelae of typhoid.

September 26th. A child, nine years old; seventeenth day of typhoid, which had been treated allopathically. **Bores violently in nostrils**, especially the left. Bites her nails. Purple spot on outside of left nose. Emaciation. Cannot sleep. Tongue white, with red spots, especially red round the tip. Throws the clothes off herself. Urine scanty. Voice affected. I never saw this patient, but prescribed from the report sent me by a friend, *Arum triphyllum* 20m every hour.

September 28th. Better; urine more copious; sleeps much better; still bores in nostrils. No medicine.

September 30th. Sleeps well; voice returning; urine free; bowels relieved yesterday. Has not picked her nose to-day, nor bitten her nails so much; not nearly so much boring in nose.

October 3rd. Sleeps well; voice stronger; no boring in nose; less biting of nails; urine free; no stool since 30th; has taken beef tea; is stronger. The purple spot on nose has discharged pus. No further detailed report, but heard that she recovered.

Diphtheria

Mouth burns and is sore, so that they refuse to drink; discharge of a burning, ichorous fluid from nose, excoriating the upper lip; nose stopped up and they can only breathe with the mouth open, this is the case with or without discharge from the nose; picking at lips and nose, making them bleed; fetid breath; sensation of something hot in throat; hemorrhage from nose, mouth and throat; great restlessness.

The *Homoeopathic Physician*, Vol. 9, no. 5, p. 184.

Pemphigus

Very severe on face; the patient looks pale and anaemic and is much reduced. Several physicians have failed. *Arum triphyllum* 200 made a prompt cure.

Another severe case where all the customary prescriptions have failed. Here every blister left a brilliant red stain in the skin. *Arum triphyllum* cured.

Glossitis

A young woman working in the cash office of a large department store fainted and was brought home. Seen that evening, she exhibited temperature 103, pulse 110; swollen tongue, red inflamed gums, excessive flow of foetid saliva: *Mercurius* 200 q. 3h. Second day temperature 103.4, drowsy, gums badly ulcerated and covered with what looked like a diphtheritic membrane, terrible fetor and pain; fainted when trying to go to the bathroom; complained of a tingling pricking sensation in the lips and throat, lips are swollen: *Arum triphyllum* CM., three doses at one hour intervals.

Scarlet fever

Girl, age three and one-half years, was taken down with scarlet fever May 9th. Temperature 105, pulse 150.

Face dusky red, tongue dry, tonsils dark red and much swollen.

Thirst for one sip of water often after which she would vomit if moved, very irritable. Gave *Bry* 1m, also *Bell*. 1m the next day without improvement. Urine became scanty, thirst absent, agg. from 3pm until midnight. Irritable. Lips began to puff and peel, gave *Apis* CM with slight reduction of fever and general improvement for a short time only. Then the lips became intensely swollen, dry, cracked and bleeding. The child continually picked them; white membrane over both tonsils, when taking a culture they bled freely from merely touching them. Complete absence of thirst; total suppression of urine for 24 hours. Great swelling of cervical gland agg. right side, very restless, pupils dilated. Gave *Arum triphyllum* 1m. In a couple of hours urine started up, child fell asleep and that afternoon and night rested well.

In two days most of swelling gone in cervical glands, temperature about 99.6 and child asking to get out of bed.

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Woman could hardly stand on her feet they hurt her so, even the stockings when drawn on gave her pain. Feet feel so bruised; end of her tongue felt sore, round sore spots, as if scalded on the tongue. Sores on throat and tongue, sensation as of an abscess forming high up inside the nasal bone on the right side, discharge of a

large crust. Little round hard pimples all over the skin of the body, legs, arms, and face, about size of a pinhead, feet hurt her so that it made her sick at stomach to walk. Menses, which were absent two months, return. Soreness and pain, as if bruised in the left mamma. Nightmare. Just as she gets to dozing feels as if she would smother, starts up frightened. Nervous at night, could not sleep. Distressing hacking cough; mouth very dry; feels as if mucous surface would crack; wants to wet it, not to drink, has to get up in the night to moisten mouth.

The *Homoeopathic Physician*, Vol. 12, no. 2, p. 50

Scarlatina

High fever with delirium; excessive restlessness; nose obstructed and dry; much mucus in the posterior nares; lips peeling off in large patches. Corners of the mouth cracked; violent cough apparently caused by some mucus which accumulated above the larynx; the violent paroxysms of cough compelled him to sit up and to hold his abdomen with his hands; mouth and throat felt very sore, so that he refused to drink; tongue very red; papillae, especially on the edges, very elevated; diphtheritic deposits in the throat; pulse 160; eruption livid; profuse pale urine. Arum triphyllum 20m, dry on tongue. Being no better next day, he received Arum 40m, ten pellets in four ounces of water, a teaspoonful every two hours. A perfect cure. His brother showed on the fifth day the following symptoms: Fever worse every afternoon at 4 pm; nose obstructed; corners of mouth cracked and bleeding; the tongue slightly coated at the root, the tip and edges red; diphtheritic deposition on the much-swollen tonsils; breathing rapid and rattling, as if all the bronchial tubes were filled with mucus; pulse hard, small, 140; urinary secretion diminished. Cured by Lycopod. 10m., and Arum triphyllum 40m. Dr. Ad Lippe

Biting finger nails

A child aged three years, with light hair and eyes; though not decidedly scrofulous, has suffered about a year and a half from the habit - which has been constantly increasing - of biting the finger nails; he would bite them until the fingers would bleed, and it had become very annoying and troublesome. The parents had tried various mechanical means without any benefit, and although firm believers in homoeopathy, thought it useless, or worse than useless, to think of correcting what they were pleased to term, "a mere habit," by internal medication. Like many of our professional brethren they clung with a tenacity worthy of a better cause to their faith in the material nature of disease. Guided by the similarity of symptom, "picks the lips till they bleed," he was given Arum Triphyllum 3. and an immediate improvement followed. In two weeks he was well and has had no return of the "habit."

Dr H. C. Allen, quoted in "*A Study on Materia Medica and Repertory*" by NM Choudhuri MD, pp. 91 & 92

Arundo mauritanica

An Italian Grass; Gannizola

French: Petit chaume

N.O. Gramineae Tincture of the fresh root sprouts

The essential features

This remedy is indicated in young men who **lose their hair**, are sensitive to environmental factors, especially **city pollution**, and are almost **hysterical with strong sexual desires and hay fever of a catterrhhal** type. They have a feeling of strange movements internally which may be described as **formication**, or as a sensation as if a live thing were crawling in different organs including the heart, the stomach and the abdomen. They easily have attacks of anxiety and fear if they think that they cannot breathe properly.

Arundo has proved useful in certain obstinate cases of hay fever where *Sabadilla*, *Wyethia*, *Kali-b.* or *Agaricus* have had no effect, though seemingly indicated. The type of hay fever that you will get bears most similarity to *Wyethia*, with intense itching, mostly centered on conjunctiva, **nostrils** and the **roof of the palate**. There is severe **sneezing** with the itching in the nostrils, with **constant catarrh**, and loss of smell. Arundo produces mainly **catterrhhal conditions** whether from the nose,

larynx, bronchii or intestines.

Arundo's symptoms have an annual periodicity; they start in a mild form and then proceed to become more and more severe, while at the same time there is a tendency for the inflammation of the upper respiratory tract to descend towards the bronchii. Arundo patients are somewhat hysterical about such conditions and they are afraid that, with the first symptoms of mucus accumulating in the bronchii, they will suffocate, that they cannot take in sufficient air. It is not an actual dyspnea but rather a fear that they may not be able to breathe. During coughing they may get a feeling of obstruction in the larynx which makes them feel that they cannot expectorate, that they want to belch and cannot do so, and end up vomiting. It is more a hysterical type of reaction than real obstruction. Because of that they easily develop anxiety and want to be near a window or in the open air.

It seems that patients who need Arundo have difficulty in utilising oxygen, and this fault of their organism is perceived by the patients who become very anxious that they will suffocate with any small provocation, such as mucus in the throat or a feeling of swelling there. They may even feel this anxiety, fearing suffocation, when someone comes too close to them, embraces them tightly, or if they have a close sexual contact. During fever they may easily fall into a cyanotic state, indicating again either a fault in the haemoglobin or in the oxygenisation of the blood. The mind becomes dull and heavy, and they do not want to talk, or to communicate. There is an absence of ideas, a dullness of mind and indifference to painful sensations. The patient exhibits stupid hilarity and laughs easily.

Arundo seems to arouse sexual passion to quite a degree, creating a strong and immediate desire for coition in both sexes. The mind easily wanders on sexual matters with lascivious ideas and thoughts.

Arundo children have tearful moods at night.

Generalities

Cyanosis during fever. Difficult dentition, with diarrhoea. **Formication** in the external parts. Painful glands. Wandering pain. Accelerated pulse. Twitching.

Vertigo

Vertigo on getting out of bed

Head

Loss of hair in young men and even children. Roots of hair painful. Pustules on the head surrounded with red areola, and accompanied with suppuration and formation of crusts in children. **Formication** of temples and forehead. Pain in right temple, extending to the top of the head and causing sleepiness. Hysterical cephalgia

Eye

Inflammation of eyes in children. Catarrhal, rheumatic or scrofulous **ophthalmia**. Swollen eyelids. Intolerable itching of the left eye and brow. Condylomata sclerotica.

When looking steadily, pricking pain. Photophobia worse at noon and in the evening. Light is intolerable. Inability to look upwards. Luminous objects flutter before the eyes.

Ear

Tendency in child to bore the fingers into the ears while they are complaining.

Formication in the left external ear. Itching in the auditory canal. Purulent discharges. The inflammation of ears commences with shooting pains, begins in concha, extends to external meatus; finally, with itching and discharge of blood.

Nose

Annual coryza, with itching, sneezing, loss of smell. In the beginning water runs from nose, later green mucus and thick, white, slimy masses; with sneezing, pieces of indurated greenish mucus. Offensive, blue discharge. Inner burning pain. Ulcers under nose.

Face

Formication on the face. Weight of the left side of the face. Eruption of eczema at corners of mouth. Erysipelas on right cheek, moving to left. Pain and burning in right cheek.

Mouth

Stomacace. Itching and burning on the roof of the palate. Salivation during coryza. Water has a bad taste. Food tastes insipid. Bitter taste in mouth on waking in the morning.

Throat

Bruised feeling in the pit of the throat, after expectorating. *Globus hystericus*. Obstruction which prevents swallowing. Sudden loss of voice.

Stomach

Constant thirst in children; after waking in morning. Aversion to pickles and to sour and acid food and drinks. Desire for acid and sour food and drinks. Attacks of very painful nausea. Coldness in the stomach.

Abdomen

Movements in the bowels as if caused by something alive. Feeling of a worm crawling in the right side of the abdomen. Wandering pain through the bowels. Prickings and burning heat in the groins. Dull pain after cough in the hypogastrium.

Rectum

Intestinal catarrh. The stools at first hard, soon become loose. **Constant diarrhoea** of nursing children. Serious **diarrhoea** with teething children. Stool greenish. Blood-streak diarrhea.

Urinary organs

Dragging pain in the bladder after urination. Burning in the ureters, extending through left ilium to pubis, in women. Itching urethra after urination. Red sandy sediment in urine.

Genitalia - male

Sexual **desire increased** with frequent erections. Pain in spermatic cords after coition.

Genitalia - female

Violent desire for sex. Aversion to coition after menses. Pain in uterus with distention before menses. Menses too early and very profuse. Uterine catarrh.

Chest

Anxiety caused by mucus accumulation in the bronchii. Respiration difficult at midnight, after waking; during coition. Difficult perspiration. Anxiety caused by cough.

Cough worse at noon. Dry cough in the evening, with pains in the pit of the stomach. Dry cough with viscid vomiting. Expectoration of ash-coloured clots. Bluish expectoration. Difficult expectoration but easy in the morning. Expectoration followed by burning at the pit of the throat. Eruption of vesicles or red pimples.

Formication of the clavicle region. Pain below the clavicle. Left side feels bruised.

Stitches under clavicle and under left mamma. Pain in the nipples.

Back

Eruptions and itching in the lumbar region. **Formication** in the cervical region; also in the lumbar region extending to shoulders and face and along spine. Feeling of a **worm crawling** on the neck. Startings in the neck. Heat in lumbar region extending to face. Pain in the dorsal region, in the scapulae and spine. Pain in the lumbar region when coughing. Constricting pain in the cervical and lumbar region.

Shooting pain in the lumbar region when sneezing.

Extremities

Oedema of limbs, especially lower limbs. Pain in limbs as if **tightly bandaged**.

Itching eruption on leg. Formication in shoulder, in the loins. Heat in elbow, in wrist, in knee. Jerking wrist. Pain in the elbow, extending to the little finger.

Pain in the knee in the afternoon. Pain in calf when standing or walking.

Pricking in hands. Burning stitches in thigh and toes. Pulsation of the sole of the foot.

Sleep

Sleepiness in daytime and sleepless during the night. Sleeplessness and weeping in children at night.

Fever

Feverish paroxysms with burning pain and formication all over the body. Febrile paroxysms with nausea, coldness, thirst, pain in bowels and salivation. In women, heat with formication, beginning in the loins and rising to the face, where it is succeeded by perspiration. At the height of the fever, the skin, in children, turns blue.

Perspiration with dyspnoea.

Skin

At the height of the fever, the skin, in children, turns blue. Erysipelas right to left.

Clinical

Hay fever. Problems in nursing children, and dentition. Falling of hair in young men or children. Diarrhea. Stomach problems.

Relationship

Compare: *Wyethia*, *Agaricus*, *Ananth.*, *All-cepa*

Dosage

From 3x to 200

Asa foetida

N. O. Umbelliferae

The essential features

Whenever you think of Asafoetida, your mind naturally goes to fat, plethoric, hysterical individuals, with a purple face and a lot of hysterical symptoms. The central idea of Asafoetida is **unsteadiness** and changeability; it is a remedy that swings from **excitement to stagnation**. You can call it an alternation of states or an unpredictable behaviour, but the idea underneath is that these people are not steady at all, they are simply **hysterical**.

Aside from this trait, there are of course other areas of pathology which will help you to think of this remedy as you meet them. These areas are laid out in points 1. to 4. below:

1. Think of Asafoetida when you have a case where there is deep **ulceration with fœtid discharges** and a threatening septisemia, an excitable ulcer that spreads fast, or a stagnation in an ulcer that develops into a passive malignancy. A small point of infection may fast develop into an ulcer that has no tendency to close, but that on the contrary progresses rapidly to a kind of malignancy -not cancer- where the ulcer soon takes on a blackish colour. This remedy is also indicated in cases of endarteritis or diabetes where ulcers do not heal and a necrosis is taking place, as well as in inflammatory conditions of the periosteum, periostitis. They give you the idea of neglected syphilitic ulcers that spread constantly.

In all these cases we have a diminished flow of blood to the area **due to a venous stasis**. Watery and bloody discharges from deep ulcers that are **horribly offensive**. The emphasis here is on the offensiveness of the ulcer, the decomposition that takes place so soon. The ulcers are deep with high, indurated edges and bluish in colour. Varicose veins surround the ulcers. When old sores break open and turn black, especially on the stump of an amputated limb, with neuralgic pains, you should have this remedy in mind.

2. Asafoetida is indicated whenever you have a **deregulation of the milk flow** in women, for example when a flow of milk appears in non pregnant women or when the milk supply in nursing women diminishes, and especially when the flow suddenly becomes scanty and the milk is thin, poor, and has a bluish tinge.
3. Keep Asafoetida in mind in cases of **flatulency** with rancid and **explosive eructations** that smell like garlic. Kent writes "if you have ever seen a typical case of Asafoet., you will wonder where all the air comes from; it **comes up in volumes**expulsion of wind like the sound of a pop-gun going off almost every second. It is a condition that the patient has no control over." The emphasis here is on expulsion of the wind from the stomach primarily, and not from the rectum. While the wind comes out so impressively from the stomach it seems that there is pain in abdomen from **incarcerated** flatus.

4. Asafoetida should not be forgotten in cases of **violent hard throbbings** with a red puffed up, dusky face where you suspect a venous stasis. Asafoetida people are super-sensitive individuals, easily excited for insignificant reasons, and equally easily turning to indolence and apathy. One can readily perceive that they do not have a strong constitution, and the pathology will run soon to the deeper regions like their central and peripheral nervous system. Asafoetida is mostly connected with **deep syphilitic cases**. In its pathology we see much of what appears in syphilis. These patients are hypochondriacal people who develop a kind of **hysterical anxiety**. Little things tend to bother them a lot and their anxiety and concern is great. They keep to themselves all the turmoil that is going on around them involving their social, professional and erotic life, until one day they cannot tolerate the pressures any more. Then they break out into a hysterical or nervous behaviour, consisting of unintelligible speech, frequent rhythmic motions in arms and legs, constant chewing, convulsions, chorea or even paralysis.

It is still perhaps inconceivable even for us, homeopaths, to connect an acute febrile polyneuritis like Guillain-Barré with the inner stress of an organism, but that is the type of reaction that you may get from an Asafoetida constitution.

You can feel that the nervous system is on edge, and that if pushed a little further by adverse circumstances the Asafoetida patient will break down. It is easy to perceive in these constitutions the inherent weakness and the inability of the defense mechanism to throw out the disturbance and find relief. It is one of the main remedies that will develop complaints of a hysterical and hypochondriacal nature once they have an eruption or a discharge suppressed by allopathic medicine.

Hysteria-like symptoms appear after **suppression of emotions, eruptions or discharges**. It is similar to *Lachesis* in this respect. Indeed, due to this and other similarities, there may be a tendency to prescribe *Lachesis* instead of Asafoetida. Asafoetida has a hysterical rising in throat, as if a ball or large body **ascended from stomach to oesophagus**, or even pharynx, obliging him repeatedly to attempt to swallow it, **causing difficulty in breathing**. The patient may start having **nervous headaches** of a hysterical nature. The throat or oesophagus will be involved; they have severe **globus hystericus**; spasms of lungs, etc. But the most characteristic is a sensation as if the **peristaltic motion was reversed in oesophagus** and the food, instead of going down, came upwards, drawn from the stomach up towards the throat. Sometimes this state will progress towards paralysis.

There are hiccoughlike contractions of the diaphragm. In effect we see a behaviour of the central and peripheral nervous system that can be easily classified as hysteria. Asafoetida will relax the spine symptoms that come after the stress of a disappointed love affair, where there are a lot of pains and cramping sensations. (*Ign.*) In its behaviour we see laughing alternating with shrieking. Spasmodic laughter. Fits of joy with bursts of laughter. (*Merc.*)

There is a lot of **faintness** and faint like symptoms in this remedy. Even the thought of taking a drug that may cause symptoms **brings on faintness**. Faintness comes easily on many occasions in these excitable people. Patients may suffer fits of faintness in a closed room, a crowded room or street, if the patient has an intestinal colic, or even **after having sex**. The faintness is ameliorated by **deep breathing**. Faintness is also brought on during or before a meal, because of overexcitement or after a noise, from pain or from **reading or from sleeping on the left side**. Fits of faintness with trembling.

Excitability is a constituent of their make up. Excitement of mind. They actually feel better when they are in this excitable state than in a state of stagnation. But then you can see them walking up and down without purpose. This excitable state can appear after suppressed discharges like leucorrhoea or suppressed eruptions. **Violent palpitations** bring on excitement. Sexual excesses cause many symptoms. Excitability is evident in their sexuality. Women are so excitable that one orgasm will not satisfy them and they will have to have this excitable state constantly satisfied. Yet after the orgasm there is often a sensation of fainting. The effect of the orgasm is such that their organism cannot take it, and it may bring about a state of near unconsciousness. **Nymphomania** in women. Their vivid imagination causes them to fall in love easily. Due to such behaviour they may appear to be fickle, flirting all the time. They do not keep steady relationships for any length of time. They change their minds constantly, become restless, do not know what they really want. They do not have the stamina or the inclination to persevere in anything. Their emotional state is never steady, they are changeable, fitful, capricious, wanting one thing one moment, and another the next. Suddenly they may remember something that hurt them in the past, and burst into a fit of grief; some other time they may remember something that made them happy which can send them into a state of hysterical joy. One moment sad, depressed and indifferent; the next excited and joyful. Alternating moods. They are easily irritated and at times may fall into a state of indifference. Irritability alternating with indifference. Chaotic, confused behaviour at other times.

Asafoetida cases are people with fears and anxieties, but these fears are not overwhelming. They will keep them to themselves, and will not relate them to you at first, as these symptoms do not seem to bother them the most, though if you inquire they will tell you. The **digestive system** seems to be a source of their anxiety and we should consider this remedy when a patient relates to you an anxiety arising from the stomach or the abdomen or because of some pain or discomfort in this area. Anxiety, anguish or even fear of death **after eating** are characteristic. With palpitations or heart symptoms they can develop fear of death. Another fear that keeps bothering them is a **fear of paralysis or softening of the brain**. They are also afraid of being alone, of being in a crowd, of evil. They have a desire for company. But even in company, if they do not partake in conversation, and if their attention is not diverted they feel uncomfortable, apprehensive and discontented. Anxious dependency. Asafoetida patients may feel depression after eating, **depression** from pressure about chest; they may even have a suicidal disposition. They

are awkward, complaining a lot and frequently discontented.

The mind also seems to follow the idea of **excitement** or **stagnation**: they are absent minded, unobserving and have difficulty in concentration; difficulty in thinking and comprehending that can reach a state of confusion. This stagnation of the thinking faculties is worse when not moving, while sitting: then ideas will not come, and an indolence and aversion to any mental work ensues. Mental exhaustion. Mental symptoms are aggravated from **reading or writing**. Weak memory. Indifference and apathy.

At other times there is **exceptional clearness of mind** with excitability, a lot of clear ideas, with a very good and very active memory.

In the same way, the senses can be either very acute or very dull.

Ill-humor can be a characteristic of Asafoetida, with an intolerance of contradiction. They can easily be angered and quarrelsome; at other times, however, they can also be very placid. Finally, one can easily discern an ailment of selfishness in their behaviour.

Generalities

This remedy is full of discharges from different places, and all of them **horribly offensive**. **Abscesses** with chronic suppurations of thin, **greenish, fetid pus**. Caries of periosteum. Fistulae of the bones or skin ulcers. Reopening of old wounds. Old scars turn purple, threaten to suppurate, take on a venous aspect, become painful and turn black. Osteitis, periosteitis, perichondritis. Induration of glands.

Parts affected by analgesia or at other times extreme sensitiveness to pain.

Syphilitic pains that come on during the night. **Crushing pain** regularly worse from evening till 2am. Attacks of pain that appear suddenly and disappear gradually. Pain that moves upward and outward. Pain in bones as though they had been scraped, also as though bruised. Sensation of **internal plug**.

In the nervous system we have several problems: **Nervous affections** in general **after suppressed discharges**. **Chorea** ameliorated by **holding** on to something.

Chorea in puberty. **Chorea so strong that he misses laying hold of anything**. Epileptiform convulsions caused by worms.

Twitching and jerking of muscles. Clonic convulsions, also internal. Excessive physical irritability with jerking of muscles. **Trembling in the whole body in the afternoon**. Pulsation both external and internal, also in bones.

Blackness of external parts in the cold. Dry sensation in internal parts.

An interesting feature that can guide you to the selection of this remedy is the **numbness** that appears in various unexpected parts. **Numbness** of glands, of eyes, of bones and in general of suffering parts. There is a sensation of deadness of suffering parts that feels like numbness.

Obesity. Odor of perspiration like garlic.

Most of the complaints come on during rest or are **aggravated while lying down or sitting** and are better by slow motion.

Symptoms aggravated afternoon, evening and **night**. Warmth aggravates. Crossing of limbs aggravates condition.

Ailments after eating.

Desire and amelioration in open air, aggravated indoors. Better after gentle rubbing with hand, **pressure**.

About midnight **violent pains through left half of body** from top to toe.

Head

Nervous headache of hysterical or tubercular origin. **Syphilitic headache**. **Congestive headache**. The most characteristic headache is one that has a sensation of a **plug pressing in**. A sudden pain in left temple, like an **inward pressing pointed plug**. Pain as from a **blunt tool being driven in**. Pain in right parietal, as from a deeply penetrating plug. Headache better on rising in the morning, also after bowel movement. Headache appears and disappears suddenly, also disappears gradually. Condition better when touched, worse in warm room.

Waves of pain. Pressive pain in forehead and left side of head from within outward.

Bursting feeling as though head would fly to pieces. Single, sudden, and deep penetrating stitches under left frontal eminence, like shocks. Stupefying, tightening headache. **Bubbling** sensation in the head. **Heat alternating with chilliness**. Heat with coldness of hands. Heated forehead during chilliness.

Prickling sensations as from needles. Rush of blood to head. Sensation of wearing a skullcap. **Numbness** of the scalp or deep in the head. Sensation as of water splashing on head. All headaches worse towards evening, in room, while at rest, sitting or lying; better when rising or moving about in open air.

Eye

Deep seated inflammation of eyeball, attended by ciliary pains. Inflammation of the iris. Syphilitic iritis. All these conditions are worse at night. Amelioration in the open air. Inflammation of the retina. Extensive **superficial ulceration of cornea**, with burning, sticking or pressing pains, from within outward, rest and pressure relieve; also better in open air; numbness around eye. Sensation as of cold air blown in. **Coldness in canthi**. Boring pain above eyebrows; burning, especially at night. Nocturnal, throbbing pains in and around eye and head.

Dryness as from sand; stitching. Loss of vision during vertigo. Vision gets blurred while writing. Worse from exertion. Sharp pains extending through eye into head. Sharp stitching pains that come from within outwards. **Periodic smarting pain**.

Smarting pain in canthi.

Ear

Hardness of hearing, with thin, **purulent** discharge of **an extremely offensive odor**. Suppuration of the left ear with sharp shooting and violent throbbing, radiating pains with anorexia and sleeplessness. Aggravation at 4 pm and all night. Otorrhoea with offensive discharge and diseased bones. Threat of caries. Sensation of heat after eating, in left ear. Pain in meatus. Drawing in about, above and behind the ear. Stitching around and above the ear. Hearing impaired in the morning.

Nose

A horribly offensive discharge from nose; **stench from nose**. Discharge of very **offensive** matter from nose with caries of bones. Ulcers high up in the nose. Epistaxis during headache. Sense of fullness. Inflammation, also numbness of bones.

Obstruction riding in a vehicle. **Putrid** odours, imaginary and real. Syphilitic ozaena. **Bursting pain in right wing**. Painless tension over nasal bones.

Face

Face looks puffed up, dropsical. Dark red, dusky face. Purple when out in the cold or when excited. **Numbness** of bones of face; painless tension in various places. **Swelling of lower lip**. Spasms of the jaw, cramp while chewing. Discoloration, **bluish** or red, on the left side. Pimples on tip of nose. **Heat** of face early in the morning. Heat after eating. Cold to the hands on one side, hot on the other.

Mouth

Grinding of teeth. Speech unintelligible; tongue white, swollen. Constantly chewing, frothy slime out of mouth. Sensation of **dryness** in the morning. **Exostoses** on roof of mouth. **Nodosities** on palate. Salivation during chill. Fatty taste, taste of garlic, beer tastes slimy.

Throat

Spasms of esophagus. Hysterical and choreic affections of the esophagus. Sensation as if peristaltic motion was reversed and esophagus being drawn from stomach up towards throat. A **hysterical spasm** of the esophagus as if **a ball or large body ascended** from stomach to esophagus, or even pharynx, causing difficulty in breathing. Spasm of glottis, **alternating with contraction of fingers** and toes. Burning in trachea, as from sulphur vapour. Tickling in the air passages at night.

Stomach

Asafoetida has a lot of symptoms appearing after eating: dejectedness, hypochondriacal. Great depression, with epigastric pressure **after eating**. After eating anything sour, griping pains in region of navel.

After drinking: diarrhoea; heaviness and cold feeling in intestines. Thirstless.

Explosive eructations: smelling like garlic; tasting rancid, sharp, or putrid; smelling like faeces; tasting like carrion. Flatus passing **upward**, none down. Hiccoughlike contractions of diaphragm. Pressing, cutting, stitching **pains in spells**, not regular; **full of wind**. Dyspepsia, with much pulsation in pit of stomach. **Pulsation** in pit of stomach, perceptible to sight and touch. "Gone", empty feeling in pit of stomach, not a pain, but "it hurts there;" pulsations after eating; faint feeling. **Distension at night on waking**. Pain extending to the liver.

Great disgust for all food.

Abdomen

Gastric and abdominal sufferings, **accompanied by pulsations** in epigastrium.

Heaviness at sides after drinking, as from a load. Stitches in the sides of abdomen after eating. **Wind colic**, with abdominal pulsations; very painful distension of abdomen **with incarcerated flatus**, relieved by passing wind. Abdomen soft, distended. Aching in **region of umbilicus** from sour food. Dull, drawing pain while sitting and walking. Tenderness in the morning. Tension after eating.

Rectum

Watery, liquid stools of **most disgusting smell**; pains in abdomen and discharge of fetid flatus; painful diarrhoea. Blackish-brown, papescent, offensive stools, which relieve. Pain in perineum, as from something dull pressing out. Diarrhoea after drinking water and on slightest indiscretion in eating. Pain in tenesmus during constipation.

Urinary organs

Urine warm and of a pungent, ammoniacal smell. Spasms during and after urination. Pressing pain in prostate gland. Burning pain in anterior part when not urinating. Color brown. Ureters sore and bruised.

Genitalia - male

Genitalia - female

Irritability during menses. **Bearing down** in genitals, worse when riding in a vehicle. Uterine ulcer, sensitive and painful, with offensive discharge. Kent says that this medicine has been very useful in palliating uterine cancer in such constitutions as described; those with purple faces, never the very pallid ones. Women of feeble, flabby, venous constitutions that are subject to haemorrhages and miscarriages. Menses too early, too scanty, and last but a short time. Leucorrhoea **profuse, greenish**, thin and offensive. Swelling and inflammation of genitals.

Swelling of mammae with secretion of milk. **Agalactia, diminished milk in nursing women**. Mammae **turgid with milk**, like in ninth month; without being pregnant. **Deficiency of milk in pregnant women**, with oversensitiveness. Milk had disappeared within three weeks of her delivery. Tendency to abortion in flabby, feeble, venous women. Sexual desire increased. Nymphomania.

Chest

Asthmatic feeling in trachea, dry cough; spasmodic dyspnoea as if lungs could not be sufficiently expanded. **Hysterical asthma**. Oppression of chest with hurried breathing; contracted small pulse, or frequent pulse. Asthma after too hearty a meal; after too great exertion. Asthmatic attacks at least once a day all her life, brought on by every bodily exertion, **coition**, especially by **every satisfying meal**. Difficulties in breathing during coition. Compression of chest, as from a heavy weight. Pressive pain in right side of chest, from within outward. Stitches in chest **from within outward**. Burning in chest, runs through both arms and through lower limbs down into toes. Absence of milk, also presence of milk in non-pregnant women. Burning sensation under sternum. **Pressure in the middle as from a load**. Stitching pain in nipples extending outward.

Chest - heart

Sensation of bursting heart at night when lying on back, ameliorated by sitting up. Pressure in region of heart, as if heart was too full and expanded. Fluttering **while sitting**, and after faintness. Palpitations of the heart **after emissions**, after excitement and exertion and also **during deep inspiration**. Pulsation when lying down after eating. Palpitation, with faintness, rush of blood to head, flushing of face, anxiety and slow breathing, palpitation from excitement. Acute rheumatic heart disease, with tightness across chest. Slight palpitation of heart, more like a tremor, several times when sitting. **Nervous palpitation**, with small pulse; from overexertion or **suppression of menses**. Small, infrequent pulse.

Chest - cough

Obstinate, titillating cough, worse at night. With whooping cough, rattling breathing, anxious and restless, chest and abdomen hot, urine pale. Expectoration greasy, onion-like taste.

Back

Paroxysmal pain in back worse after stool. Pain in the cervical region **better after stool**. Pain in dorsal region extending to left nipple. Pain in sacral region a while after sitting. Paroxysmal pain in dorsal region, scapulae and on right side. Ache in lumbar region on bending, particularly forward. Fine burning stitches in and behind right scapula, extending towards ribs. Chill while walking. Coldness in the sacral region during a chill. Spinal symptoms after the stress, pains and cramping sensations. Cutting under scapulae. Stitching in sacral region **extending to anus**. Perspiration in lumbar region.

Extremities

Asafoetida has a lot of rheumatic and arthritic symptoms. Aching, drawing in wrist joints. Arthritic nodosities in toes. Gouty pains in joints. Rheumatic pains in joints of upper limbs. Intermittent pain in upper arm. **Pain in anterior part of forearm, moving to wrist, index finger** and joints of thumb. Pain in lower limbs from feather beds. Pain in knee while walking and sitting. Pain in back of foot while sitting, also in sole. Toes gouty, first toe pulsative. Swelling around ankle joint, cannot use foot. Hip joint disease. Cold swelling around ankles. External condyle of upper arm aches. Burning thigh. Painful throbbing in tip of great toe. This remedy has a lot of **cramps, twitchings, contractions** etc. Cramps in toes, alternating with spasms of glottis. Contraction of muscles and tendons in toes. Cramps in thumb. Constant convulsive tremor of limbs, better by laying of hands of another person. Twitching of muscles of arms and legs. **Chorea**. In chorea child always missed laying hold of anything she wished. Trembling in shoulder and upper arm and thigh. Cramp-like twitching in **forearm during rest**. Intermittent twitching in thigh in the afternoon. Sensation of paralysis in foot on stepping. Toes knock together. Shaking after faintness. Stiffness during convulsions. Whitlow, violent nightly pains, threatened necrosis. Ulcers on lower limbs, black based. Carious ulcer on tibia, extremely sore around, discharge offensive; skin adheres to bone. Pain as if a splinter of bone was sticking in right fibula, just above outer malleolus. Ulcerative pain in kneecap. Caries of bone. **Coldness of hands** during fever, with **hot face**, head and forehead. **Coldness and swelling in lower limbs**. Heat in hands during evening chill. **Heat in toes in afternoon**.

Awkwardness in fingers. Discoloration of fingernails during chill. Felon beginning in nail, panaritium. Burning in the **roots of toe nails**. **Numbness** in leg while walking.

Sleep

Sleeplessness after midnight. Comatose in the evening. Bodily restlessness from dreams. Sleepiness with perspiration. Dreams of future events, continuation of previous ideas, feasting; vivid prophetic dreams.

Skin

Ulcers with extreme sensitiveness; patient flinches from even the softest dressing, or from near approach of anyone. Ulcers with jerking pain, also pulsating and with red areola with sensitive surrounds. Ulcers with high, hard, bluish edges, sensitive to touch, easily bleeding; pus profuse, **greenish**, thin, **offensive**, even ichorous. Shooting pain around ulcer. Bleeding ulcers, deep and burrowing, discharging albuminous, bloody, greenish, ichorous, thin and **offensive** liquid. Fistulous ulcers. Ulcers grow black. Old scars open and turn **black**. **Black cicatrices**. Blackish discoloration. Blackish blotchy eruptions. Flat, painful eruptions. Cold gangrene, from burns or gangrenous sores. Itching ameliorated by scratching.

Clinical

Asthma. Disease of bone. Chorea. Diarrhoea. Dyspepsia. Flatulence. Headache. Affections of heart. Hypersensitiveness. Hysteria. Iritis. *Disorders of lactation*. Effects of mercury. Neuralgia. Obesity. Orbital neuralgia. Ozaena. Syphilis. Tympanitis. Ulcers. Whitlow.

Relations

Compare: *Lachesis, Hepar, Ignatia, Moschus, Sumbul, Valeriana*.

Similar to: *Arg. nitr.* (better open air); *Aurum met.* (bone diseases, iritis, etc.); *Castor., Cinchon., Caustic., Crot. tig.* (pertussis); *Hepar* (sensitiveness around ulcers; faints from pains) *Ignat.* (hysteria); *Mercur.* (syphilis); *Mosch.* (hysteria, spasms of lungs, fainting, etc.); *Pulsat., Thuya, Valer.*

Frequently indicated after *Pulsat. and Thuya*.

Dosage

Cases

In the year 1818, on the 12th of August, my wife, forty years old, of strong constitution, choleric temperament, and always well, was stung by a mosquito on the inner side of the lower part of her left leg, in the region of the shin. After several hours the spot was very much inflamed, and the foot swollen. She took a foot bath of bran, after which she had great pain. The suffering part became more inflamed, the swelling increased, and extended half way up the calf. The following day a surgeon was called, who ordered a white plaster, *Empl. alb. coct. c. camphora*. The second day inflammation increased still more, and small pimples appeared here and there on the inflamed part, which were opened. The same evening these little pimples became ulcers. As I was absent from home at time, a second doctor was called. This one disapproved of the plaster, and ordered aromatic herbs for a poultice and a salve, *Ung. Basilic. c. merc. praecip. rub.*, with which to dress the ulcers twice a day; the poultice was to cover over the whole of the suffering part. These remedies, however, increased the pain in the leg very much, the inflammation extended still further, the ulcers did not heal, but on the contrary, all formed one large ulcer. In this way she was treated for more than eighteen months. As I was obliged to go to Karlsbad with the Count, as the life physician of Count Witzan, I begged an old and experienced military surgeon to take the case. He ordered a strong

decoction of Hungarian wine, in which a large dose of sulphate of copper was dissolved; a compress to be moistened with this was to be placed over the ulcer. After the first application, the patient was almost driven to insanity by the pain, yet she bore it in the hope that her leg would be entirely healed when I returned. Under this treatment a spreading ulcer, and at the same time the general health of the patient grew much worse. Several doctors saw the case at that time; a number of salves, poultices and baths were recommended. She travelled to Vienna to get advice from physicians there. Here, too, they gave her different remedies, but, alas! without any beneficial result. As the patient had now borne her suffering with unequalled patience for six years, and I was able then to remain at home for some time, I resolved to treat her myself, *homoeopathically*. On the 15th of March, 1826, an accurate examination gave me the following symptoms:

- Stupefying tension in the head, particularly left side; pressure in the temples, and on the outer edge of the left orbit; burning in left eyeball; dimness of sight when reading or writing, as if covered with gauze; piercing, burning pain in left cheek; ringing in the ears; pressure in left ear; toothache; dryness in the mouth; drawing pain along the left side of the neck, downwards, when moving; perceptible pulsation in the pit of the stomach; pressing, piercing pain in the chest, when sitting; little appetite; after eating, sensation of heat in the face, and pressure in the region of the stomach; stitches in the left side of belly when walking; burning in the abdomen; bellyache, with emission of flatus; diarrhoea, with bellyache; dull, pain in the left shoulder-blade; stitches in the muscles of the back; fine stitches, as of a needle, around the left loin; drawing pain along the upper arm down into the elbow; rending pain in the forearm down into the tips of the fingers; pressing, drawing in the left wrist; when moving the fingers of the left hand, rending pain in forearm; rending in left thigh when walking; fine stitches in left knee when sitting; piercing pain running down the left tibia; tense burning in the left calf; great difficulty in walking; a dark, red, hot swelling on the inner side of left leg, from the calf to the ankle bone; digging pain on inner side of left foot; a large ulcer two and a half inches long, one and a half inches broad, with hard bluish edges, on the inner side of the lower part of the tibia, with visible caries of the bone; the least touch of the edges of the ulcer caused an unbearable pain: a fetid, thin pus was discharged; black, gangrenous flesh above and below the ulcer; cold swelling around the inner left ankle bone; extreme sensitiveness all around the caries; removing the lint or compress caused violent pain; fine stitches in the left great toe; heaviness of the whole body; little sleep, full of dreams; always at midnight violent pain in the left side, from the head to the great toe; fever; ill-humored, peevish, irritable mood.

That these various symptoms were caused by the salves and otherwise introduced medicines, will be evident to every physician who knows the effect of these drugs upon the human organism. The patient's diet had always been simple; since eighteen years she had taken neither coffee nor wine. I could not find a more fitting remedy for her case than *Asafoetida*.

I had the leg for twenty-four hours dressed only with lint dipped in clear water. Besides this I ordered a poultice of *Pulv. Hb. Malvae* to be spread all over the diseased part, to be renewed every hour. On the 17th of March, in the morning, I gave the patient one drop of the 6th centesimal potency of *Asafoetida* in a few grains of milk-sugar. On the 18th, the pain in the suffering part was somewhat lessened. The ulcer had a cleaner appearance, the edges grew softer, she felt a sensation of warmth in the suffering part, much pus was discharged, still fetid, swelling and inflammation lessened, and it was evident that a little piece of the shin bone would separate. The pain in the whole left side, from the head to the inner ankle bone, increased about midnight; removing the lint and dressing the leg was now attended by much less pain than formerly. On the 21st, when dressing the leg, I could see a small part of the tibia covered with black specks; the ulcer was dressed twice a day with lukewarm water, and the poultice renewed every hour. The symptoms remained so until the 24th. When the lint was removed, there came with it a small piece of bone corroded by caries half an inch long and one-eighth of an inch broad. The ulcer was carefully washed with warm water, and I saw that a small piece of the tibia had come off. The ulcer now had a clean look, and it was certain that the disease would soon be cured. The smell of the pus had lessened; swelling, redness and hardness of the edges grew less, and one could see that the ulcer became smaller. The general symptoms decreased from day to day, and on the 31st of March the patient could walk about the room without pain. On the 2nd of April, the hard edges of the ulcer, which grew small, and discharged little scentless pus, disappeared. The cure now advanced rapidly, the general complaints disappeared, and the patient gained strength. On the 21st of April the ulcer was entirely healed. Two years have passed since then, and my wife is enjoying the best health, without feeling the least pain in her leg when the weather changes. In this way so serious a disease was cured in thirty-six days by a small dose of the homoeopathically indicated remedy, given in strict accordance with our law. A quick, swift, mild, and certain cure, where allopathic treatment, in the course of six and a half years, had done nothing to relieve, but, on the contrary, had aggravated the evil.

Translated from *Stapf's Archives*, vol. 6, No. 3, pp. 110-115. 1827

Syphilis-Rheumatism.

A man (Ramdham), 22 years old, has suffered from lumbago and rheumatism of right hip-joint due to syphilis, who placed himself under the treatment of an allopath who gave him several medicines but of no good. At last despairing of recovery came to my office on the 5th of June last. On enquiry I learned that he has used all sorts of mercurial preparations at the hand of the former doctor. The pain increased at night and relieved by pressure. He was very anxious. Ill humor, great disgust for food, diarrhoea sometimes painful, distension of abdomen with feeling as if peristaltic action were reversed, relieved by passing flatus. Frequent pain from place to place. Under the above circumstances I gave him *Asafoetida* 30th, one drop dose thrice daily. After three days the bowels were all right. This was continued for a

month, and he was cured. No complaint since then.

Sitamarbi, India.

A female child, six and a half years old, born of great financial wealth and luxury but of unhealthy parentage. To make a short summary of the case, I will say at three years of age the patient contracted Scarlet Fever. The case was a long, protracted illness, being complicated by an Otitis Media, the Drumheads ruptured. About six weeks after the child was operated on for an acute mastoid, on the left side and about two months following, the right mastoid had to undergo radical operation. The wounds did not heal for nearly seven months and then the ear discharge came back, being temporarily stopped for a few weeks at a time, until I saw the case, which was about three and a half years after the beginning of the illness.

The present status of the case was a child suffering with a high grade of malnutrition with marked debility, anaemic, partially deaf, with a stinking, whitish, watery, purulent discharge from both ears, not very profuse. According to indications, as interpreted by me, I prescribed arsenic album, hepar-s., silicea, sulphur, psorinum, with improvement of some of the conditions but the discharge, though much less, continued. But the patient's general condition was much better. After a careful study of the case, which was an offensive odor of the diseased bone, a white, watery, purulent discharge from the ear, deafness, aggravation at night, I prescribed asafoetida (30). This was April 1, 1923. I raised the potencies from time to time and by June 1st there was absolutely no odor and by July 1st we had dry ears and they have been well ever since, now about three years. The child is now enjoying perfect health, with the exception of the impaired hearing, after surgery had done its best.

Proceedings of the Forty-seventh Annual Session of the International Hahnemannian Association p. 296

In regard to mothers' milk I have had a little experience that may be of interest. One of my patients, the mother of several children, told me that with the first baby the milk failed after six months. The second child she could supply with milk for only four months, and so it kept on diminishing every time. I was called to see her with the fourth child. I found that her mother had been troubled the same way. She was dark, thin; weighed about one hundred and fifteen pounds; she complained of peculiar tingling, creepy sensations in her breast, extremely nervous. I gave her a few doses of Asafoetida, with the result that in two or three days the sensation ceased. I told her to continue to make the effort to nurse her baby. In two weeks the milk was normal in flow and quantity. She had never until that time had milk in both breasts. I would have liked to know what her history was in after pregnancies but she moved out of my neighbourhood and I did not learn. I have used Asafoetida a number of times since but not with such marked success. It is indicated when the milk is thin, poor, bluish and scanty.

Belle Gurney, MD Proceedings of the Twenty-Third Annual Session of the International Hahnemannian Association, p. 96.

Asafoetida has such well defined symptoms in connection with ulcers, I often wished to prescribe it, but only one case gave me the opportunity. The result was brilliant. This case was a man giving a specific history. He had a very large ulcer on the leg. The edges were high, indurated, and blue in colour. Both the ulcer and surrounding tissue were exceedingly painful. It also had a thin, ichorous, greenish pus, very profuse and offensive. This description exactly represents that given of asafoetida, in its relation to ulcers, in Hering's Condensed Materia Medica. I gave daily doses of the 200th. Improvement commenced from the first, and continued very rapidly, until the ulcer was so nearly healed, the man could no longer be retained as a hospital patient.

Proceedings of the Twenty-sixth Annual Session of the International Hahnemannian Association, p. 204.

On the Action of Asafoetida upon the Secretion of Milk in Nursing mothers.

1st Case - A lady of 34 years of age, of robust habit of body, the mother of six children, had never been able to nurse any of them from the disappearance of the milk within three weeks of her delivery. In April of 1843, she was delivered very easily; ten days after the milk became diminished in quantity, and on the fourteenth day only a few drops could be squeezed out with difficulty. Dr. Kallenbach ordered her Tinct. Asafoetida, gtt 1. in a dram of alcohol; 5 drops of this to be taken three times a day. On the second day after the use of this medicine, the flow of milk was copious. As the milk was rendered offensive to the child by the asafoetida, he tried the 3d dilution and found it answer as well. After the medicine had been discontinued for some weeks, the suppression returned, and was again cured by the 3d dilution.

Case 2nd - A healthy female of 21 years old, found a decided diminution of the milk on the 6th week after her first confinement, so that her strong and healthy child could not obtain enough of nourishment. She was ordered Tinct. Asafoet. in the 3d dilution, and after the use of this she continued to suckle her child to the ninth month.

Case 3d - A woman of 34 years of age, who had hitherto nursed her own children, but always required the assistance of the bottle, was confined on the 16th of September, and when seen on the 17th of November, she complained that already the secretion of milk was much diminished, and that she had required to feed the child with the bottle for three weeks. The mamma was relaxed, and only a few drops of milk could be pressed out of the nipple. She got asafoetida in the 3d dilution for eight days without any improvement. She was then ordered it in the 1st dilution, which was at first unpleasant from the smell and taste; but she persevered for 5 days, and at the end of that time, there was an abundant secretion of milk. On the 28th of December there was again some suppression, and now the 3d dilution

was administered with such complete success that she was able soon afterwards to dispense with the bottle altogether. She had made no change in her food. By Dr. Kallenbach, of Berlin. (From Hom. Zeitung, Vol 26, no 5) quoted in the British Journal of Homoeopathy. Vol. 2, pp 417-418.

Asarum europaeum

Asarum vulgare, Asarum foliis reniformibus subhirsutis

English: Asarabacca, Fole's Foot, Hazelwort, Wild Nard

French: Asaret, Cabaret d'Europe, Oreille d'homme, Narde sauvage

German: Haselwurz, Haselkraut

Italian: Asaro

Dutch: Mansoor

Swedish: Hasselört

Russian: Wodoler

Natural order: Aristolochiae

Family: Jussieu [vegetable substance] - Gynandria monogynia, L.

Mode of preparation: The whole plant is used; it is gathered during the flowering in April, May and June. The juice of the fresh plant is expressed and mixed with equal parts of alcohol, which yields the mother tincture.

The essential features

Asarum appears to be primarily an hysterical remedy. The state of Asarum arises for varied reasons, the two most common being **alcoholism** and **mental overexertion**.

There are in Asarum, as in other remedies, different stages of development of pathology -- different levels of physical and mental disturbances. One level of disturbance can be quite mild, but the very same remedy can also have a very severe level of disturbance. What follows are descriptions of the different levels of pathology to which Asarum corresponds most frequently.

The main characteristic of Asarum which has to be remembered is **oversensitiveness of the entire nervous system**, and this hypersensitivity, this overexcitability focuses primarily upon the **auditory nerve**: Asarum individuals cannot tolerate any kind of noise. Asarum, when given early, will prevent the eventual development of those hysterical states that go from one extreme to the other. The one extreme is the extreme sensitivity of the auditory nerve to even the least amount of noise. Hearing a **noise causes chills** and an unrevealed, internal irritability. Asarum patients **feel that their mind will disintegrate from noise**; and, interestingly, though definitely sensitive to loud noises, Asarum is especially sensitive to a specific type of grating or rattling noise. Examples of these bothersome noises are: the sound of paper being crumpled (crackling sound), the scraping of fingernails on a blackboard, the scraping of a knife on something hard, etc. The sensitivity these people exhibit to such sounds is tremendous. Many times they even imagine noises; such as, that someone "is scratching on linen." They frequently seem possessed of a highly-strung nervous sensitivity that **compels them to imagine they are hearing such noises**, so acutely at times that their body may shudder in consequence.

This incredible sensitivity and excitability of the auditory nerve represents one extreme of Asarum; there is another, opposite extreme -- **deafness**, because eventually this over-reactive nerve breaks down. Thus, in Asarum there is an oversensitivity to the least noise which ultimately eventuates in deafness. This idea of opposing states runs throughout Asarum.

The development of the Asarum picture in a child illustrates this theme. One sees a child who is quite serious and mature for his age and who is shy at the same time, one who tends to avoid playing with other children his own age and prefers the company and conversation of adults. Typically the child's parents pressure him to work and to excel at his schoolwork, piano lessons, foreign languages, etc., and the child tries to meet their expectations. He studies and studies, pushing himself more and more until, as a consequence, he has a breakdown. His nervous system becomes tremendously overstimulated, his nerves on edge. He starts **fidgiting, constantly wringing his fingers** in embarrassment and perplexity, and a restlessness ensues that does not allow him to remain in one place. He becomes hysterical, and with the least noise he startles, jumps and feels terrified. One child, for instance, could not tolerate the sound of the school bell ringing; she thought it would drive her crazy.

One can imagine the Asarum child -- overworked, overstimulated, oversensitive and excitable. Perhaps he has attained a place of academic prominence in his school. Then

suddenly the situation changes. The child's mind starts to break down; he can no longer do anything. He has become dulled, incapable of absorbing or retaining knowledge or any new information, absent-minded, confused. Furthermore, he feels that there is something wrong with him; he feels that he is going crazy. This feeling is not the fear of insanity that one sees in *Cannabis indica*, *Pulsatilla*, *Calcarea carbonica*, *Mancinella*, etc., rather he feels matter of factly that his mind is breaking into pieces.

The child develops a constant sense of hurriedness because of his mental inefficiency. He feels that he does not have enough time to do things; his efforts are ineffective. It is at this point that one can witness the development of nervous laughter. As this very serious child is engaged in a serious discussion, he may break out into nervous laughter. As he is talking he giggles inappropriately and suddenly stops speaking. Or the child may be conversing seriously when something happens -- there is a noise, perhaps a door slams -- a little distraction, and he bursts out into nervous laughter.

Another point about Asarum that must be remembered is that they do not tolerate any kind of violence, not even the slightest hint of it. They will not even run; running is a violent act for them. Similarly they cannot tolerate any kind of suppression or authoritative imperative. If someone says to them, "Do this!" in a loud, commanding manner, they react adversely. They will not fight back; they will withdraw. For them to be reproached or commanded is like being whipped, such is the impression they give. They may eventually do that which has been asked of them, but with the least violence, whether it is in the voice or in a movement, such as being emphatically told, "Come on, run! The bus is leaving. We'll miss it!", they cannot do it -- they cannot respond. Neither do they like to be touched; even slight contact seems unbearable.

Furthermore, if pressed to do something, Asarum children may well burst out into an hysterical type of crying. One has to imagine these characteristics in conjunction with the oversensitivity, the overstimulation paradoxically coupled with the slowness, the slow understanding, slow comprehension and confusion that prevails in their minds.

Because these young people are serious and introverted, in the interview they sit and watch you carefully, emanating the plea, "Don't raise your voice. Don't tell me something bad." They hope that you will treat them nicely and gently. Their anxiety is apparent; one can feel it. The mother may say, "She's overexerted. We have pushed her too far." And all the while the child is sitting there silently communicating, "Don't touch me! Don't shout!" In short, they feel miserable, depressed and weepy. In this state any emotional stimulation can send a shuddering, a chill through the body. Often these children will have a strong need to go out for a walk when they are feeling especially miserable, a practice that does relieve them somewhat.

Here again we witness the polarity of the remedy manifesting as alternating moods: one moment they are weepy, then later suddenly elated and euphoric, but not in a healthy way. Theirs is a **nervous euphoria** that results from the easy stimulation of their emotions, one which they know will last but for a very short time. Great elation alternates with great depression, nervous laughter with nervous crying. Some Asarum people will, when they want to cry or should cry, burst out laughing instead.

Unless one knows Asarum, thinks of it during the interview, and questions the patient/parents with it in mind, the information that is needed to suggest the remedy will not be forthcoming. What the parents will tell the homeopath is that the child has become slow in learning, indifferent to her studies, and, in short, "stupid;" they complain that when they tell her to study, she just cries. However, they do not understand that she cannot help herself, that she has reached a state in which she can no longer control herself. Some patients may say, "My mind is diffusing; it's falling apart." Another expression is, "I can't keep my mind under control."

That which has been described so far corresponds to the intermediate stage of development of Asarum. There is a preceding state in which Asarum patients suffer from a type of **hysterical vertigo** or dizziness. Such patients will experience an unexplainable, severe vertigo from turning their head just a little bit, with just the least violent movement. Vertigo occurs when rising from a chair, with the initial motion. Vertigo can also occur while walking and if these patients attempt to run. In these vertiginous states they prefer to sit down and do nothing. One will see these states in alcoholics who try to stop drinking, who are suffering from the effects of alcohol withdrawal. They may not reach this state while they continue to drink. In this state they become depressed. They do not want to do anything. They simply sit and do nothing, and with the least movement they experience a type of dizziness. Accompanying this state is a chilliness typically described as chills going through the body -- intense chills. Asarum has thrills -- chills and thrills, especially when something is scratched. They will shiver with the sound. Now envision that state of dizziness, depression, indifference and confusion of mind -- sitting and doing nothing, and then a state of nervous laughing. They cannot control themselves any longer. Initially one may not see the great sensitivity to noise, but eventually, as the Asarum state develops, the nervous system becomes tremendously sensitive such that any noise becomes intolerable. Thrills come; chills become thrills with the noise. Then the previously described state of mental deterioration supervenes.

Beyond this second set of symptoms, there is a further state which is worse and more difficult to cure. Here again we see the same story. For instance, a very conscientious university student who has been vigorously applying herself to her studies and busily attending laboratory courses, in which a fair amount of chemicals are used, suddenly becomes overtired; her mind does not function any more; she feels allergic to the odors of the laboratory and starts having fainting spells and

panic attacks accompanied by a fear of dying. I recall just such a case of an intelligent, accomplished medical student who was contemplating giving up medicine due to her allergic sensitiveness. She could not enter the laboratory because of the chemicals used there to perform the experiments. The mere smell of a small amount of one of those chemicals would provoke an 'out of the body' sensation. This reaction was not a small one; it caused great panic. It was akin to the process of dying. Such conditions represent serious states of pathology.

In this more compromised state, Asarum patients have the sensation as if **their limbs were floating out** of their physical body. While walking on the street they may experience the feeling that their limbs are floating in the air. Their hands seem as if they are **floating in the air**. Imagines he is hovering in air like a spirit, when walking in open air. It is not a mere sensation however; it is a sensation which produces tremendous panic. It is as if the person were diffusing -- as if their limbs were diffusing outward. In the Repertory one can find Asarum in the rubrics: "**sensation as if floating in the air**" or "of walking in the air," but the actual feelings and circumstances are as I have described. They feel at that moment as if they may die or go crazy or that their entire being may disintegrate. Their mind becomes confused, and, finally, they begin to contemplate giving up their studies.

One sees the opposite state as well in which parts of the body **feel fixed** or **stuck**, especially the eyes. The eyes feel as if they are stuck in their sockets and cannot be moved. Asarum patients can also develop a fixed idea that there is a pressure inside their head compressing the brain and preventing it from movement, preventing it from thinking. The tongue feels stuck and incapable of motion. In Clarke's *Materia Medica* the symptom "sensation as if the eyes would be pressed asunder to the side" is noted. That which I have encountered more frequently is the feeling that the parts of the body are stuck and cannot be moved. So, one sees in Asarum two contrasting processes -- diffusion on the one hand and solidification on the other.

Another important aspect of Asarum relates to the sexual sphere. Asarum patients have a decided aversion to sex; it is an aversion that goes far beyond that of *Sepia* or *Causticum*, and it is much more intense. They are averse to even the thought of sex. For instance, an Asarum individual may, in the course of conversing with someone, have the passing thought that he could have sex with the woman to whom he is talking, and even this thought produces a tremendous aversion. An additional peculiarity is that they may believe that the other person knows and understands what they are thinking -- knows of their aversion to the idea of sex. These are also the people who will walk out of the room should one attempt to crack dirty jokes. They cannot tolerate it at all; they cannot stand to hear them. So, as one thinks of Asarum, one envisions an excited, oversensitive individual, on the verge of losing his mind, who is not at all earthy or grounded. He is a person who may feel as if he is floating, diffusing outward, and who has a terrific aversion to the mere thought of sex.

Even in children one sees this disgust for sex. Asarum children, if kissed by an adult, will go and wash. They experience great disgust. If they develop any sexual awareness at all, it will be late in life. It is the same repulsion that develops into an aversion to sex as adults. The children cannot explain it, but they especially experience disgust from being kissed. They can, in addition, experience some disgust for dirty things.

Asarum patients do not want to be touched; they have an aversion to even a casual touch. They also have great difficulty expressing themselves. They dislike talking about themselves, about their inner feelings. In the text we see: cold "shivers" from any emotion which shows the intensity and the quality of the emotions. This pressure of the emotions and their lack of release surely will bring on symptoms like rising of the blood pressure and a state of early arteriosclerosis, unless the remedy is prescribed.

When one sees an Asarum patient in the consulting room, the intensity that has been described will not be visible; it is inside the patient. The practitioner has to sense it. Inside themselves they think, "I don't understand. Something has happened to me. Perhaps I'm ill. My mind isn't working properly. I can't remember." In the text we read: "Gradual vanishing of thought, as when falling asleep, stupid feeling in head, has no desire to do anything." It is an early state of sclerosis of the arteries and if you take the blood pressure most probably you will find it raised. One must be sensitive to this internal state to recognize Asarum. They will not talk because in the state in which they are they can easily be **humiliated**.

Clear Asarum cases may be confused with such remedies as *Mercurius*, *Theridion*, *Natrum muriaticum*, *Nux vomica*, etc. One will have a very difficult time in sorting out these cases if he is lacking an awareness of the Asarum picture.

I believe that such disturbances as those resembling the Asarum state have been wrought by our civilization. We push ourselves and our children to attain success and intellectual superiority, and eventually we pay the price. An Asarum child pushes himself too much, and then the Asarum state occurs. Alcoholics, too, are sensitive people that have many problems; they need a barrier to minimize their pain in life, and so they drink. When they make the effort to stop drinking, the Asarum state surfaces. The dependence on and abuse of psychotropic drugs might also produce an Asarum withdrawal state. A lot of the sensitive, almost hysterical youth of today with intellectual capacities far beyond their age and degenerated physical bodies lacking normal youthful vigor are fit subjects for Asarum.

Generalities

Asarum is basically **very chilly, worse from dry**, clear, cold weather and better in wet weather; this is in accord with an **amelioration** that is sometimes afforded by **cold, wet applications locally**. Cold hands, feet, knees or abdomen; even hottest weather does not relieve. Nervous chilliness, single parts icy cold. By covering or in a warm room the cold feeling is no better. *Great* want of vital heat; feels cold continually, but in damp weather the symptoms improve. Thus, one can see a contradiction -- locally there is an amelioration from cold applications while generally there is an aggravation from cold, accompanied by strong chills. Fresh air ameliorates many of the mental and physical symptoms whereas closed, stuffy places cause aggravation (*Puls*). Tremendous weakness, with nausea and constant yawning, is seen in the afternoon and towards evening.

Asarum patients can be exquisitely sensitive to various chemicals. They are the sort of patients who will say, "I'm allergic to almost everything!" There is also great sensitivity to a good number of different foods. These people will very often suffer allergic reactions from having eaten only a small amount of these foods. Eventually, through a process of elimination, they reduce their diet to a very small number of tolerated foods.

It is important to remember that to justify the prescription of Asarum a wide range of the remedy's symptomatology should be present; it would be improper to give Asarum to everyone who is sensitive to chemicals. The nervous hypersensitivity must be present, especially of the auditory nerve. Excessive sensibility of all the nerves when merely thinking (and this he must continually) that some one might with the finger tip or nail scratch even lightly on linen or similar material; a most disagreeable sensation thrills through him, arresting momentarily all his thoughts and actions. So weak he staggers, unless his mind is on his walking. Sweats easily, particularly on upper part of body.

Head

Headaches that feel as if the whole head is compressed, as if under tension. There is also tension felt in the scalp, which feels sensitive when combing the hair.

Confusion in the head, better on walking. The brain feels as if pressed in certain areas with a heavy object, preventing thinking. Pressure in forehead affecting the eyes (*Gels*). Warm feeling in the face, ameliorated by washing with cold water. By washing the pain in head also is better.

Feels pulsation of arteries in occiput. Intense, compressive headache in left temple, and behind ears; more violent when walking or shaking head; better when sitting. Throbbing headache in morning, early, when rising. Headache, with pain in both eyes, and nausea. Pain externally on sides of head. Itching, beginning with fine stitches, below left temple.

Eyes

Another common state is that of inflammation of the eyes -- chronic inflammation of eyelids, chronic conjunctivitis with lachrymation and burning. Such inflammations may go on and on, refractory to such remedies as *Clematis*, *Euphrasia*, *Graphites*, etc. In such conditions, when the special state of sensitivity exists which has been described, think of Asarum.

Cannot read with left eye, aggravated by bright light. The cold air is pleasant to eyes; sunshine, light and wind are intolerable. Thickening of cornea.

Sharp pain over left eye, with running of tears and sensitiveness of sight.

Stinging pains in the eyes, especially after operations. Also, one may see twitchings, especially of the left upper eyelid when holding the eyelid still, better by blinking the eyes. A feeling as if **the eyes are forced outward** toward the sides, especially when reading. There is a local, and even general, amelioration from cold bathing, especially of the face.

Ears

Painfully sensitive hearing or, in cases of coryza, a sensation of the ears being plugged up. Nervous deafness with catarrh. **Oversensitiveness of nerves**, scratching of linen or silk is insupportable. Dull roaring in left ear like a distant tornado; in right distinct singing. Sensation as if ears were closed or plugged up with some foreign substance. Deafness in one or both ears. Pressure and tension in region of orifice of meatus externus with many symptoms.

Nose

Sharp aching above roots of nose. Some coryza and sneezing, with sensation as if ears were closed or plugged up with some foreign substance, with deafness. Discharge of bloody mucus from nose; streak of pure blood. Violent sneezing.

Face

Fine stinging on right cheek; burning stinging pain in left. Dryness of inner side of lower lip. Cutting pain with cramp at articulation of lower jaw.

Mouth

Teeth of left side feel as if hollow. Cold feeling in upper incisors as from a cold breath. Smarting sensation in gums. Most disgusting taste in mouth, at first sour, later bitter. Burning sensation across tongue. Tongue clean, with choleralike symptoms. Tongue somewhat whitish and thickly furred. Cold, watery saliva accumulates in mouth.

Bread tastes bitter. Brown coating of the tongue with fetid breath and bitter taste. Chronic inflammation and bleeding of the gums with a consequent swelling of submaxillary glands. Root abscesses in teeth with general chilliness, excessive sensitivity to touch locally, and dizziness. Saliva feels cold. Disgusting taste in the mouth.

Throat

Dryness in throat, with stitches. Swallowing difficult, as from swelling of glands of throat. Accumulation of tough phlegm in throat.

Stomach

Desire for alcoholic drinks. Unconquerable longing for alcohol. Another desire that I have noted in Asarum is for nuts of all kinds -- almonds, cashews, peanuts, etc.

They also have quite a strong desire for milk, and milk ameliorates the pains in the stomach considerably. At times one will see an aversion to onions, garlic, fish and fat.

Violent spasmodic vomiting with diarrhea. Loud eructations which come with extreme force. Nausea during pregnancy. During the first month of pregnancy, **the stomach rejects everything**; constant nausea with loathing of food with clear tongue. **Violent, empty retching** which increases all the symptoms, only relieving the stupid feeling about the head. Want of appetite, even nauseated by food. After dinner, great lassitude. Heartburn, with sour belching, setting teeth on edge. Nausea, with disinclination to attend to business. Attacks of nausea; worse after eating but the tongue is clean. Nausea and vomiting. Vomiting of whitish or greenish phlegm. Vomiting, **with great anguish**, under violent exertion, **with chilliness**. Pressing, digging and feeling of discomfort in pit of stomach. Horrible sensation at epigastrium when getting awake in morning.

Abdomen

These patients may be incapacitated from abdominal cramps before menses -- severe cramps that may put them to bed for two or three days. Often in Asarum the pains will be in the sacral region instead of the abdomen -- very severe sacral pains which extend upward and can reach almost to the cervical region. Constipated with dry, hard stools which are difficult to expel.

Oppression around navel, three or four hours after each meal, lasting one hour.

Cutting bellyache, with vomiting. Pain in region of descending colon with discharges of stringy mucus. Smarting soreness in region of spleen.

Rectum

Gelatinous or shreddy mucus in stool. A **long yellow twisted string of inodorous mucus** in three or four stools, with pain in abdomen.

Diarrhoea, passes shaggy masses of mucus, inodorous and full of ascarides.

An hour and a half after stool he has another pressing desire, with cutting in abdomen and rectum before and during stool, which is softer than the former.

Yellowish brownish diarrhoea. Lientery; watery stools after a meal, very weakening. Scanty, yellow, mucous stool. Diarrhoea; in chilly, nervous persons; from debility; during hectic or slow fever. Before stool, cutting in abdomen and sharp stitches in rectum, from above downward. During stool: discharge of thick, black blood; prolapsus ani. After stool: pressing and straining, and discharge of white, viscid, bloody mucus.

Urinary organs

Constant desire to urinate. Pressure on bladder during and after emission of urine.

Genitalia - male

Impotence. Violent pain in left groin, darting through urethra to glans, in which a violent smarting, contracted pain remains for a long time.

Genitalia - female

Severe pains of the lower back the first day of menses, worse from any motion -- even breathing makes her worse. Threatened abortion in sensitive, nervous woman.

Menses too early and long lasting, blood black. At appearance of menses violent pain in small of back, which scarcely permits her to breathe. Tenacious yellow leucorrhoea. Vaginal fistula. Excessive **sickness during first months of pregnancy**, stomach rejecting everything. Threatened abortion from excessive sensibility of nerves; even imagining something unpleasant causes thrills to pass through her, momentarily arresting thought.

Chest

Asthmatic breathing, worse from odors and dry cold weather. A feeling as if the lungs are constricted by wires. **Constant, short, hacking cough** of consumptives.

Cough relieves constriction of larynx. Stitches in right or both lungs during inhalation. Sharp pressure in region of last ribs, as with back of a knife. Pain around both lungs, as if they were constricted by a thin wire. Pulse: quick and strong; full and accelerated. The arterial beat is felt through whole body. Burning sensation, right chest, more external than internal.

Back

Violent backache, worse from motion. Violent pain in sacral area, extending to the dorsal region, preventing breathing. **Paralytic pain** as if bruised **when standing or sitting**. Stiff neck, with thirst, early in morning. Dull stitches under scapulae. Laming pain as if bruised in one of cervical muscles, when moving head. Sensation in muscles of neck as from a tight cravat, or as if pressed upon by a dull edge. Burning pain, with stitches in small of back, while sitting. Tearing pain from crest of one ilium to the other. Violent pain in small of back, she can hardly breathe; beginning of menses.

Extremities

A feeling of lightness of the extremities, as if they are separating from the body, **floating**. Weakness of the legs with staggering. Chilliness in **single parts**. A feeling

of contraction in different parts of the body which may be described as pressure or tension. Muscular cramps. Muscular fibrillations. Knees **stiff, hurt on sudden** motion. Violent stitch in both shoulders during motion or rest.

Contractive tensive pain in deltoid muscle, when laying hand on table, and while it lies there. Drawing laming pain in left wrist. Sudden drawing burning pain from wrist through thumb and index finger. Chronic sciatica. Dull pressure in right hip. Drawing tensive pain in head of left femur. Severe pain in hip joint and middle of thigh when stepping; the foot feels as if paralyzed, he cannot step properly thereon. Severe rheumatic tearing stitches in knees, during motion and at rest. Lassitude in knees. Drawing in hamstrings when lying in bed; in knee.

Stitches in ankles and soles. The little toes **pain as if frozen**. Lightness of all limbs; he does not perceive that he has a body. Rheumatism worse in dry, cold weather. Sweat in axillae smelling sour.

Sleep

Evening in bed, agitation in blood, prevents sleep for two hours. After lying down in evening, sweat. Great drowsiness by day. Frequent yawning. Short breath at night. Nightly vexatious dreams about humiliations.

Skin

Discharge of bloody and slimy matter from ulcers.

Clinical

MENTAL AND NERVOUS DISEASES

Anorexia nervosa. Alcoholism. Nervous breakdown from overexertion.

Paralytic weakness of lower legs with severe vertigo. Multiple sclerosis. Myalgic encephalomyelitis. Alcoholic polyneuritis. Hysteria.

DIGESTIVE PROBLEMS

Spastic colitis with a lot of mucus in stool. Diarrhea, prolapse of anus.

EAR DISEASES

Nervous deafness.

OTHER AFFECTIONS

Dysmenorrhea. Eructations. Eye affections (ophthalmia, amblyopia, amaurosis); operations on eyes. Intermittent fevers. Fidgets. Flatulence. Headache. Helminthiasis (when ascarides are present). Sensation of levitation. Loss of appetite. Nausea. Nervous, hacking cough. Typhus. Vomiting (especially during pregnancy).

Relationships

Followed well by: *Bismuth, Sulphuricum acidum, Causticum, Pulsatilla, Silica*.

Complementary to: *Causticum, Pulsatilla, Silica*.

Allies: *Piper methycticum* and *ingrum, Nux moschata, Moschus*.

Compare: *Aloes* (stringy stools); *Camphor* (cholera like conditions), *Hepar, Ipec.* (cholera like conditions); *Mercur.* (stringy stools); *Phosphor., Podoph.* (stringy stools); *Sepia., Sulph. ac.* (stringy stools); *Tabac., Veratr.*

Antidote

Antidotes: *Acetic acid, Camphor, coffee, vinegar* and vegetable acids.

Inimical to it: Alcoholic stimulants, warm food.

Dosage

From 12c to CM.

Cases

A patient applied at the out-patient clinic of the Massachusetts Homoeopathic Hospital, presenting pathologically as a most pronounced feature, a blood pressure ranging from 220 sys. to 240 or 250 sys. Mentally there was great anxiety, with the peculiar and characteristic distraction at the sound of the crumpling of paper, or scratching of linen. As I had many years ago pigeon-holed this symptom in mind under the one remedy having it in prominence, it was easy to give this arteriosclerotic patient some doses of *Asarum Europeum* 30th, which within a short time not only relieved entirely the nervous condition, but the blood-pressure readings thereafter - so long as I had trace of her - remained at 170 sys. And the patient seldom has had occasion to return for treatment.

Proceedings of the Forty-Seventh Annual Session of the International Hahnemannian Association, pp. 198-199.

Case. A Characteristic Symptom of *Asarum Europeum* - Scanty, yellow mucus stool, in one string.

A woman, two months after confinement, from which she made a slow recovery, having had profuse and prolonged lochia, followed by tenacious leucorrhoea, applied for a prescription for "dysentery", saying that she had stools of mucus with pain in the belly. She took *Mercurius* and *Pulsatilla*, each a few days, but without benefit. I now insisted upon a more definite description of the stool, and was shown one of three or four which had occurred that day. It was a long, yellow, twisted string of inodorous mucus. Three doses of *Asarum* 2d cured the case; she had but three or four such stools after the first dose.

A woman, four months after confinement, complained of pain in the region of the descending colon, with faecal discharges coated with mucus. *Podophyllum* 2d was given. In three days no faecal discharges occurred, -nothing but long, yellow, tenacious strings of mucus, (inodorous). Six pellets of *Asarum* 3d, after each stool, arrested them in two days.

A second attack occurring in the same lady after a cold, three months after, was cured promptly with *Asarum* in the same doses.

These three cases are quite sufficient to establish the reliability of this symptoms as a "characteristic" of *Asarum*. Was it only a coincidence that they occurred after a severe confinement? or does the intimate relation which *Asarum* holds to the generative organs have anything to do with the condition cured? It is notable that the tenacious yellow leucorrhoea in the first case disappeared with the intestinal blenorhoea!

It may be well here to compare this symptom of *Asarum* with similar ones belonging to other remedies.

E.M. Hale MD.

On taking a dose, it caused burning and smarting in mouth, this being followed by a cold sensation from the secretion of a quantity of tenacious mucus. Nausea with inclination to vomit followed, and vomiting of some fluid occurred in one case. Considerable flatus was produced in both stomach and bowels, and this was followed by loose, light-coloured stools. The bladder was much irritated, causing very frequent urging, although character of urine did not seem to be changed. The menses appeared several days sooner than expected, and were much too free, rather dark in colour, and painful. During the provings most of the experimenters were excessively nervous, with dull, stupid feeling during day and restless sleep at night. After a few days they suffered much from chilliness, as if insufficiently clothed, but did not seem to have any fever or any unusual thirst. There was muscular twitching in various parts of the body, as if cramps were setting in, but this did not occasion much inconvenience.

Asclepias tuberosa

Pleurisy root, Butterfly-weed.

N.O. Asclepiadaceae.

Preparation: Tincture of the fresh root.

The essential features

Asclepias tuberosa is a remedy that you must think of in cases of **intercostal neuralgias** with sharp, knife like pains, or in **pleurisy** or **pericarditis**, with similar pains.

It causes sharp, stitching, pricking pains which are worse with motion but also worse from lying down, especially on the left side.

It should be thought of in cases where *Bryonia* seemed indicated and failed, but it should be thought of as a first prescription if such pains are accompanied by a general **feeling of numbness** over the whole body. It has the same 9 p. m aggravation as *Bryonia*, and is also worse from motion, though not with the intensity of *Bryonia*. A great difference is that Asclepias pains are aggravated from lying down, especially in certain positions.

In cases of intercostal neuralgias or pains in the abdomen, where the patient is very much worse from smoking, *Spigelia* should be tried first, but this remedy has an important place too. If the pains in the chest are **due to pleurisy** and the patient is generally worse from motion, worse from smoking and worse lying then this remedy should be thought of as a first prescription, especially if there is also **excessive perspiration**.

In general when you see **excessive secretions** from the skin, **perspiration**, from the mucous membranes or from **serous** membranes (dropsical effusions) and the affections are **centered in the chest** or in the **muscles of the chest** then this remedy should be considered.

Excessive sweating can be seen also in cases of **pleurisy**, **diarrhoea**, rheumatic conditions, pericarditis. Influenza that runs easily to **pleurisy**, bronchitis, **cartarrhal states in general** from cold and damp weather come within the sphere of action of this remedy.

Concerning the mental sphere of this remedy we have very little information. This remedy seems to be better psychologically in the evening with an elevation of spirits, hilarity and liveliness with a sudden change of mood at 9 p.m. without any apparent reason, then becoming fretful and peevish and dejected. Other symptoms include: Restlessness and nervousness at night; weakness of memory; difficulty in thinking; swimming of head, with dulness behind forehead. There are **dreams of flying** over rooftops, which are bothersome. We also find a feeling of drunkenness with weakness of sight, after smoking, and in general sensitivity to **tobacco**. They are languid and dull all day both in body and mind.

Generalities

Excessive weakness, walking seems impossible. Weakness in bed. Lying makes the headache better but the pain in chest worse. Bending forward causes the pain in chest to become better.

Some peculiar symptoms are :

1. **Sensation** as if **bent forward** and towards left side while walking.
 2. Soreness of abdomen **prevents him from doing anything**; as if belly would drop. Unfit for business from pain in bowels, and frequent stools
 3. Feeling as if **recovering from a long and severe illness**.
- Pulsations in muscles, in arms, back and various parts.
4. Pain in scalp, left side of occiput, **like touching a pustule**.

Head

Sick headache, **with flatulence** in stomach and bowels. Headache is present almost daily, generally most severe early in morning, with a feeling of heaviness in side.

Headache in morning while rising, with weakness so that he must lie down again, continued all day and night, relieved somewhat by a warm footbath. Headaches of an arthritic origin. Headaches that are connected with gastric disturbances. Pain in forehead from coughing. Dull aching headache in forehead and vertex, worse by motion, better lying down. Pricking as if with nails in head and at same time in other parts. Falling out of hair. Aching in forehead and vertex, which is worse motion and better lying down.

Eyes

Transitory pain behind left eyeball. Broad, dark spots before eyes, with very slow pulse. Itching in canthi and lids of right eye. Inflammation of conjunctiva. Feeling as if sand was in eyes. Lower lids painful as if ulcerated. Blepharitis. Vision disturbed. Vision of black spots.

Nodse

Itching in nose and face. Pustules on nostrils. Stinging in nose as from a flea. At first dry, then fluent coryza during first days, with much sneezing subsequently.

Face

Yellowness of face. Hippocratic face after a violent diarrhoea. Many vesicles on lips. Lips inflamed and covered with herpetic vesicles. Itching of lips.

Mouth

Yellow coating on teeth. Gums very pale and almost yellow; bleed easily and repeatedly. Putrid taste on tongue. Yellow tough coating on tongue. Taste of blood in mouth.

Throat

Transitory constriction and stinging in throat, extending to larynx. Pain and soreness in throat.

Stomach

Deficient appetite, especially in morning. Insatiable hunger at noon. Thirst. Sensitive to tobacco. Eructations continuing all day; frequent. Nausea in morning, when rising. Great prostration with vomiting. Nausea with constipation; bilious vomiting with or without diarrhoea; but with pains in limbs, cramp in feet, etc.

Pressing pain in stomach with rumbling in bowels. Flying pains in stomach.

Cramps. Pain in pit of stomach. Gastralgia after supper. It seems as if the cough would shatter the stomach.

Abdomen

Burning in right hypochondriac region and stomach, with pain in intestines. Pain in abdomen much worse from smoking. Throbbing in left hypochondriac region.

Violent pain in hypogastrium, as if ulcerated, with tenderness to pressure. Colic: while walking; after eating; most violent at night after 1 o'clock, and also in morning during each stool. A feeling as if a **stream of fire passed through abdomen**. Rumbling and uneasiness in bowels, with **feeling of heat in umbilical** region. Much flatulence, with coliclike pains. Flatulence with a sensation when walking as if **belly might drop**. Flatulence with pains in abdomen and frequent stools. Pressing pain in bowels and emission of fetid wind.

Rectum

Dysentery, chiefly catarrhal and autumnal. Stool of green colour, and **smelling like spoiled eggs**, followed by pain in anus. Soft fetid stool, preceded by rumbling, followed by urging to stool. Stool like **white of eggs**. Feces enveloped in froth.

Constipation after diarrhoea. In afternoon a stool of intense yellow color, with green and yellow flakes. Tenesmus. Bowels irritable, five or six stools a day. Catarrhal diarrhoea in children or in warm weather when nights are cold and damp (Autumn). Winter diarrhoea. Liquid stool causing smarting; stool soft and of an **intolerable smell fetid**, preceded by rumbling.

Urinary organs

Urine red. Urine looks as if mixed with blood. Much mucus is deposited on bottom of vessel. Painful stitches in urethra, repeatedly. Urine rather scanty and high-colored.

Genitalia - male

Ulcerous excoriations on glans, resembling chancre with a puslike secretion. Copious sweat of genitals. Erections without lust, particularly mornings. Painful stitches in penis.

Genitalia - female

Menorrhagia. Profuse menstruation, with violent pressing down pain.

Chest

Capillary bronchitis in children. **Bronchitis, acute and chronic.** Sharp pains **shooting from left nipple downward**, with stiffness of left side of neck. Pain beneath **left nipple with palpitation of heart**. Influenza, **with pleuritic or neuralgic pains**. **Acute pleuritic pain** in right side, with dry, hacking cough, **and scanty mucous expectoration**. Pain in lungs relieved by bending forward.

The spaces between the ribs close to sternum are tender on pressure, and the pain shoots over to right side. Pains in chest kept increasing, during evening, making respiration painful. Pain **moved up from bowels to behind sternum**. Stitches in left side, shooting over to right and up to left shoulder. Pleuritic pain and colic.

Subacute pericarditis; slight dyspnoea aside from painful respiration. **Acute pain** in chest felt on **inspiration, movement of arms, stooping forward or lying on left side**; an **indescribable uneasiness** in shoulder and arm; pressure on intercostal spaces caused some pain, especially over region of heart. Pain like pricking of a needle in region of heart. **Contracting pain in heart**. Acute rheumatic pericarditis. Hard, heavy, forcible beating of heart, with dyspnoea. The breath **smells like pepper**. Want of breath, like asthma, often very great, particularly after eating and after smoking a little. Respiration painful, especially at base of left lung. Dry hard cough, worse at night and morning. Hoarse, croupy cough. Cough causes pain in forehead and abdomen. Sputa frothy or yellow.

Pulse low, thready during diarrhoea. Pulse from 64 to 88. **Tenderness on pressure** over region of heart. Sharp pains shooting from left nipple downward, with stiffness of left side of neck. **Oppression after smoking**. Warmth internally, with dull pain at base of lungs and with feeling of tightness. Paralysis of right lung in forenoon, with violent pain.

Back

Stinging, transitory stitches between shoulder blades. Itching and red blotches on back. Pain in loins like lumbago.

Extremities

Pock-like pustules on arms. Pain in left shoulder then right. Pains **shooting from left chest into left shoulder** worse after rising in the morning. Rheumatic pains in **forearm down to fingers**. Numbness of right hand. Ankle feels as if sprained. Drawing in soles and toes. Pain as from corns, bedcover seems too heavy.

A red inflamed spot on upper part of right thigh, leaving after several days a dark stain. Itching of **thighs and nates**, but no eruption. Violent **itching** in hand and fingers.

Sleep

Difficult and late sleep at night, with great sleepiness in morning and during day.

Restless and sleepless at night. Confused and anxious dreams. Uneasy sleep during first part of night, with frightful dreams, awaking him at 3 am. Slept all night till 5 am, awaking by frightful dreams which had haunted him all night. Dreams of **flying**.

Fever

Fever in afternoon. Hot, moist skin. High fever with hot sweat. Night sweats and emaciation. Rheumatic and catarrhal fever.

Skin

Pimples, vesicles or pustules are very painful and itch excessively.

Clinical

Asthma. Bronchitis. Cough. Diarrhoea. Dysentery. Headache. Affections of heart. Influenza. Ophthalmia. Pericarditis. Pleurisy. *Pleurodynia*. Rheumatism. Scrofula.

Relations

Compare: *Agar. musc.* (pains appear in right arm and left leg, or left arm and right leg); *Bryon.* (pleurisy, pneumonia).

Dosage

From tincture to 200.

Cases

The homeopath D. M., born 1939, treated himself for the following sx's:

Very annoying pains left shoulder, frontal part, scapula and upper arm.

The pains occur in paroxysms "like labor-pains" and are shooting, tearing.

The pains are especially strong when he is sitting, holding a book in his hands. But they also come from motion of the whole body in bed.

The pains start in the morning, soon after waking, and can be felt during the day mostly.

He has dreams of flying over the rooftops of a city, looking down and moving his huge wings slowly.

Xanthoxylum has a sx which comes closest to these dreams of flying: "Dreams about flying over rooftops of houses". He took this remedy for some days but didn't feel any improvement, nor indeed had he felt any improvement with other previous remedies. For this reason he had been changing remedies every few days.

In desperation he now went through all the remedies having produced dreams of flying and soon found the following sx's under *Asclepias tuberosa**.

"Shooting from left side of chest to left shoulder, which was painful on motion."

"Pains in left shoulder a few seconds after rising in the morning."

As he read this he saw at once that this modality fit exactly, and his pains actually occurred only some seconds after rising and not soon after waking. He now took *Asclepias*.

The action of this remedy was very impressive. While he had been disturbed by the pain and had never felt any convincing improvement, except for slight changes in

intensity - this leading him to try different remedies - he now felt that he had the patience to wait for the progression of the therapeutic action. The pains in the left shoulder abated and after 5 days there were transitory pains in the right foot, similar to previous ones. This showed another sx of Asclepias which is pains occurring diagonally, eg. left arm and right leg, or left wrist and right shoulder.

* Dr. A. Savary, Journal de la Societe Gallicane de Medecine homeopathique, deuxieme serie, tome III, Paris, 1858, page 721. Reported by Dr.G. v. Keller Muhistr. 3, 7400 Tubingen.

Two or three years ago the patient began to feel an acute soreness, attended with sharp griping pains in the lower part of the abdomen whenever he indulged freely in smoking, and the soreness and pain increased to such an extent that he was at times unable to walk or ride in a carriage, without great suffering, and the bowels were so irritable that he had five or six stools per day.

The soreness and pain seemed to be in the peritoneal lining of the lower part of the abdomen, and over the fundus of the bladder, but not in the rectum, or bladder, or urethra. There were no symptoms of dysentery or diarrhoea.

The pain came on with great violence about two or three o'clock in the morning, with sudden discharges from the bowels; the number of discharges from the bowels during the day was five or six (still no symptoms like diarrhoea), and the patient was so sore in the abdomen that he could scarcely walk.....All the pain and nearly all the soreness in the abdomen disappeared, the irritability of the bowels ceased, and the next day the patient had the first stool of solid faeces he could recollect for twenty-five years.

The North American Journal of Homoeopathy, Vol. 19, New Series vol. 1, no. 1, pp. 43,44

A case of pleuro-pneumonia in a patient only three years old, in which the pleuritic pains were very severe; a peculiarity was that the patient was not able to lie down; lying down made the pains worse, breathing made the pains worse, there was profuse sweat with a temperature of 104 and considerable effusion. I looked a long time for a remedy, but when I found it and gave it to her she was practically convalescent in twenty-four hours. The remedy was asclepias tuberosa.

Proceedings of the Twenty-Sixth Annual Session of the International Hahnemannian Association, 1905, p. 119.

Asparagus officinalis

A. officinalis

N. O. Lilaceae

Tincture of young sprouts

The essential features

This is an important remedy for **renal** and urinary tract **diseases**. This remedy should be thought of whenever there is a cystitis, or pyelonephritis, or lithiasis with or without a colic, where there is inflammation of the urethra or the whole urinary tract and the patient is experiencing excessive palpitations. It is interesting to note here that most of the complaints of Asparagus are accompanied by **palpitations** which are usually worse in a sitting position. Asparagus officinalis also acts on the heart and respiratory systems. It causes dropsical effusions.

You may think of this remedy also in the following situations:

1. When urine has a strong and **peculiar** smell, often described as that of **cat's urine**.
2. When the patient while urinating, particularly when **voiding last drops**, has a **constricting pain in cardiac region**, forcing him to cry out.
3. It will be indicated in patients suffering from frequent palpitations from an **organic disease of the heart** and where at the same time we have an involvement of **the kidneys**.
4. Urine contains **small particles**, and possibly gravel. Increase in the flow of the urine in the first stages and, later on, an impressive diminution.
5. Chronic cystitis **with involvement of the prostate gland**.
6. Patient is compelled to throw **chest forward and head backward** to find relief of pains in loins or elsewhere.
7. In cystitis where we have: frequent and distressing tenesmus, **palpitations**, great prostration, sleeplessness, and **discharge of prostatic fluid**.

Few mind symptoms are available to us for Asparagus officinalis. They are as follows: a peculiar anxiety with palpitation and ill humor, constant anxiety and apprehension. Palpitation of the heart, especially at night.

Confusion of mind. Irritability.

Anxious restlessness. Great languor and disinclination for physical or mental exertion. Exertion makes the nausea worse.

Generalities

Moving or ascending causes difficult respiration; palpitation increased; pain in thigh muscles. Very much prostrated. Likes to be carried. It causes weakness and cardiac depression with dropsy. Rheumatic pains, especially about left shoulder and heart. Most symptoms worse on motion.

Head

Dizziness in forehead, afterwards aching in temples, especially left. Aching in forehead, with confusion. Pressing pain in both temples, worse from pressure. Heaviness, pressure in forehead, pain presses towards eyes. Confusion and vertiginous staggering.

Eyes

Increased acuteness of vision. Stitches and tickling in eyes. Aching of brain near eyes. Pains in eyeballs. Drawing pain over eyebrows all across.

Nose

Frequent violent sneezing. Coryza, with slight dryness and swelling inside, then impeded entrance of air; with frequent discharge of a thin white fluid from left nostril; and frequent sneezing. Talks in a nasal voice during coryza. Coryza, with profuse thin whitish fluid from left nostril, then from right. Coryza, with aching extending from root of nose over forehead to fore part of head. Smell lost.

Face

Increased heat of face. Burning of cheeks. Countenance pale, waxlike and bloated. General expression of anxiety and distress.

Mouth

Taste: sweetish, insipid; coppery; bitter. Smarting feeling on tongue. Saliva increased; sweetish, as if mixed with blood.

Throat

Almost constant hawking, with a rough feeling in throat. Copious discharge of tenacious mucus from the throat, not easily loosed, but brought up by hawking or paroxysms of cough. Deglutition difficult. Burning in throat.

Stomach

Increased thirst, feeble appetite. After breakfast: cough remitted and pain in chest.

Fulness and oppression after eating or drinking. Retching bringing tears into the eyes. Nausea after exertion. Nausea on waking before 5 am, and vomiting.

Abdomen

Sense of fulness in abdomen. Gripping in region of navel, which is painful when touched. Drawing pains in both groins.

Rectum

Discharge of much wind. Insufficient stool in afternoon, notwithstanding a regular stool in morning. Feces bilious after vomiting. A peculiar urging, with difficult, hard fecal discharge; hemorrhoids bleed much more. Burning and soreness at anus.

Urinary organs

Frequent urging to urinate. Frequent scanty discharge preceded by a sensation as if something was sticking in urethra, with slight burning. Frequent urination, with fine stinging in meatus, followed by stitches out of urethra. After urination burning in urethra, with sensation as if some was still passing. When urinating, particularly when voiding last drops, **rheumatic, constricting pain in cardiac region**, forcing him to cry out; turns blue in face.

Urine: bloody; straw-coloured, becoming turbid and full of small particles, which settle as a white flocculent sediment; of a peculiar odour; of unpleasant odour; strong smelling; smells **like cats'** urine. Gravel passing in small quantities with urination. Increased urine beer-brown, without sediment. Urine deposits greasy sediment on sides of vessel; gravel. **Nephritis**. Kidney colics. Lithiasis.

Genitalia - male

Stitching on right side of glans penis. Swelling of penis, with erection and urging to urinate. Excitement of sexual passions.

Genitalia - female

Promotes flow of menses. The flow continued a day longer than usual. Prurigo pudendi.

Chest

Sitting makes the breathing better; pulse accelerated. By throwing chest forward and head backward pains anywhere become better. Coughing causes retching and lachrimation. Inspiration causes stitches about left scapula. Difficulty of breathing when moving or going up stairs. At night he was obliged to sit up in bed to relieve his breathing. Breathing: rapid, laboured, sighing; **difficult when moving or ascending**; difficult at night; must sit up in bed. Cough in paroxysms from mucus, which is not easily detached. Cough distressing, with inclination to vomit, with fulness of chest and copious mucous sputum. Cough remitted one hour after breakfast. Less inclined to hawk and cough; fifth day; rising from deep in throat.

Spitting blood. Stitches, especially about left scapula, when inspiring. Pains relieved by throwing chest forward and head backward. Hydrothorax; often with heart disease or gouty diathesis of old people. Unusual fulness of chest. Constriction of chest; tension, increased by a deep breath. Stitching pains in region of chest. Heart's throb visible, especially at night; very strong and extended over an unnaturally large area; throbbing carotids. Palpitation; **while sitting, with anxious restlessness, increased by motion or ascending**; with oppression of chest. Heart's action weak; pulse feeble. Heart's stroke twofold, **irregular**, quickened. Visible violent palpitation; even while sitting. Stitching in region of heart after eating. Pulsation of heart perceptible to touch and hearing. **Palpitation, with oppression of chest**. Pulse intermits, weak, pain about left shoulder and heart, associated with bladder disturbances. Great oppression in breathing.

Back

Rheumatic pains between scapulae. Fifth and sixth vertebrae pain. Pains in loins at beginning of false vertebrae; 4pm, fifth day. Pain at acromion process of left scapula, also under clavicle and down arm, with exceeding feebleness of pulse. Sensation when sitting as if something was darting through small of back towards sacral vertebrae.

Extremities

Rheumatic pains in region of right axilla. Pain in region of shoulder on touching it.

Pains on tip of left shoulder. Pain at acromion process of left scapula, under clavicle and down left arm; pulse feeble. The right leg and foot are the weakest. On awaking and stretching cramps in left calf. While walking, pain as from dislocation in neck of right thigh bone.

Sleep

Sleepiness and yawning. Sleep uneasy and disturbed by oppressed breathing.

Fever

Slight chilliness with some sleepiness. Slight fever; weak; drowsy. Increased warmth. Suppression of sweat.

Clinical

Cardiac affections of people with weak pulse, pain about the left shoulder. Palpitations and pains about the heart, with troubles in the bladder. Diabetes. Dropsies. Heart disease. Urinary disorders.

Relations

Compare: *Arnic.*, *Aurum mur.*, *Cannab.*, *Digit.* (dropsy); *Spigel.*

Althaea - (contains asparagin; irritable bladder, throat and bronchi.) *Digital.*; *Sarsap.*; *Spigelia*

Dosage

Cases

The first case of bladder disease in which I used asparagus occurred about a year ago. A gentleman over seventy years of age had a sudden retention of urine, for which he was treated by catheterisations. The operation was so roughly performed that the prostate gland was seriously lacerated, and violent inflammation of the bladder set up.

The disease ran a most tedious and painful course, and for six weeks the only water passed was through a catheter used night and morning. The urine was during this time scanty, and full of pus and epithelial debris from the lining membrane of the bladder. There was frequently painful tenesmus of the bladder and rectum, and

large quantities of prostatic fluid came away. Rectal examination revealed an enormously enlarged prostate, which was very painful to the touch and evidently inflamed. The general system suffered much, and there was a great deal of restlessness and palpitation.

In old persons one knows by experience how grave such cases are, and how often they end in chronic ill-health and death from exhaustion. Things looked badly for my patient, and *terebinth*, *cannabis*, *cantharis* and other medicines produced no striking effect. Asparagus 3, however, altered the whole aspect of the case in a few days; the urine increased in quantity, and gradually lost in pus and epithelium, the tenesmus ceased, and the contractile power of the bladder became re-established with decrease in size of the prostate. In three weeks from the time of the first dose of asparagus, the catheter became unnecessary, except as an occasional precautionary measure, and the patient went to the seaside and finally became quite well.

The second case is still under observation. A gentleman, aged fifty, got an attack of inflammation of the neck of the bladder, apparently from exposure to cold and wet during the late severe weather. The symptoms were of the usual kind; frequent and distressing tenesmus, urine loaded with pus and flakes of the mucus lining of the bladder, prostration, sleeplessness, and discharge of prostatic fluid. *Cantharis* 3 in a few days effected wonders, but a serious relapse occurred, whether from fresh cold or other cause I know not, and it was then given without effect. Palpitation of the heart, especially at night, was a striking symptoms of this attack, and I prescribed asparagus 3 with fair confidence. The result, however, exceeded my most sanguine hopes, for the disease was checked within a few hours; the large patches of mucous membrane in the water became replaced by small shreds, and in forty-eight hours these also had almost disappeared. The subjective symptoms underwent still more rapid abatement, and in less than a week the patient was virtually cured.

Monthly Homoeopathic Review, July 1, 1884, Vol. 20, pp. 410,411

Astacus fluviatilis

Cancer fluviatilis. Crawfish or River Crab.

N.O. Crustacea.

Tincture from the whole animal.

The essential features

This remedy produces a condition of the skin similar to the one produced by *Rhus-tox* poisoning. The **whole body** can be covered by **red raised spots, fiery red, nettlerash**, with intolerable itching.

This remedy can produce an eruption of such dimensions that it can cover almost the whole body; indeed, when you see such a case, what impresses you most is the extent and the redness of the eruption. If, moreover, the liver should be involved in any way, the case for *Astacus* will be all the stronger.

Astacus will be useful in such allergic conditions as **urticaria**, of the type consisting of small raised spots, like nettlerash, and erysipelas with nettlerash. It will be confused with *belladonna* because of the redness of its eruptions and also because it has violent fever, with headache and a red glowing face. It will also, as mentioned, look like *Rhus-tox*. because of the eruptions, but also due to the inner chilliness felt by the patient. Inward **chilliness, and sensitiveness to air**; worse from uncovering. It is much like *Hepar-s.*, in this respect. Sensitive to any draft of air, in spite of having a lot of heat in the room.

This remedy is essentially composed of a combination of symptoms from *Rhus-tox.* and *belladonna*. If you remember the redness and glowing face of *belladonna* and the inward coldness of *Rhus-tox*, and if you find them together in the same case, then you can prescribe *Astacus*.

Generalities and keynotes

Enlarged glands of neck in children and old people. It affects the **liver** and lymphatic glands. Cramps in liver region, liver inflamed: worse from pressure. Pain and tenderness of liver, jaundice, stools of pipe-clay colour. Jaundice of children.

It constricts and may completely close both the duodenum and especially the opening of the gall duct into the duodenum. Apprehensiveness with anxiety in chest. Lassitude and weariness, trembling and fatigue. Slight delirium, with nettlerash.

Sitting makes the colic better but the cough worse. **Walking** makes the colic worse but the cough better. **Nervous crawls** over body.

Head

Giddiness. Dulness in head. Pressing and throbbing **on small spots**, particularly in right temple. Stinging pain in temples. Pressing dulness in frontal region. Headache with pressure towards eyes. Excessive pain caused by violent spasmodic sneezing. On head, neck and chest inflammation, with **red spots** filled with serum, gone after a sweat. A **thick, crusty** eruption on scalp, with enlarged lymphatic glands.

Eyes

He sees colored spots when reading. Dimness of vision. **Motion of eyes** painful. Dilated pupils. Conjunctival vessels injected. Yellow conjunctiva.

Ears

Sensation as if a foreign body obstructed passage of right ear, causing slight deafness. Heat and redness of ears. Outward pressing and stinging, particularly in right ear.

Nose

Sneezing, with yawning and belching. Nosebleed relieving attacks. Slight coryza.

Face

At intervals darting like lightning from temple to cheek. Burning heat in face. **Face glowing and red with fever**. Erysipelas with nettlerash.

Mouth

Dull, drawing toothache, returning at intervals. At intervals pain as if tooth was being torn out. Toothache in whole right lower jaw, with cold feeling in an eyetooth. Pressing pain in tongue and pharynx. Sweetish pappy taste after cough.

Canker-spots in mouth; scorbutus. - Fishy taste, followed by nausea spreading through chest. A **fishy** taste in roof of mouth, later farther back and lower down. Fishy taste, followed by nausea, spreading through chest.

Stomach

Abdomen

Very severe pain in region of duodenum. Inflammation of liver followed by jaundice; hepatic region painful on pressure. Pressure in region of spleen. Colicky pain with tenesmus and prostration; **relieved by sitting, worse when walking**. Colicky pain around umbilicus with distension. After eating has colicky pain below navel, he has to bend double.

Rectum

Stools colour of pipeclay; pain in liver. Diarrhoea with vomiting and colicky pain.
Soft mucous stool with scraping in rectum.

Urinary organs

Fishy smelling urine. Tearing stitching pain in region of right kidney; drawing in ureter. Pressing in bladder and heavy feeling. Urging, scanty discharge, burning during and after urination; reddish sediment. Pale urine with acid reaction, containing a large quantity of albumen.

Genitalia - male

Restless sleep from strong sexual excitement. Averse to coition; diminished sexual power; scrotum relaxed.

Chest

Roughness in throat, necessitating hawking. Dyspnoea with anxiety and rattling of mucus. Congestion of lungs with dyspnoea and blood-spitting. Pressure in chest and oppressed breathing. Tickling in glottis or deeper, exciting cough; tenacious mucus in larynx and trachea. Cough from tickling in larynx, agg. during day. Cough **better walking**, in evening, but **returned as soon as he sat down**. Cough agg. in afternoon; chest painful. Light yellow expectoration. Pricking under left nipple. Pulse 50 in morning, later 80. Sweetish expectoration.

Back

Pain below right shoulder in front. Itching in nape of neck with flushed face.

Swelling of cervical glands with children and old people. Jerking under left kidney.

Extremities

Pressure and tension in axillae and deltoid muscles. Trembling in arms when leaning on them. Rheumatic pain in left arm. Lassitude in arms, they pain when touched. Pressure and heaviness in bends of elbows. Chilliness and trembling of arms. Transitory tearing and stinging pain in left thumb, in morning. Burning on anterior surface of left thigh. Slight tension from knee down to foot.

Sleep

Restless sleep, anxious or lewd dreams, skin hot, wakes in perspiration, particularly on lower part of body.

Fever

Chills, confusion of head, face red, swollen; eyelids tumefied; great prostration and slight delirium. Violent **fever with headache, glowing red face, inward chilliness and sensitiveness** to air. Chill over whole body, particularly sensible in arm pits.

Skin

Nervous crawls all over body, especially during fever. A violent attack of an eruption like nettle rash. Itching on various parts of body. **Nettle rash** over whole body. **Nettle rash with liver complaints.** Erysipelas, with fever, headache and increased sweat

Clinical

Cough. Diarrhoea. Glands enlarged. Intermittent fever. Jaundice. Liver complaints. Nettle-rash. Shiverings. Disorders of stomach.

Relations

Compare: *Apis, Rhus tox., belladonna, Chloralum, Homar.*

Dosage

6x to 200

Asterias rubens

Star fish

N.O. Radiata

Preparation: Tincture of the fish

The essential features

This remedy is usually associated with cancer of the breast. As its record shows it has an unquestioned influence over cancer of the left breast, but it should also be considered in nervous affections such as neuralgias, chorea, twitchings, hysteria or **epilepsy**.

Asterias rubens has a strong action on the **female organs** and the hormonal system. It also produces disturbances of the circulation, with **pulsations** and **congestion in head**, womb, chest, mammae etc., electric shocks in the head and an overactivity/congestion which remind one of symptoms of an impending stroke.

It is a remedy that shows in general an **overstimulation** rather than a depression of functions.

Some characteristic pathology:

1. A tumor - even malignant - in the left breast with **nightly lancinating** pains and a feeling **as if the breast or the nipple is drawn back**.
2. Tumors in the **uterus with a sensation** in womb as if something is pushing out, superficially resembling *Sepia* symptomatology. These two remedies should not be confused however, as *Asterias rubens*, contrary to *Sepia*, has an overstimulation of the hormones, not a depression, and consequently **excessive sexual** desire. Furthermore the sense of pushing-out in uterus is due to a tumor rather than a prolapsus of the uterus.
3. Cases of **epilepsy** with fits appearing usually towards the afternoon or evening, **preceded by twitching over whole body** two or even three days before the attack. Where the patient does not lose consciousness but has hallucinations instead - as if away from home in midst of strangers; hears voices to which he replies. After the epileptic attacks **great prostration** and anxiety in upper part of abdomen.
3. **Electric shocks** in the brain with internal pressure. It powerfully affects the circulation in head, producing symptoms strongly suggesting apoplexy. The face is red, and there is strong congestion to the head, which is hot and feels as if surrounded with hot air. This remedy, due to its symptomatology, should be considered in

tumors of the brain as well.

4. Acne with black tips and small red bases. *Asterias rubens* is an **irritable, angry, choleric** individual, impatient and explosive. He cannot tolerate contradiction and is always ready to get into a fight. **Quarrelsome**, especially between 12 to 2 pm! You can easily see that this is an irritable nervous system which has to have an outlet or else it will be buried deeper into the system. Twitchings all over the body precede an epileptic attack and irritability precedes convulsions. Hysterical. The idea of an overstimulated nervous system is apparent. Easily excited, especially at night and from any kind of emotions. Due to the stimulation of the brain the patient wants to find an outlet in intellectual labour, or do some violent exercise.
- An analogy may be drawn between the tendency of a malignant tumor to develop fast as an outlet for inner imbalances, and the brain or nervous system's tendency to proceed towards its own particular outlet in the form of twitchings, convulsions, chorea or intellectual overactivity. After mental exertions, the brain feels agitated. With such a constitution it is not difficult to understand that all symptoms will become worse from drinking coffee.
- Asterias* is an emotional person whose symptoms are much aggravated if he becomes upset. In an epileptic *Asterias* patient, the fit may be triggered by someone making him angry or upset or in any way stimulating his emotions. With the slightest cause he may be moved to tears.
- The pattern of stimulation and overreaction apparent in the *Asterias* system is repeated in the sexual sphere. Here we have nervous agitation, with erotic thoughts and sexual desire. The sexual desire is aggressive and seeks an outlet, but the desire is not satisfied with sexual intercourse; the aggressive feeling and the desire remain even after coition. This is not a pleasant feeling, it is an annoying one and drives her to weep. The patient may have thoughts of aggressive violent sex that disturb her.
- When angered, the blood pressure rises easily, the face becomes red and the *Asterias* patient feels a lot of activity in his head: pulsations, heat, a **feeling as if head would burst**, redness of face and an aura of hot air around the head. It is the result of an **overstimulation of the circulation**. *belladonna* is the closest remedy that resembles similar situations, and you will probably be tempted to give it first. But with such symptoms *Asterias* develops a characteristic fear that *belladonna* has not: fear that a brain **stroke is imminent**. The fear is so great that sometimes it can be followed by fever. The fear that something is seriously wrong with him and that something bad will happen is very strong also. *Asterias* develops a lot of other fears as well, such as: fear of **evil**. Fear of **misfortune**. Fear of fainting, with sensation of fullness in chest. He **fears bad news**. It seems as if some misfortune was impending, and then he must cry which relieves him. Actually he will tend to **weep from the least emotion**.
- There is a time of aggravation for this remedy which is around 2 to 3 p.m. Anxiety overwhelms him at this time, headaches appear, epileptic fits usually take place around these hours. After this time the patient feels extremely well and clear in his mind.
- This remedy has insanity during climacteric period; the patient has delusions that he is under the control of strangers and hears voices to which he answers. Other symptoms include: Sadness, mental depression alternating with excitement. Prostration of mind. A restless, **tired** sensation in **upper brain** with mental exertions, like that in limbs after muscular exertion.

Generalities

- Lymphatic constitution, flabby with red face. Temperatures of the body change drastically, and we see again the problems with the circulation. Great desire to wash in cold water. Coldness after supper. Chill and a heat in face in alternation with colic. Violent heat in head, then over whole body. Increased general **heat in the body**. Heat followed by coldness.
- Left sided symptoms. General **malaise; lassitude**; feels better after eating. **Nervous system**: gait unsteady; muscles refuse to obey the will. **Epileptic paroxysms** occur after three o'clock in the afternoon, at the commencement of the last meal of the day; they are easily excited by any emotion, especially contradiction. He is warned of their approach four or five days beforehand by **twitchings over the whole body**. The epileptic paroxysms are characterized by a sudden fall, livid colour of the face, **convulsive movement of the jaws**, froth at the mouth. Convulsive motions of limbs during unconsciousness. **Chorea**, is quiet only when the hands are in the pockets. Symptoms are worse at night, on motion, and in cold, damp weather, from heat, during menses, from coffee.
- Standing makes the weakness worse. Throwing chest backward makes pain in upper chest better. Weeping makes the mental state better.

Head

Vertigo: transitory; when walking, with insensibility of lower limbs. Sudden attacks of vertigo like shocks in head. Wakes at night with sensation **as if brain was**

shaken by electric shocks; head seems empty, almost deprived of consciousness; thinks he is attacked by **apoplexy**, lasts several minutes. Awakes at night in distress as from electric shocks in brain; head feels as if bursting. Heat of head, as if surrounded by hot air. Rush of blood to the head, as if it would burst. **Congestion** to brain. Cerebral congestions, accompanied by obstinate constipation. A kind of emptiness in head that makes the patient feel that he has lost consciousness. The headache disappears suddenly towards noon, then the ideas are clear. A violent **pressure upon anterior lobes of brain**, extending even beneath eyes; one day so severe that while seated at table she fell forward, and remained unconscious for some minutes. **Pressive pain** in right side of occiput, making it difficult to walk.

Boring pain above left eye, coming and going suddenly, and producing contraction of eyebrows; while this pain lasts she seems to look through a mist. Acute transitory **lancinations** in forehead and temples, also in occiput. Sudden pain on right side of head. Pain in vertex as if skull would burst. Dull occipital headache one hour after breakfast, lasting all day. Head burning. During severe pains whole scalp feels sore. A pimple upon vertex, spreading and changing into an ulcer, a second behind the right ear.

Eyes

Light fatigues the eyes. Cannot bear the light. Heat and redness of eyes, tired in looking upward. Pain in eyes from within outward. Eyes as if drawn back or sunken in. Feels as if eye-balls were *drawn back into head*. Violent pressure upon anterior lobes of brain, extending beneath eyes. Frequent blinking or twitching of lids, edges of lids are reddened.

Ears

Violent reports in ears. Dulness of hearing more marked on right side; noise of rushing water in ears. **Lancinating** pain in meatus, perceived for some seconds.

Nose

Twitches in brain when blowing nose. Nosebleed mornings on waking. Sneezing and coryza on awaking in morning. Pimples on side of nose and chin. Sneezing on waking with bland coryza and the irritation soon goes down to larynx and trachea with a dry sensation there.

Face

Face flushed red and swollen. Alternate crawling and flushes in face with colic.

Pallor of face. Earthy appearance of face. Stupid look, also stupid expression in attitude. Neuralgia opposite left molar teeth, lower jaw; sharp piercing pain, like a needle. Pimples on side of nose and chin. Acne, black-tipped puncta with small red bases. A group of pimples formed on lower lip, remained dry and hard.

Mouth

Loss of taste. Embarrassment of tongue, dislike to speak. Talking difficult; heaviness in speech, very much saliva in mouth. Swelling of tongue and shooting pains in it, on drawing or stretching it.

Throat

Heat and dryness in throat. Dull pain extending whole length of esophagus. Throat sore with constriction in morning on awaking.

Stomach

Capricious appetite, desires highly seasoned dishes, strong cheese, liquors, coffee, tea, etc. Want of appetite, no taste. Aversion to meat. Desire for cold drinks. After eating feels a general malaise and has flatulence. Frequent forcible eructations in morning.

Abdomen

Great debility with distress in epigastrium. Dull pain, in paroxysms, in right side of abdomen near navel. Violent **colic**, with shivering, **alternating with flushes of heat in face. Flatulence after every meal**, wind cannot be expelled either upward or downward. Alternate swelling and decrease of abdomen during twenty-four hours. Sensation of tearing and drawing in abdominal walls. Sensation of pressure on lower abdominal organs impeding locomotion.

Rectum

Several soft stools during the day. Stool liquid, brown, gushing out in a violent jet.

Colic followed by diarrhoea. Difficult, consistent stool. Constipation, urging without effect. Heat in rectum. Obstinate constipation; twelve to fifteen days elapsed without an evacuation, which consisted, when it occurred, of very hard, round substances about the size of an olive. Hemorrhoidal tumor, piles.

Urinary organs

Heat in urethra, while urinating. Copious, clear urine, and frequent urination. Thick, viscid urine.

Genitalia - male

Frequent erections during sleep and in morning. Increased sexual desire, thoughts of aggressive sex.

Genitalia - female

Excitement of venereal appetite in morning in bed, and towards 4 pm; not removed by coitus, annoys, makes her ill-humored and disposed to weep, importunate venereal craving resembling an irresistible power, giving rise to ideas of violence, despair, etc. Menses are apt to delay. General feeling of distress in womb as though something was passing out. Sensation of pressure in lower organs of abdomen, walking is troublesome. Severe general pain over womb as if something protruded behind it. Sensation in womb, as if something was pushing out. Jerking, **twitching** in uterus.

Chest

Lancinating or acute smarting pains in mammary tumor entirely deprived her of rest, **especially at night**. Drawing pain in breast. **Left breast feels drawn in**. Around nipple, which was sunk into a cavity, skin smooth and adherent; upon one point of this surface a violet spot, indicating fungus hematodes. **Ulceration** and swelling in **left breast**; sharp stitching pain going through to back. Breasts swollen, distended as before menses. Induration of left mamma, size of head of infant; almost insensible, very hard and angular. Dull, aching neuralgia in mammae. Nodes and indurations of mammary gland; **nipples retracted; cancer even in ulcerative stage**; axillary glands swollen, hard, and knotted. Acute, **lancinating** pain. Drawing pain towards the internal part of the chest from before backwards, extending under the left nipple into the whole internal part of the arm to the extremity of the little finger.

The **whole left side** of the chest is painful. Motion aggravates the pain. **Lancinating** pain in anterior inferior portion of chest to right and left of sternum, diminished

by carrying upper part of body and shoulders backward. Feeling as if the left breast were **drawn inward**. A rough sensation in larynx exciting cough. Short breath with pain in chest when inhaling; feeling in all limbs as if beaten. Cough with expectoration, morning in bed. Easy hawking of greyish-black phlegm during forenoon. Drawing pain towards internal part of chest from before backward, extending under left nipple into whole internal part of arm to extremity of little finger. Feeling of fulness in chest with a fear of fainting. Undulating throbbings in chest at night, causing anxiety. Palpitation strong and frequent.

Back

Drawing pain in back; in sacrum. Scrofulous ulcer on left side of neck, about two inches broad, extending from border of hair to clavicle, edges hard and elevated.

Extremities

Feeling as if beaten in arms. Weakness and lassitude of the lower extremities. Painfully tired feeling in lower limbs. Painful **drawing** in muscles **of right upper arm**. Coldness in left arm, as if cold wind was blowing on it. Restlessness in limbs, especially in bends of arms. Numbness and stiffness of hands, with cold arms. Crawling like ants on lower limbs. Pain extending from thumb joint to shoulder. Drawing pain: in left arm near elbow; in bone of right upper arm down to elbow joint, most violent in lowest part; in right wrist, afternoon. Drawing and strumming in arms. Pain in left knee. Crampy pain above left knee. Drawing: in right knee and below left. Sensation of drawing in right hip, as if leg was too long and drawn downward. Pain in left hip. Extremely unpleasant itching on upper and lower leg. Tormenting itching on thighs and legs, increases at 5 pm in open air. Insensibility of lower limbs with vertigo. During day annoyed by **permanent contractions of muscles** of lower limbs; during night great agitation and little sleep. Lessened sensibility in limbs, mostly in lower. Restlessness in lower limbs. Weakness when standing. In metatarsal joint of left big toe gouty pain all day, red and hot. Shooting pain in instep of right foot. Painful stretching in soles. Drawing in soles and toes. Sensitiveness of left sole and toes. Burning heat in feet. Shooting in left big toe and all other toes, with great heat and sensitiveness; cannot bear usual covering. Violent pain in left toes and roots of toes. Violent cramp in left toes, later in right. Uneasiness in limbs worse if covered or in a warm room. Feeling in limbs as if beaten, most in arms, with short breath and pains when breathing. Stitches in left wrist and at same time in left calf. With pain in right hip, pain of whole left side up to shoulder blade. Starting in upper and lower limbs, continuing several days. Coldness of left arm as if **cold wind were blowing** on it.

Sleep

Disposition to sleep after reading a moment. Is late falling asleep and late getting up. Agitated sleep, tossing about. Many dreams about persons and events; images vivid and lifelike. **Awakes at night by electric shocks**. During night great agitation and little sleep. Anxiousness at night from a waving throbbing in chest. Sleep quiet but not refreshing. Very vivid dreams of people whom she sees and hears, as if she was awake; not unpleasant.

Fever

Shivering with somnolence, followed by hot skin and restless night. Chill and a heat in face in alternation with colic. Heat followed by coldness. Violent heat in head, then over whole body. Increased general heat. Fear of apoplexy followed by fever. Towards evening fever with hot skin, followed by chilliness. Shivering, and heat and cold in alternation.

Skin

Furfuraceous eruption between mammae and on left olecranon. Chronic cutaneous affections and old ulcers with stinking ichor. Eruption on thighs and insteps of small itching vesicles which tear easily and form superficial ulcers. Scrofulous ulcer left side of throat. Itching spots. Tetters. Skin destitute of pliability and elasticity, dry harsh, earthy appearance.

Clinical

Acne. Cancer of mammae, uterus. Convulsions. Epilepsy. Headache. Affections of heart. Hysteria. Salivation.

Relations

Compare: *Jatrop., Thuya, Bellad., Liliun tig.*

Useful after: *Bellad., Carbo an., Conium and Silic. Sulphur, Bellad., Calc. carb.*

Incompatibles: coffee and *Nux vom.*

Dosage

From 6x to the highest.

Cases

Tall, dark haired teacher, aged 40 years

Awakes every morning with sneezing, bland coryza

Smarting and dry, cracking sensation in larynx and trachea follows, with hoarseness.

Coughs and raises a little thick, viscid, yellowish mucus.

Correspondent gave no other symptoms

April 19, 1900. One powder *Asterias rubens* 45m (F.) dry on the tongue gave wonderful relief.

Proceedings of the Twenty Second Annual Session of the International Hahnemannian Association, 1901, p. 159.

I once made a cure of a hard tumor of the left breast when the nipple was retracted and the patient had just cause to fear cancer from the fact that a number of her family had died of it. I gave her *Asterias rubens*.

As the case improved an ordinary abscess was set up in the breast which went on to suppuration, discharged and healed.

The Homoeopathic Physician, Vol. 8, no. 1, p. 18.

Sensation of a husk in the throat.

Hawks up a cottony, white mucus from the throat

Cracking in the left knee joint whenever it is bent.

Hair dry and falling off from the crown of the head

Light-haired bookkeeper, aged 27 years.

Proceedings of the Twentieth Annual Session of the International Hahnemannian Association, 1899, p. 69.

M. M., a general officer, aged 74, of nervous sanguine constitution, having suffered the hardships of war, particularly in the campaign in Egypt, experienced sudden and acute attacks of vertigo, like shocks in the head, which was sometimes burning; face red, pulse hard, compressed, frequent; appetite as usual; obstinate constipation, from twelve to fifteen days elapsing without an evacuation, which consisted, when it occurred, of very hard, round substances about the size of an olive.

During the day he was annoyed by permanent contractions of the muscles of the lower extremities; during the night great agitation and little sleep. His gait was unsteady, the contraction of the muscle seemed difficult and to resist the efforts of the will. Under the influence of this state of the brain, and still more of that

of the abdomen, he gradually lost his sight; by the excessive contractility of the irides, the pupils were completely closed.

The patient had become very impatient; a drop of *asterias 12*, taken in six days, put an end to the sanguineous congestion of the brain, the relief of which rendered the stools more easy and regular; they now came on every two days; the cramp-like contraction in the lower extremities almost entirely ceased; the sleep became longer and more quiet; the moral state became more docile; the eyes remained as before. His general health has remained improved for more than a year.

A woman of Franconville-la-Garonne, 48 years old, of a flabby, lymphatic constitution, had had for several years a scrofulous ulcer on the left side of the neck, extending from the borders of the hair to the clavicle, measuring at least five centimetres broad. The edges of the ulcer and some portions of skin which yet remained in its centre, were hard and elevated for some distance from the sore. Her skin was destitute of pliability and inelastic. She had a family of seven children, was exposed to much fatigue, badly fed, and had received no medical advice when she applied to me. I was enabled to produce some amendment in her general state by the employment of our ordinary remedies, but was still far enough off from a cure, when I remembered a symptom produced by *asterias*, to which I shall presently refer, and concluded to try its powers against this enormous ulcer. She took a dose of half a drop of the 12th dilution every eight days for five months, and was completely cured; nor has she for two years experienced any return of the troubles that formerly caused her so much suffering, especially in cold and wet weather.

"Symp. 106. Drawing pain towards the internal part of the chest from before backwards, extending under the left nipple into the whole internal part of the arm to the extremity of the little finger.

"107. The whole left side of the chest is painful. Motion aggravates the pain.

"116" Feeling as if the left breast were drawn inward"

The foregoing case and symptoms cited at the end of it, led me to the following experiment:-

A countrywoman, of the valley of Montmorency, fifty-six years old, of a dry constitution, like most of those women who labour in the fields, had in her right bosom a scirrhus tumour adhering by its entire base to the thoracic walls. *Belladonna*, *carbo-animalis*, *conium-maculatum*, *silicea*, were tried with little or no result, and she ceased treatment from despair. Some seven or eight months afterwards, however, she returned, saying that a livid red spot had made its appearance upon one point of the tumor, which had broken and given exit to a discharge of blood for several days. This was the commencement of the cancerous ulcer which, when I saw her again, had invaded the whole breast. It was then nearly twenty centimetres in circumference, and discharged a very fetid ichor; the edges were pale, elevated, mammillary, hard and everted; the bottom was covered with reddish granulations. She was annoyed, especially at night, by lancinating or acute smarting pains, which entirely deprived her of rest; her appetite was entirely gone; bowels constipated; skin dry, harsh and earthy in appearance; the axillary glands were swollen, hard and knobbed; the sternal integument was swollen and painful; the right breast was beginning to manifest symptoms of scirrhus; her emaciation was extreme, and, in short, all the characteristics of the cancerous diathesis indicated a speedy termination in death.

I prescribed *asterias 15*, a drop to be taken in eight days, which was followed by a diminution of the nocturnal pains, so that she was able to get a little sleep; she took also a little food. A second dose, administered six days after she had finished the first, continued the amendment; the skin lost some of its dryness, the face returned to its natural tint, and her strength was somewhat recruited. A remarkable alteration became manifest in the ulcer after the third dose; the edges became less sensitive, the discharge less fetid, and took on a little more consistence, like that of ordinary pus. At the end of two months the bottom of the ulcer showed healthy granulations, and at the expiration of three, cicatrization was complete over four-fifths of its extent.

This was all I was able to do with the *asterias*, the power of which seems to have been exhausted in producing this result; I know not whether any one has, thus far, succeeded in doing any better. This was a case in which the cancerous diathesis displayed itself in all its malignity; knotted cords could be perceived leading from the right breast, which was also scirrhus to the spinal column, a symptom due to the absorption of the ichorous discharge of the fungus by the neighbouring lymphatics.

- A lady, of strong constitution, about sixty years old, had had an induration of the left mamma, for a time, the length of which she could not state. It was there when she first became a mother, and seemed entirely unaffected by several pregnancies and nursings.

When I examined it, I found it about the size of the head of a new-born child, almost insensible, very hard and angular; around the nipple, which was sunk into a cavity, the skin was smooth and adherent, and upon one point of this surface appeared a violet spot, which indicated the commencement of Hay's *fungus haematodes*, one of the most distinctive signs of the passage of scirrhus into cancerous degeneration.

Her general health was good; at distant intervals, however, she experienced lancinating pains in the tumour. She took *asterias 18*, a drop in eight days, and the dose was renewed at the expiration of similar periods for several months. The gland had then lost two-thirds of its volume, but the varicose spot showed some grayish points, had become more decided in colour, more extended in surface, had broken, and from time to time discharged some blood. The excoriation did not, however, resemble the usual *fungus haematodes*, as the bottom was smooth and formed of a tissue of varicose capillaries, while she felt no pain in it, and had no longer any general

symptoms. The usual sequel of a bloody discharge, the secretion of an ichorous fetid fluid, did not take place, and this circumstance, in connection with the great diminution of the tumour, leads me to hope there will be no relapse.

A lady of a nervous sanguineous temperament, aged 48, had suffered more or less during her whole menstrual life. A long time ago she had had an engorgement of the *cervix uteri*, which, though finally cured, had caused fears of its ending in a malignant disease; from that time she had never been perfectly well. A year since, a swelling came on in the right breast, involving the whole mammary gland; it was hard, unsymmetrical, and was attached to the nipple, which was buried in the tumour. She experienced lancinating pains in it, shooting as far as the spine, at about the position of the fourth dorsal vertebra, the region of which was so painful that the slightest pressure was intolerable. In the track of this pain, a hard and knotty cord soon formed and rendered the whole space between the breast and the spinal column equally sensitive. On the external side of the tumour, which increased daily in size, a fungus haematodes formed as in the previous cases, and soon formed a projection of about two centimetres. It soon opened, giving vent to a copious haemorrhage, followed some days afterwards by a fetid ichor. The engorgement extended to the axillary glands; the disease rapidly advanced, and *asterias* was employed, but *without effect*. We may, perhaps, get a glimpse of the reason of this inertness, if we remember that in the pathogenesis of *asterias*, the action of the remedy seems to be concentrated upon the *left* side of the body, and that in the two cases of which I have given a rapid review, and in which it was employed with such decided results, the affection was also upon the left side, while in the present case it was wholly on the right.

Case 6. - The first ideas I had about the curative action of *asterias* referred to its probable influence upon epilepsy, a notion to which the celebrated Cotugno had lent some credit. But the seat and the causes of this disease are so varied, while its phenomena remain nearly the same, that it will, probably, long remain one of those which will be treated by the practitioner without result.

A young girl of 22, of a delicate, lymphatic and very irritable temperament, complained, when twelve years old, of headache. It was a violent pressure upon the anterior lobes of the brain, extending even beneath the eyes, and one day became so severe that the patient, when seated at table, fell forward and remained for some minutes unconscious; her face was pale and her jaws set. Such was her first attack, after which she experienced great debility, with a sense of distress in the epigastrium. Similar attacks, but of greater length, recurred at longer or shorter intervals, generally from ten to twenty days; there were occasionally convulsive motions of the limbs; the paroxysms occurred at the commencement of the last meal of the day, were easily excited by any emotion, especially by contradiction and almost always took place after three o'clock in the afternoon.

No treatment was instituted, under the impression that the establishment of puberty, which was probably at hand, would put an end to the disease, but the menses appeared and brought no change; she continued weak and pale. She now received *sulphur*, *belladonna*, *calcareae*, *conium*, *hyoscyamus*, etc, with the effect of alleviating the paroxysms, lengthening the intervals and ameliorating her general condition, notwithstanding the continuance of the attacks. In the early part of August 1850, a dose of *asterias* 24 was given for five or six days, and from that time she has had no paroxysms [Jan. 1851], her face has lost its pallor, her form is fuller, and the state of her mental faculties is such as accords with good health.

Article XXXVIII. - Clinical Observations on the Employment of the *Asterias rubens*. By Dr. Petroz, Paris
The North American Homoeopathic Journal, Vol. 2. pp. 431 to 438

Atropinum-pur. + -s. (old abbr.)

Atropine, an alkaloid of belladonna.

C17 H23 NO3. The effects of the Sulphate of Atropine, the preparation most in use, are included.

The essential features

Atropinum is a remedy that deserves closer study by homeopaths, as it will be found to correspond to several incurable conditions.

It will probably not be needed as frequently as *belladonna*, but should be used much more frequently than it is presently. A general rule for its use should be to give Atropinum before trying any other medicine whenever you have a case that looks like *belladonna* but where this remedy does not act. We can say that Atropinum is a **neurotropic** remedy, though it does not exclusively affect the nervous system. It is one of the first remedies in cases where we have convulsions or violent tremblings coupled with delirium and dryness of the mouth. Meningitis, meningoencephalitis or similar conditions, where the pathology seems to be centered **very much** on the **nervous system**.

Atropine, as the most active principle in *belladonna*, produces quite a number of its symptoms, but at the same time the two **are not identical**. Atropine, as we have said, has a predominant action on the nervous system, both central and peripheral, but does not have the degree of suddenness of *belladonna*. Moreover, the acuteness, the stormy and devastating character of *belladonna* and its excessive congestion are also absent. The plant seems to contain substances that accentuate the action of the active principle in *belladonna* and give it its sudden, congestive and devastating character.

Atropine affects the deeper regions and eclectively the nervous system.

Apart from the nervous and psychopathic diseases, Atropine is also indicated in states that remind one, so to speak, of the "after effects" of *belladonna* symptomatology. Examples include cases where a cold develops into a severe sinusitis; or where an influenza has developed into an exasperating dry spasmodic coughing; where violent laryngeal catarrh leaves an irritable condition; where every change of temperature, a deep inspiration, speaking, etc., brings on a severe cough, which often ends with nausea and vomiting; where after an exposure to cold wind symptoms of Guillain-Barre develop.

The main pathological conditions for which we should think of Atropine are the following:

1. **Meningitis or meningoencephalitis** where we see **dryness** of the mucous membranes of the mouth and throat, **mydriasis**, and where **delirium** with optical delusions sets in quite early in the case
2. In cases where the **motor nervous system** is affected initially, followed eventually by the **sensory**. **Chronic fatigue syndrome, Guillain Barre, multiple sclerosis, hysterical paralysis** or similar conditions are included under this remedy. Atropine patients cannot command the organs of locomotion. In spite of strong efforts of the will they exhibit a staggering in walking, like that of a drunken man. They cannot keep themselves steady on their legs, they cannot use their hands freely to button their clothes. They exhibit, in the movement of the upper and lower extremities, a certain heaviness and helplessness.
3. **Epileptiform convulsions**, where we see sudden extension of all the limbs, followed by convulsions or **violent trembling**. The eyes are sometimes open, fixed, rolling or turned upwards. The features are sometimes fixed, sometimes contorted. Sometimes the abdominal muscles are also in violent action. If the attack is violent, the face becomes bluish.

Convulsions of limbs, beginning in neck and face.

Spasms in the stomach. The patient bends over to relieve the pain which is severe; the limbs are trembling at the same time.

4. **Delusions and deliriums** of any kind or origin. Acute **psychotic episodes. Manic conditions**. These mental aberrations do not show the implication of sexual fantasies of *Hyos.*, do not have the extreme violence of *Stramonium* and do not have the suddenness and the intensity of *belladonna*. Here are some examples: Jumping out of bed and insisting on dressing himself. Resists being undressed, saying continually that he shall lose the train. Restless and unmanageable, refusing to answer, swallow or to be examined.

Delirious and restless, talking constantly about his affairs. Talked almost unintelligible nonsense in the morning on waking. Attempts to reason. Insisted that her blood did not circulate, and that her feet must be put into hot water or she would die. Answers imaginary questions. Talked and laughed wildly, but answered questions readily, fancying that they were at home and attempting to arrange furniture.

Delirium, resembling delirium tremens; incessant rambling, restlessness, grasping at imaginary objects and screaming with fright.

When spoken to often turns his head to the wrong side.

Immediately upon closing eyes, after retiring, the mind became filled with strange and fanciful ideas, rambling, incoherent speech, spectral illusions, with frequent fits of wild, uncontrollable laughter. On placing him on the bed he immediately began to pick at the bedclothes, and to grasp at imaginary objects. There was incessant rambling, great restlessness, a grasping at imaginary objects, and occasional screaming from fright.

An appearance of shadows passing over whatever she looked at. Fancies he has epilepsy. Sees gigantic figures. Thinks he sees newspapers. Thinks that she was nursing her child.

Delirium alternating with stupor

5. Acute or chronic **pancreatitis complicated with diabetes mellitus**, where we see excruciating pains in the stomach or abdomen, the dryness of the mouth, the profuse urination, and early in the case a delirium.

Sees frightful images of phantoms, thinks he sees people, in room, at bedside etc.

6. **Spasmodic affections** of the **respiratory** organs like **whooping-cough** where there is excessive dryness of the throat and a difficulty to swallow because of the dryness.
7. **Hyperaesthesia or hypoaesthesia of the sensory nerves**. If they are pricked suddenly, and without being made aware of it, on the skin of the neck, trunk, or extremities with needles, the pain which they feel is much slighter than in a normal condition. Cessation of pains, especially of spasmodic neuralgiae; diminished sensibility for painful physical impressions.

In all these conditions **mydriasis, dryness of mouth and throat, and optical delusions** put the seal on the remedy.

Some of its **chronic mental symptoms** are:

Fear of misfortune during heat. Fear of misfortune. Anger, irascibility. Morose, quarrelsome, angry at trifles. Desire to scold and quarrel, alternating with internal anxiety and fear.

Aversion to answers. Indisposed to talk, desires to be silent. Aversion to company. Feels as if in a dream.

Sudden fear of death, with nervous excitement and formication all over body. Apprehension after his internal restlessness, soon amounting to anxiety. Fear of her condition being observed.

Deficiency of ideas. Weakness of memory for what is about to say.

Mistakes in localities, and in time. Internal restlessness.

Shrieking. Sighing.

Frequent **stuttering**, especially at words difficult to pronounce; articulation indistinct, rapid, and chattering.

Unintelligible speech in sleep. Starting during sleep.

Sadness; with anxiety, restlessness and fear of misfortune.

Intellectual confusion.

Generalities and keynotes:

This remedy acts mostly on the cerebro-spinal nervous system.

Torpor and paralytic trembling. The limbs, especially the lower ones, gradually become weak, and the gait unsteady. With the loss of consciousness the motions become entirely automatic. Clonic spasms of biceps flexor cubiti and of muscles of jaw, worse by disturbing the patient.

Cramps in face and limbs. It will be indicated in conditions that have the following symptomatology: twitching in head and arms, with vomiting, face red, then pale, head thrown from side to side, fingers closed, arms flexed, convulsions of upper limbs, looking as if deeply drunk.

Jerkings; especially in legs, arms and face; when attempting to drink the arm contracted suddenly and the water was spilled, and when walking one or both legs contracted, throwing one to the ground. Muscular spasms in different parts of body. Unpleasant **dryness of mouth, lips, tongue, palate, and throat**. Startings at any sudden noise; at night when nearly asleep. Ovarian neuralgia, with headache, or epilepsy. Puerperal convulsions.

Head

Severe headache followed by an epileptic attack. Sticking in base of skull and especially over eyes on every motion and worse stepping. Intermittent fine drawing stitches across forehead and temples. Stitching in left temple in morning on waking, extending behind ear, scarcely permitting him to open left eye. Aching as if brain pressed out in all directions. Sticking pains in back of skull and over eyes, worse from every motion and on stepping. Headache, with flushing of face and head, with rush of blood to head. Periodical headache, coming on suddenly, increasing rapidly, until intensely severe, making him blind and delirious. Headaches of epileptics.

Eyes

Obscurity of vision. **Dilation** and subsequent immobility of the pupil. **Mydriasis. Excessive dilatation** of pupils; eyes appear fixed and glassy; entire loss of power to compare objects with eye and determine their respective distances. Objects appear as if enveloped in a fog. Blindness. Hallucinations of the sight. While the obscurity of objects is increasing, various phantoms are observed, gigantic forms, and sometimes laughable, sometimes terrifying appearances; also quick rotation and duplication of objects. All kinds of illusions of vision. **Everything appears large**.

Lids heavy and difficult to keep open. Diplopia. Dimness of vision, with dilated pupils. Sharp neuralgic pains in and about eyes. Neuralgic pains, commencing under left orbit, and running back to ear. Photophobia; swelling of lids. Blepharospasmus and irritability of eye; **with corneal ulcers**. Conjunctivitis, with lachrymation. Erysipelatous inflammation of conjunctiva and lids. Hallucinations of the sense of hearing.

Face

Face red, and hot; with white spots; afterwards pale. Pale; and sweaty. Expression of mania. Difficulty in swallowing either liquid or solid substances. Frequently they can only effect deglutition after making several strains with the muscles of the neck and throat. Failure of voice, which, in one individual, amounted to complete **aphonia**. Dysphagia is never absent and keeps pace with the dryness of the fauces. Swallowing produced spasms of suffocation. Dark, red, dusky hue of throat. Difficult swallowing from great dryness.

Stomach

Loss of appetite; changing to great voracity; there is no thirst. Soreness of the stomach, at times so severe as to be unable to bear the slightest touch. Vomiting after warm drinks.

Spasms in stomach with severe pains makes the patient groan and bend double, the epigastric region is very sensitive to pressure, the limbs are trembling. The pain sometimes extends to the chest, and even the throat. It comes and goes suddenly, leaving the patient with a feeling of weight in the stomach, weakness and dizziness.

No thirst in spite of dryness of mouth and throat. One or two hours before meals, a sensation of faintness at the stomach, relieved by eating. Frenzy, with distressing abdominal pain.

Rectum

Catarrhal dysentery. Paralysis of the sphincter of rectum and bladder.

Urinary organs

Frequent emission of urine is a marked symptom. Retention of the urine.

Urine profuse; scanty; high-coloured, turbid; acid, dark, brownish.

Clinical

It has sometimes been prescribed for the symptoms of *Bell.*, especially in meningitis, spinal irritation.

Convulsions. Spinal irritation Epilepsy. Affections of eyes. Gastric ulcer. Locomotor ataxy. Mania. Neuralgias. Pancreatitis. Stammering. Disorders of vision. Blepharospasm.

Relations

It Antidotes: *Muscarine* and *Opium*. It is antidoted by: *Op.* and *Physostigma*.

Like *belladonna* it is a right-sided medicine.

When *belladonna* fails give *Atrop.*; both affect principally the right side.

Antidotes: *Opium*, *Physostigma*

Dose

Case

A very interesting case was that of a widow lady, thirty-four years of age, who had, for fifteen or sixteen years, been subject to hysterical complaints, particularly violent headaches and globus hystericus. For the past eight years she has had epileptiform convulsions, occurring at intervals of not more than three or four months. At these times, during ten to twenty days about ten or twenty attacks will occur, lasting from five minutes to an hour or more. Sometimes the attack is preceded by a sensation as if something was falling upon her, but generally there are no premonitory symptoms. The attack consists of a sudden extension of all the limbs, followed by convulsions or violent trembling, and then again movements of extension. The eyes are sometimes closed, sometimes open, fixed, rolling or turned upwards. Respiration is accelerated, irregular and sometimes arrested for a moment. The features are sometimes fixed, sometimes contorted. Sometimes the abdominal muscles are also in violent action. The head and extremities are cool, the pulse is much accelerated, but small, and often imperceptible. If the attack is very violent, the face exhibits the puffed appearance and bluish tinge peculiar to epilepsy, and even discharge of foam and saliva from the mouth is not wanting. On the subsidence of the attack, the patient gradually becomes quiet, opens her eyes, stares about her, recognizes no one, and then gradually recovers her consciousness. After this there is a deep, stertorous sleep, lasting scarcely half an hour, and followed by very severe headache.

The following symptoms fill the intervals between the attacks: An almost paralytic state of the limbs, feeling of fullness in the head, heat and chills, great irritability against external impressions, a sad and hopeless state of mind, want of appetite, nausea and sleeplessness.

Having given previously Nux, Ignatia, Belladonna, Stramonium, for similar conditions without effect, I at once administered Atropine, third trituration, three grains every three hours. In the afternoon I found the patient very restless, complaining of violent headache, dryness and constriction of the throat, oppression over the chest, and occasional nausea. The attack had recurred but once, and very lightly.

In the night I was called again. The patient sat in a corner of a sofa, her eyes fixed on the stove, with an anxious expression of countenance, quick and short respiration. She made no reply to my questions, but pointing to the stove, she informed me in a low and terrified tone that a rough-looking man was standing there who, in accordance with the wishes of her friends, was attempting to take her life. Supposing that this condition might be the effect of the Atropine, I at once omitted the remedy.

The next morning I found that the symptoms of the previous night had disappeared after nine hours duration. The following symptoms were still present, and disappeared gradually during the day: Fullness of the head, dizziness, tinnitus aurium, obscured vision, great prostration, heat, quick, hard pulse, dryness of throat and oppression of the chest. The next day a slight attack occurred.

Atropine, fourth trituration, was now administered, one grain once a day, and the next and last attack occurred after five days.

Since this time, one and a half years, the patient remained perfectly free until about two months ago, when the premonitory symptoms of an attack occurred. Atropine being resumed at once, these symptoms yielded, and their place was taken by a general feeling of uneasiness, violent headache, a feeling of horripilation and sleeplessness. The headache, frequently mentioned in this case, was not benefited, but rather aggravated by Atropine, although this remedy appeared to be fully indicated. But Cocculus relieved this trouble very readily.

A case in point is that of a lady, who, after a violent laryngeal catarrh, was left in so irritable a condition that every change of temperature, a deep inspiration, speaking, etc., brought on most severe excesses of cough, which often ended with nausea and vomiting. Nux, Aconite and Belladonna were of no avail, but Atropine brought immediate relief, and left the patient well on the following day.

A case of aphonia, having a similar origin, which had already lasted ten weeks, was also completely cured with Atropine. An allopathic physician had previously employed poultices, friction with Croton-oil, purgatives, emetics, electricity and vapour-baths, but without effect.

Miss B., nineteen years old, whose periods commenced four years ago, has been afflicted since this time with violent spasms in the stomach. Being called during one of these attacks, I found the patient groaning and bent over, the face was pale, the eyes sunken, the features distorted from pain, the breathing short, the epigastric region somewhat distended and sensitive to pressure, the limbs trembling, the pulse small and not easily counted. The pain is contractile, sometimes rises to the chest, and even constricts the throat. It comes and goes suddenly, leaving the patient with a feeling of weight in the stomach, weakness and dizziness. The whole attack consists of a succession of exacerbations of different lengths, recurring in from three to ten minutes.

Atropine was given in the 3d trituration, two grains every hour. After three hours there were slight symptoms of an attack, and in two hours more the patient was entirely free. The earnest thanks of the patient and her friends showed me that an unusually successful result had been attained. In fact they assured me that under her former prescriptions, also by a homoeopathic physician, the attacks had never ceased under twelve and had sometimes continued for thirty-six hours, with undiminished severity.

About three months later I found the patient in the same condition, and gave Bellad., 3d dil., four drops every half hour, as I had no Atropine with me. During the next four hours the pain increased. I now procured the Atropine; after the second dose the patient was visibly better, and after the fourth dose she was well. The whole attack had continued for about nine hours. Since this time, about one and a half years ago, the patient always keeps Atropine in the house; the attacks have never lasted over four hours, and are so light that she is rarely obliged to go to bed. I was unable to remove the attacks entirely in spite of the persevering use of Atropine, Nux, Ignatia, Ipecac., and Arsenic.

The North American Journal of Homoeopathy, Vol 6. 1857, pp. 462-467.

Atropine in Prosopalgia. - Dr Mossa prefers atropine to belladonna in neuralgia without congestive phenomena. He relates a good case of the trigeminal form, complicated with cardialgia. Atropine 3x rapidly dispelled both.- *Allg. h. Zeit.*, Nos. 1 and 2, 1894.

The Journal of the British Homoeopathic Society, Vol. 2, No 3. , p. 352

Aurum arsenicum

Arseniate of Gold

The essential features

It could be said that the main features of this remedy are **depression with restlessness**, particularly if the time of aggravation is during the night. The Aurum arsenicum case is tired and goes to sleep in order to relax and instead the restlessness supervenes and forces him to get up and pace up and down. There are depressing thoughts and an anxiety which make him feel that he has done something wrong. A guilty conscience is characteristic of this remedy. The Aur-ars. patient is one who is **angry about himself** and about others. He is **critical of himself and constantly finding fault with others**.

He is a **hard** individual, hard with himself and others. He is hard working, precise, **conscientious** but **without many feelings**. His mental faculties are clear but the **emotions are hardened**, and in the same way the glands, the liver, etc. are also indurated. Sometimes he will be almost **malicious** in his conduct with others, and in the same way the hardened glands will sometimes become **malignant**. Malignancy and cancer run through this remedy.

The lymphatic glands that have as their main action the purification of the organism do not function properly; they become hardened and retain toxins that poison the whole system. Anger and irritability prevail in the initial stages of this pathology, and later on evolve to the level of suicidal depression.

Easily offended, the Aurum arsenicum patient is closed in upon himself, he often will not communicate with others, but is ready to criticise himself and others. Once he is angered he becomes withdrawn and sulky and refuses to talk. He will think about the situation and will probably come to the conclusion that everything is his own fault; his anger at himself will then aggravate his physical symptomatology. It is an anger that **turns inwards**, it is **self destructive**. He tends to reproach himself thinking he has done something wrong. If this continues, he finds himself in a state of **depression** with **suicidal thoughts** and impulses; during such time he will have the impulse to jump out of the window, particularly if he is in a state of grief. He grows weary of life and tends to a suicidal disposition, particularly **during perspiration**. This state is characterized by sadness in the evening, or sadness from **suppressed menses**. But Aurum arsenicum will not have the tendency to commit suicide to the same degree as *Aurum metallicum*.

You will have to imagine a rather thin, wiry, anaemic individual, very **restless and anxious** especially at night in bed, with a lot of mental excitement but without the warmth of positive emotions, of love and affection. You do not see the metallic emotional coldness of *Aurum met.* but rather a hardness of the emotions and sense of guilt. Sexually she or he is very active but soon his or her sexuality turns to **deviations**, she or he develops perverted desires. This sexuality is dominated by the mental faculties; thinking interferes with the sexual act; therefore the sexual relationship becomes one that gives only physical and not emotional pleasure.

Romance and the erotic element are missing. Such individuals give the impression that they are totally detached in a relationship, that they are not emotionally committed, and they exhibit an indifference to others bordering on hardness. But all along they can perform sexually, even committing sexual excesses. This remedy is one that fits the kind of state which comes about after the practice of excessive sexual perversions; sexual excesses, or excessive masturbation produce mental symptoms.

Aurum arsenicum will suit a certain group of homosexuals, whose health has been undermined by repeated syphilitic infections. They are anaemic, they have an obstinate catarrh of the nose and hardening of the lymphatic glands; they suffer from guilt, they are perverted in their thinking and sexual practices. They are emotionally hardened and display a certain amount of malice.

The remedy is an example of a certain contemporary group of people with syphilitic ancestry, where the disease has left its mark upon the deepest recesses of the human organism. You will notice a kind of stubbornness in certain ideas or principles, a kind of perverted thinking that borders on fanaticism. Their out of the way thinking will perhaps lead them to mental aberrations or insanity, often taking a religious turn. Religious fanatics, health fanatics, political fanatics, and over-conscientious types who develop goitre and exophthalmus can be classed under this remedy.

This remedy makes the individual deviate from straight thinking. He plunges into little details, he is industrious but you feel as though something were wrong with the way he perceives things. You do not see the normal emotions and thoughts of a healthy individual, you see the thoughts and emotions of someone whose mental faculties and powers of understanding are perverted; not lack of clarity, but perversion. You see underneath all this behaviour, the insidious, destructive action of inherited or acquired syphilis.

Contradiction is intolerable and will **anger them** so much as to cause real and severe symptomatology. Despair is another state characteristic of this remedy. Despair that he will never be well, that he will not even be well in the other world. His guilt leads him to fear condemnation and damnation. It is despair with anguish. These are truly complicated and many-faceted individuals.

Sometimes fears prevails: fear in the night; in a crowd. Fear of death and of heart disease. The symptoms become worse when he thinks of them. Fear of people, and when alone.

They can display hysterical behaviour and reactions; weeping in a hysterical manner.

Some physical pathology should be mentioned here:

It is a most useful remedy in: **cancerous affections; in epithelioma; in caries of bone.**

Induration in glands; cancerous induration.

Inflammation and congestion in many parts; in mucous membranes; bones; glands; periosteum; serous membranes.

It is a useful remedy in many kinds of **convulsions**; clonic spasms with consciousness; epileptiform; hysterical.

Dropsy of the extremities and of cavities.

Lupus erythematosus.

After-effects of syphilis. Chronic syphilitic headaches.

Generalities

The first effect of the remedy is to cause rapid increase of appetite. The symptoms resemble persons much debilitated by sexual excesses and vices.

The peristaltic contractions of stomach and intestines are excited and absorption accelerated. Asleep-feeling in single parts. Formication all over the body. The body and limbs feel heavy. A sensation of a band around parts. The body emaciates, complaints come on after slight exertion and after cold drinks. Desire to lie down, but lying brings on great restlessness and many symptoms are worse lying. **Restlessness** at night; anxious. Marked physical irritability. Oversensitive to noise; to voices. Numbness of many parts; in suffering parts. Painless paralysis. Symptoms appear on going to sleep and during sleep.

Better in summer and worse in winter. The symptoms are worse during and after eating. Symptoms are worse from mental exertion, worse in cold, wet weather.

Head

Fullness and **heat of head** worse from mental exertion. Pulsations felt in head. Heaviness in the head in the morning on rising. Eruptions on the scalp; crusty; pimples. Itching of the scalp. The **hair falls** out. Pain in one or the other side of the head or in both sides. Drawing, tearing pain in head. Uncovering head brings on complaints. Hydrocephalus.

Eyes

Inflammation of the cornea; of the iris. **Redness** of the eyes; of lids. Granular lids. The lashes fall out. Paralysis of the optic nerve. Photophobia. **Protrusion of eyes**, staring. Vision blurred; bright colors before the eyes; dim; foggy; hemiopia, upper half lost.

Mouth

Aphthae in the mouth. **Ulcers** in mouth. Cracked tongue, red, dry. Sensation of elongation and loosening of teeth. Grinding of teeth during sleep.

Ear

Discharge from the ear offensive, purulent. Noises in ears. Hearing acute at first; for noise; later impaired.

Nose

Stubborn, **persistent catarrh**, of bloody, **purulent offensive** discharge. Crusts; greenish discharge. **Ulceration** in nose. The nose is swollen. It is a useful remedy in ozaena. Pain in the bones of the nose. Frequent sneezing.

Face

Epithelioma of face and lips. Ulcers on lip. Cracked lips, bluish. Lupus. Acne rosacea, **comedones**; coppery eruptions. Swelling of the face, of the lips, of the parotid and submaxillary glands.

Stomach

Aversion to food; to meat; pain in stomach; violent; burning.

Abdomen

Distension of abdomen. Enlarged liver. **Hardening** of the liver. It has a specific effect on the liver and conditions originating from liver dysfunction.

Rectum

Constipation; alternating with diarrhoea. Urging in the rectum and prolapsus ani.

Urinary organs

Retention of urine. Urging constant; ineffectual. Urination dribbling; dysuria; involuntary at night; seldom; unsatisfactory.

Genitalia - male

Inflammation of glans penis; testes; sore pain in testes. Perspiration of genitals. Swollen testes. Ulcers on the penis; chancres.

Genitalia - female

It is a very useful remedy in cancer of the uterus. Desire is increased. Menses absent; scanty; suppressed. Prolapsus of uterus.

Chest

It is a most useful remedy in heart affections. Angina pectoris. Anxiety in chest; in the heart. Constriction of chest; of heart. Fluttering of heart. Heat in chest.

Oppression of chest, from rapid motion; when lying; while walking; of the heart.

Palpitation: at night; anxious; on least exertion; during menses; on motion; tumultuous; on walking; trembling of the heart, weak heart.

Extremities

Chilblains on the feet and toes. Cold hands; icy cold legs, feet, during headache. Blueness of nails. Numbness of limbs; during rest; upper limbs; lower limbs. Pain in limbs; at night; gouty, rheumatic, wandering. Drawing pains in limbs. Gnawing pain in legs. Tearing pain in limbs. Painless paralysis of limbs. Sensation of paralysis in fingers. Ulceration of nails. Weakness of joints; of upper limbs; lower limbs; knees.

Sleep

Dreams amorous; anxious; of dead people; of death; frightful; vivid; restless sleep.

Sleeplessness before midnight. Unrefreshed after sleep.

Skin

Eruptions: blisters; boils; burning eczema; herpes; painful, pimples; psoriasis; red; scabby; scaly; bran-like; smarting; syphilitic; urticaria; vesicular; erysipelas.

Formication, itching; sensitive; sore feeling in skin. Ulcers: bluish, burning; cancerous; deep.

Clinical

Anaemia. Cancer. Chlorosis. Headache (syphilitic). Lupus. Phthisis. Syphilis.

Dosage

From 30c to the highest.

Aurum bromatum

Bromide of Gold

Au Br₃.

Preparation: Trituration

The essential features

This gold preparation will be indicated in cases of **endogenous deep depression with acne**.

It fits people who do not have a tolerance for the environment in which they live, who feel **dissatisfied** and suffocated with what they have, dissatisfied with what they are, and who feel that if they get away from their usual environment they would feel better.....if they could just study something else like music, theatre or painting they could be happy. "If I could..." is the motto, but they will never take action and actually do something which they supposedly like. The depression is so deep that it paralyzes any initiative. Everything is lived in the fantasy world, estranged from reality.

They cannot stand the disapproval of others, but neither does approval make them feel any better. They are in a depression and do not want to admit it; they just find excuses for the psychological state in which they are. Their minds are hard at work, analyzing situations, analyzing other persons, going deep into the issue - at least that is how they feel. But they always come to the conclusion that others do not understand them, that others hurt them, with the result that they eventually become estranged from others. They become more and more withdrawn from society, they do not trust others, they do not want to communicate. Eventually they become **indifferent to everything**. There follows a state of tremendous weakness, almost exhaustion.

They have a lot of fears, mostly concerning close contacts with the other sex. Their dreams are vivid and often terrifying. Death becomes an obsessive idea, especially in dreams, where they usually see themselves dead and look down upon their own dead body. They have **nightmares and sleepwalk**. It is not a fear a death, neither an overt desire for it, but it is something with which they deal all the time in their minds. In a state of altered consciousness, or in a state of **faintness** where the patient does not lose awareness entirely, the patient feels that he is leaving his body, and observes it lying dead down below. A mental condition such as this could be accompanied by **epilepsy**.

As the mental pathology progresses, states of manic depression set in; or the patient may start having illusions and end up with paranoia.

Generalities

Nervous affections of an epileptiform character, such as migraine, night terrors, somnambulism. Also in valvular diseases of the heart and hypertrophy. Attacks of faintness with coldness and feeble pulse alternating with attacks of congestion and red face with palpitation.

Clinical

Mental disorders. Epilepsy. Affections of heart. Migraine. Night terrors.

Dosage

Higher potencies

Aurum iodatum

Iodide of GoldAu13.

The essential features

Aurum iodatum is a remedy that is neither fully proven nor used sufficiently in practice, so that its subtler sides and more detailed symptomatology will only become apparent with time. In such cases we must go by the information that is available - pathology - in order to prescribe the remedy, and wait until its full mental/emotional symptomatology becomes apparent. It is a remedy that will look like *belladonna*, *Bryonia*, *Pulsatilla*, *Naja*, *Kali-iod.* or *Arsen-iod.* and these are quite probably the remedies that you will have prescribed before thinking of this remedy.

It is a remedy that primarily affects the **heart and the thyroid**. Kent says "it is *one of our great heart remedies*." It covers cases like acute or chronic pericarditis, endocarditis, myocarditis, valvular diseases. Hypertrophy of the heart, arteriosclerosis and senile paresis are also in its pathology.

The following example covers different syndromes:

You may have a case where the **heart** is involved, with constriction felt in the heart region, **oppression**, tumultuous palpitations **worse at night** that make the person feel anxious; palpitations on least exertion; on motion; when walking. There is definitely an **aggravation from exertion**, but you do not feel happy with *Calcarea carb.*, as the patient is **ameliorated in the open air** and **aggravated by warmth** like *Pulsatilla*, while at the same time there is a flushed face **with cold extremities** but you are not happy with *belladonna*; if you also see **restlessness and deep depression**, then, most probably, this is an Aurum-iod. case.

Aurum-iod. should also be thought of in **enlarged thyroid** with fast pulse and **protruding eyes**. The **goitre is right-sided** but the general characteristics of the remedy should be present as well. Look for the **aggravation from exertion**, aggravation during motion, **during the night** and the amelioration from open fresh air. But the characteristic **depression with restlessness** will put the seal to the case. A keynote that will remind you of *Anac.* or *Platina* is a **feeling of a band around organs or parts** of the body.

This remedy should also be thought of in metastasis of **cancer in the bones** with extreme pains and **restlessness** where the pain is accompanied by **numbness**. A keynote is a feeling of a band around the organ. When you go back in the medical history of such a case, you may find long standing depressions, or some chronic involvement of the **thyroid** or a history of **swollen, indurated painful glands**.

Another example: you have a case of **right side sciatica**, extremely painful, where **pain is felt together with numbness**, and you have already tried *Gnaphalium* and *Coloc.*, without results. This remedy may be indicated here, especially if the patient is ameliorated in the open air, and **aggravated locally by sitting or lying in bed**, particularly when he gets warm there. If, moreover, the patient is restless and depressed, then Aur-iod. is without doubt the first remedy you should have tried. Such patients are lean and restless with occasional depressions, with some liver complaints, prone to thyroid hyperactivity with palpitations.

An Aurum iodatum case may suffer from **rhinitis** or hay-fever with thick purulent discharge, congested head with rush of blood, better in open air, worse warmth, if the person is of the type described below.

This remedy is characterized by overactivity and restlessness while the patient's mind is fixed on a sad situation in the past, his heart racing, his face blushing easily.

The patient may have a tendency towards hysteria or manic depression with relatively minor stimulation. However, the mental derangement of Aurum-i. seems to pass through a heart problem. If you see a case of pericarditis or endocarditis for instance, subsiding after orthodox treatment, where the patient subsequently goes into a mental state of manic depression, this remedy must be taken into consideration. In the text it says: "insanity with enlarged heart, orgasm of blood, red face, full veins, bloated appearance." However, the heart condition and mental condition do not have to be contemporary; the heart problem precedes the mental derangement.

The whole attitude of the person who needs this remedy is one of hardness when processing and accepting new situations and conditions. Mental or emotional shocks have a direct repercussion either on the heart or on the lymphatic or glandular systems. Hodgkin's disease or a heart involvement can be the long standing result.

The Aurum iodatum case presents a state of inner acceptance of the poisonous effects of life, which is made apparent by the overactivity, the rapidity of the metabolism, the easy depression and the ease with which the patient can be hurt. The lymphatic system refuses to process and eliminate toxins, and the glands indurate and swell; the heart cannot tolerate much suffering and becomes hypertrophied, or the pericardium gets inflamed; some of the major glands become sclerosed, or atrophy, like the liver or the testes, while in other cases some organs are hypertrophied and swollen like the thyroid gland, the heart or the liver. Such is the medical history that you should look for in order to prescribe Aurum iodatum.

This remedy belongs to the type of individual who will leave very little to chance, who is meticulous, over-conscientious about matters, even insignificant ones, over-working, careful not to offend anybody, not sure about himself or what he wants. Aurum iodatum cases are restless all the time, with a hurried feeling inside.

They are primarily moralists who will not forgive themselves for moral transgressions and will feel tremendously guilty. They develop a constant anxiety, as if they have done something wrong, which is worse at night. They are timid and can break out into hysterical crying. They have a voracious appetite, eat very much without putting on weight. Eventually they fall into deep periodical depressions, during which time they lose their appetite, do not want to see anybody or communicate in any way with anyone. They dread all kinds of work, especially mental labour. They become indolent.

They enter spells of **despair**, feeling that everything they have done is wrong, and that they will never recover their health, physical or moral. Any attempt to exert their minds during such periods makes them feel worse, more depressed and more confused. They isolate themselves, fear evil influences, they do not trust people. It is depression with a kind of superstition. When they come out of it they may feel extremely elated and cheerful without any specific reason. Moods alternate and change.

Generalities

It is very useful in cancerous affections and in caries of bones. Osteomyelitis. Pain in bones. Pain in glands, bruised feeling internally. Internal **burning**. **Induration** is characteristic and especially in glands. Ovarian cysts, fibroids of uterus. Inflammation of organs, glands; serous membranes. **Congestion of blood to glands and organs**. Orgasm of blood. Internal pulsation. **Dropsy** in cavities and limbs. **Numbness** in many parts, especially of **painful parts**. **A sensation of a band around parts**. Weakness in morning.

Exertion increases all complaints. Running brings on many symptoms. **Motion increases** the suffering. **Walking fast aggravates**. **Slow walking ameliorates**. Sitting increases the suffering. Lying aggravates, especially lying in a warm bed. The patient feels better **when cool and worse when in warm air**. **Warmth in general aggravates**; warm bed; warm room; warm wraps. Though all these modalities look like *Pulsatilla* the patient himself does not fit the picture.

Head

Heat, heaviness and **rush of blood to head**. Headache better in cold air and by cold application.

Nose

Post-nasal catarrh. The nose is red, bloody; discharge greenish; hard chunks; offensive; **purulent; thick; yellow**. Obstruction in the nose. Smell lost. The nose is swollen. **Ulceration of nose**.

Mouth

Aphthae in mouth. Ulceration of gums.

Throat

The throat is ulcerated. It has cured **goitre**. **It has cured enlarged thyroid**. The **goitre is right-sided** like *Lycopodium*.

Chest

Respiration is fast; asthmatic; **difficult at night** with cardiac affections and when ascending. Expectoration in the morning, bloody with cardiac affections.

Constriction of heart. **Hypertrophy**. Inflammation. Cardiac murmurs.

Oppression. **Palpitation** at night; anxious; on least exertion; on motion; tumultuous; when walking.

Stomach

The **appetite is increased**, **ravenous**. Desires alcoholic stimulants. Thirst: burning; extreme.

Abdomen

It is a very useful remedy in a variety of liver affections. The **liver is enlarged**, but it is of great service **in atrophy of the liver**. Tabes mesenterica.

Rectum

Constipation alternating with diarrhoea. Morning diarrhoea.

Urinary organs

Genitalia - male

Atrophy of the testes. Erections troublesome at night; later impotency. **Induration of testes.** Pain in testes. Sexual desire increased. Swollen testes.

Genitalia - female

Desire is increased. **Induration of ovaries; cervix uteri.** Inflammation of ovaries and uterus. Leucorrhoea; thick; **yellow.** Sterility.

Extremities

Cold hands with hot head. Hip joint disease. Pain in joints. **Dropsical swelling.**

Sleep

Dreams: **anxious.** Waking too early.

Fever

Perspiration morning and night; profuse.

Clinical

Heart diseases: valvular, pericarditis, endocarditis, myocarditis.

Thyroid troubles, goitre.

Hodgkin's disease. Cancer of liver; of testes; pains from metastasis on bones. Paresis, senile.

Dosage

From 30c to the highest.

Aurum metallicum

Aurum foliatum, Aurum purum
English: Gold leaf, Pure gold
French: Or en feuilles, Or pur
German: Gold, Blatgold

The essential features

Gold imprints upon the human organism the idea of self-destruction, of annihilation, of death. When introduced into the living organism, it tends to deprive the person of the will to live. It is the principle remedy to develop the state of loathing for life, **desire to die**, and tendency to **commit suicide**. As several other remedies correspond to suicidal depression, we must here concentrate upon a description of the particular type of person, the character of the individual who requires Aurum.

The personality of aurum

The central theme of Aurum is **extreme depression and loathing of life** which progress to suicidal thoughts and, finally, **self-destruction**. These elements are clearly described in earlier literature. An extreme depression does not develop overnight, and not without earlier stages. For homeopathic practitioners the very best strategy is to prevent the final stage of the Aurum depression, to prevent the possibility of suicide. To facilitate this recognition we must identify the various characteristics that coincide with the earlier Aurum states such that the patient's desire to live and capacity to enjoy life can be reinstated.

The pathological Aurum condition usually arises in people who possess a serious and introverted character. They are generally closed people, responsible and quite refined. At the early stages of pathology one can sense that they avoid superficial contact and tend to remain rather aloof or self-contained. Generally they are very disciplined and highly ambitious. They seem to have the fundamental conviction that they are destined for a superior and esteemed position in life.

Aurum, we must not forget, is the metal gold. Using an analogy, gold, if it were personified, would feel that it held the highest position possible. It is as if these individuals think that a high position in life is their birthright. This characteristic illustrates the **egotistical quality of Aurum**, and it is this egotistical element that will cause difficulties for these people later in life. They want to be, and feel they are, more capable than others; they have that conviction. Because they feel that they have a high intrinsic value, like gold, they set very high standards for themselves and work hard to achieve those standards. In fact, their high opinion of themselves is often justified, for Aurum individuals tend to be serious-minded, mentally clear, responsible and intelligent. But through this seriousness, ambition, diligent self-application and industriousness they seem to **lose the sense of lightness about life, cheerfulness**. They will often say or convey the impression that throughout their life there has been a pervading sense of seriousness with a touch of sadness. It is as if a constant background of sad music had been playing in accompaniment to the events of their life. As the pathology develops, they will eventually go in to a state of self-reproach, self-criticism and, finally, a feeling that they are worthless and incapable of accomplishing anything.

Aurum children

Aurum children tend to be serious and aloof. Even at an early age it is difficult for them to establish close friendships. These children usually are ambitious and frequently attain prominence in their class at school. Their parents will describe them as serious. At the same time one can see a sensitivity and refinement in these children. **The weak point of these children, and of Aurum patients in general, lies upon the emotional level.** They are vulnerable emotionally though they are intellectually quite strong. Externally one sees a person who appears quite normal; the vulnerability and extreme sensitivity is inside and not readily apparent on the surface. Once they leave the shelter of the home and enter school, they inevitably encounter some difficulty, be it a critical remark by a teacher or fellow students, some problem with school work, etc. Critical remarks will have a tremendous and immediate effect upon these children. Their emotional body cannot tolerate such remarks, and they seem to break down very easily. A normal child will not be so significantly affected by so slight a remark as is the Aurum child. The child will not show his reaction however. Instead, an internal doubt about his own abilities begins to grow, and he begins to feel that the world is not a fit place in which to live. He will not express his doubts and concerns but will continue trying to attain the goals of his ambition -- further education, money, positions of prominence, etc. Yet throughout his entire life a sense of bitterness remains, and he continues to feel that the world is a cruel, uninviting place. The world seems to him an environment in which it is not worth living. Eventually this attitude leads to deep depression and a suicidal disposition.

These children are not emotionally expressive, not affectionate or warm. As mentioned, they are introverted and serious; however, they do need and demand affection. Later in life, when they have established for themselves a prominent position in their career or in society, they seem to receive affection because they are esteemed by others. They will receive praise and commendations from parents, teachers, and, later, society. They need this affection and approval in order to survive; it represents food for their weak emotional nature, enabling them to maintain balance. Their exaggerated self-confidence causes them to believe that they deserve the adulation they receive. But with the first grief they encounter they become very hurt and disappointed. They will react angrily to the situation, but the anger remains inside, unexpressed. Eventually they develop resentment.

Aurum and *Natrum muriaticum* children would seem to have many characteristics in common. Contrasting the two, one sees that the *Natrum muriaticum* child can be recognized early because of his reserved demeanor and his tendency to be easily offended and resentful. The Aurum child is difficult to recognize unless exposed to significant stresses; he usually looks quite normal and well-behaved. *Natrum muriaticum* is very closed; also, the hysterical element is quite prominent; he creates an atmosphere about him that clearly states, "Leave me alone!" His parents may describe him as terrible, throwing screaming tantrums whenever he is punished or *even worse when somebody is trying to calm him down* while in a tantrum.

Natrum muriaticum does not seem to want company; more accurately, he finds it impossible to engage company even if he wants it. When at a party, *Natrum muriaticum* will sit alone and just observe -- a typical wallflower. Nonetheless, the *Natrum muriaticum* child can be very receptive. To justify prescribing *Natrum muriaticum* to a child one needs to see some shade of the typical aggravation from consolation. Both remedies want affection. *Natrum muriaticum* may show a liking for an affectionate grandmother if he feels safe with her. In such a relationship the child will open up, revealing the beauty and sensitivity dwelling inside. At the end of the homeopathic interview, if the practitioner has acted very concerned, the *Natrum muriaticum* child might open up; the Aurum child will never open up.

The Aurum child seeks the company of older persons. He exudes seriousness and most probably wants to understand intellectually what it is that "is causing so much pain in the world." It is amazing how many questions an Aurum child has and how much he understands without his parents realizing it. It is because of this sensitive nature that he suffers silently with even the slightest of reprimands.

The Aurum child is sure to have been emotionally wounded from his very early years by virtue of the contrast between his own sense of self-importance and the actual degree of importance others seem to attribute to him. He believes in himself, and, if it appears that others do not believe in him, he is destroyed. This is how the conflict emerges from the very beginning. It is interesting to observe that an enormous number of tragedies have unfolded in the history of mankind because of the inflated belief in the significance of gold. Human beings have attached tremendous importance to gold, and when they lose it, they all too readily feel that life is not worth living. Interestingly, it is this very theme, when prominent in mental illness, that gold will cure in high potencies.

The adult

The Aurum adult we have described -- possessed of high ideals, great self-confidence, self-discipline, a serious mind and the desire to both dispense and receive justice in life -- will at some point experience his first romantic encounter. The dynamics in such a relationship are the following: the idealistic Aurum enters the relationship with the whole of his energy; he gives himself to the relationship entirely. He immerses himself totally in the idealism of the romance. The relationship provides him with the warmth of affection that his Aurum nature needs. After a time in this relationship he will begin to observe various untoward details about his partner, becoming inwardly critical. He begins to withhold his affection for the least thing; such as, if his partner were to just look at another man. Finally he comes to feel that the relationship is not ideal and will at some point abruptly terminate the relationship without the least previous indication of dissatisfaction.

He is loathe to face an impending future failure of the relationship; consequently, he tries to paradoxically avoid such a failure by being the one to end it first, but he does so at tremendous emotional cost. Subsequent to the rupture of the relationship he will feel torn to pieces with grief. He will suffer insomnia, often talking to himself when trying to fall asleep. This talking will occur in fits and jerks; it is not continuous. On closing his eyes he will see or relive a scene from the relationship and, in a fit of emotion, will blurt out something; e.g. , "No, No, Go away!" This example illustrates an important characteristic of this remedy: when under stress or suffering a grief, Aurum may begin talking to himself. It is an aggressive form of talking, erupting as thoughts come to him. The words seem to jerkily escape from his mouth. During that period he will remain closed, silent, non-communicative and brooding. True to his Aurum nature, he may soon begin to lose his ambition in life, eventually reaching a state of complete lack of ambition with the hope that he will soon find an exit from this wretched and disappointing world.

Resentment and vengefulness

After such a grief, resentment and vengefulness lay claim to his character. He takes his revenge on his next lover, acting very coldly toward her. He gives nothing of himself in this relationship (like *Natrum muriaticum* and *Ignatia*, *Veratrum album* and *hyoscyamus*, but for different reasons). The relationship is primarily established on an intellectual level, the Aurum individual being considered attractive especially because of his mental capabilities. However, he may display great sexual excitement in this relationship (though not so great as would *Platina*). Eventually, at some point in the relationship when he feels that his lover has become quite attached to him, he begins to take advantage of her and to treat her coldly and cruelly. He inflicts suffering on her while at the same time suffering himself because of his behavior. This suffering leads to deeper grief which augments the earlier depression. He feels that there is no possibility in this world to have a successful love affair because he recognizes his own weakness in that regard -- his fear of rejection. [Still, that which Aurum fears most is a **downfall and the loss of his self-esteem** and the respect of others.] He feels that he will not survive if he is rejected by his lover; in consequence, his thoughts immediately turn to the ultimate destructive recourse -- suicide; however, paradoxically, he also refuses to accept the least flaw in a relationship. (Gold does not accept impurities.) This lack of acceptance on his part is not, of course, the result of some [alchemical] incompatibility between Aurum's "purity" and his partner's "impurity," rather it is an expression of his essentially critical nature, tinged with malice and vindictiveness.

Because Aurum so coincides with the state of depression, it should be strongly considered when a patient presents deep grief without more definitive indications of another remedy and when earlier prescriptions of such remedies as *Ignatia*, *Natrum muriaticum* and *Staphysagria* have failed to act.

The reasons for suicide and the means

Business and financial success are very important to Aurum. They go into business because of a financial dream. Despite being competitive, hard-working businessmen, they retain a high degree of sensitivity. They are very sensitive about their obligations, so much so that when faced with a serious financial failure, with no way to meet their obligations, they will be unable to see any way out of their predicament. They cannot tolerate the possibility of a financial downfall or bankruptcy because of the implications of personal and professional imperfection, the possibility that they are no longer credible to others, the fear that they have lost the esteem in which they were previously held by their colleagues and business associates. They feel that they must ascend the ladder of success; if not, if they fail, they feel that all is finished. They become deeply depressed and want to leave this world. It appears to them impossible to consider starting over again, attempting to rebuild their financial fortunes to the extent that they can repay their debts. When this attitude becomes deeply entrenched and the depression very deep, they will be prone to commit suicide, mostly by **jumping from a high place**.

It is interesting to observe in this desperate, final act how the idea of an abrupt "fall" from a high place overtakes the individual. The Aurum individual repeatedly displays the tendency to suddenly fall from one psychological state to another. This tendency of Aurum is obviously a very pathological one, the extreme sensitivity to reversals equating with a form of fragility -- when put under a specific type of stress, the organism falls down and may self-destruct.

Aurum invests his belief in high ideals, typically wealth, justice and prominence. If disappointed by any of these ideals, he can become quickly disillusioned and depressed. For instance, were he to be treated unjustly by someone in a position of authority, he would react strongly. His painful experience might motivate him to seek reforms in society, to re-establish order and justice in the world, according to his own ability and influence. Such a preoccupation with idealism provides a common ground between those who have attained some success in their lives and those who are disillusioned; consequently, both highly successful young people and passionate anarchists with idealistic attitudes can be Aurum individuals.

The successful Aurum businessman will work diligently towards prominence within the establishment, Aurum being one of the major workaholic remedies. He quickly attains considerable heights in his profession due to his capacity for constant work; however, should something go wrong, should he be unable to meet his financial obligations, he will be totally devastated. The thought of possibly being disgraced is unbearable to him; in his despair he immediately seizes upon the ultimate and absolute solution: **suicide**.

Constant criticism, especially from his closest associates, can also crush Aurum. He expects everyone to understand his high ideals, his high aspirations and his inborn sense of justice, and he is sorely disturbed when others misunderstand or criticize him.

It is really amazing to see how quickly in such a case Aurum, in high potency, will restore order, remove the extreme emotional coldness, lend warmth and courage to the person so as to enable him to see the positive side of life, providing him the will to try again and to choose to continue living. Margaret Tyler, who lived as a homeopathic physician through the world's greatest financial crisis, writes: "Some of us could tell tale after tale of patients, in these days of world-wide commercial depression, who, reduced to despair by straightened means and anxiety, threatened suicide, and yet were rapidly restored to life, to hope, to renewed effort by a few doses of homeopathic gold." In the development of the pathology of such an individual we must keep sight of his cachectic emotional life, the

emotional coldness that eventually develops, the continuous "emotional winter" that shapes so much of his actions and decisions. It is, perhaps, of interest to note that countries in the extreme North, with almost "constant winter" climates and prolonged periods of relative darkness, report high suicide rates. An Aurum patient feels that he lives constantly without the sun in his life, without the rays of light, hope and warmth.

The anarchist follows another path. He can be quite passionate about his cause; he can be an extremist or even a terrorist, seeming at times to court death by his activities. Caught in his Aurum psychopathology, he feels no joy in life, and he usually mistakes his inner joylessness for that of the world at large; he projects all of his gloomy perceptions upon the world. Thus, in his eyes, the world is a doomed place, lacking in happiness, and tainted by immorality and rampant injustice. In many instances the Aurum individual will decide to do something about it, even to the point of risking his own life; in fact, the thought that he may die for a good cause actually comforts him. He is excited by the idea of death and even invites it. Consequently, in pursuit of this needed stimulation, he may engage in underground activities that create the risk of death. Interestingly, when such a person arrives at the brink of success, such as when he is just about to assume a position of leadership in his group, he will usually drop out of the group for fear of failure. In such instances one does not see the more typical successful Aurum who may have suffered from a setback, but rather one who avoids success because of his fear of failure and who at the same time carries the idea of death inside him most of the time. Such individuals, after leaving one group, will seek another group, another ideal to serve, eventually with the same consequences.

Aurum, during his depression, thinks that the sun, the light has completely faded from his life, that there is no hope for him; he even believes that in the afterlife he will be lost, that he will not find salvation. All avenues for a reversal of his situation in life seem closed. He feels that "he has failed in every department of his life." Nothing can give him joy. A cold "metallic stillness" prevails over his emotions. This stillness is complete; there is no movement of feelings. There seems to be a hardness, an "induration" of the feelings which can in the end produce a "malignant emotional ulcer." After having reached such a state, self-destruction is unavoidable.

[This very same idea of **hardness, induration, ugly ulceration** runs throughout the remedy, affecting the organs, especially the uterus and testes, the organs that physically express the emotion of love.]

An Aurum individual in such an advanced state of depression, without any hope of change, without any reason to live, may remain in this condition for years. Then some incident, even a relatively trivial one, may occur which upsets his tenuous emotional balance; it is then that the well-known impulse to jump from a high place occurs. When he finds himself in a high place and looks down, he thinks that if he jumps he can put an end to his sufferings. He almost hears a voice murmuring to him, "Jump. Jump. Now is your chance." At this point he has reached, as Kent says, a state of insanity of the will. Now **the very thought of dying brings relief, almost joy**. He feels that by jumping he will be jumping into freedom and ending his unbearable sufferings. He experiences no fear of death.

An important point to note is that such a patient may not tell the physician that he suffers from a **suicidal depression!** He neither believes that anyone can help him nor that he can be saved by a medicine, so he sees no point in mentioning his severe depression. He is convinced that his emotional state is the end result of his factual situation in life, not a reflection of any emotional weakness or illness on his part. Should the physician inquire directly of the patient about any suicidal thoughts or depression, he may answer in the affirmative, but typically not very overtly. Similarly, Aurum will never ask for help or advice from a friend or relative with regard to his problems. Asking for help would be too degrading, and, furthermore, he considers his problems his and his alone.

It is very seldom that we see in Aurum a **fear of dying**. When it exists, the patient will exhibit a definite loathing of life while at the same time abhorring the idea of death. In such instances the fear of death is so intense that even the mention of the word "death" is tremendously upsetting.

The industriousness

Aurum suicides very often catch others by complete surprise. The depressed Aurum hides his depression from others and offsets it with industriousness. Despite his emotional turmoil, he maintains control over his mind, and he engages in mental occupation to avoid his emotional woes. His work is not in the least compromised by his sadness; he performs very competently right up to the moment he commits suicide. His sense of responsibility is so strong that he cannot do otherwise even though he might secretly wish to quit working. It is for this reason one should think of Aurum when confronted with a workaholic with a constant background depression.

In other cases, along with the depression, the patient may feel that he has lost all ability to think and perform; he feels weary and listless yet does not find relaxation by resting. His sleep is disturbed. He feels that he is incapable of meeting his obligations, yet this "incapacity" is not easily perceived by others because his work is essentially still quite good. Aurum is especially indicated if the patient senses such changes within himself and is, as a result, extremely disturbed. Well before reaching a state of actual imbecility Aurum will commit suicide. However, on occasion the pathology can rapidly progress towards imbecility, imbecility being within the sphere of action of this medicine.

Anger, Violence and Self-Reproach

Self-reproach, self-criticism and anger are common to Aurum. The self-reproach can take a self-destructive turn -- excessive smoking, drug and alcohol abuse are examples of this. For example, a depressed executive with a hectic emotional life might be criticized by his boss. He says nothing to anyone, instead sitting silently and brooding. His wife perceives the change in him, but when she asks him about it, he replies that nothing is the matter. He sits there and tries to find solutions by himself, but the more he thinks, the more dejected and depressed he becomes. He becomes intolerant of being pressured, intolerant of any kind of contradiction. If his wife should begin to nag him or interfere with his silent brooding, he flies into an **outburst of violent anger**.

When in the grip of anger, Aurum can be quite violent, breaking objects, striking walls or windows with his fists; he loses his self-control, becoming hysterical and possibly very nasty toward others. However, he is **very seldom physically violent toward others**. Soon after an hysterical outburst of anger he feels great exhaustion, remorse and, eventually, deep sadness; it is at this stage that physical symptoms will begin to surface. The primary organ to suffer will be the heart, anginal pains being a common result.

Usually Aurum directs his anger at himself rather than others; he will never have the urge to kill another but often wishes **to annihilate, to destroy himself**. Deep down, he views his own suicide as an act of revenge toward those who care about him, who love him and who will be hurt deeply by this final act. He contemplates such a course of twisted vengeance because he believes that his loved ones do not care enough about him.

One rather common scenario the Aurum patient describes is that when in a fit of despair and anger, he will go for a drive in his car. In his despair he accelerates the car faster and faster with the thought in mind of disappearing from the face of the earth, of having an accident, of smashing the car against a tree or wall. The acceleration, imminent danger and possibility of death eventually relieve him enough that in time he calms down, sees the irrationality of his behavior and slows down the car... but Aurum can also kill himself in this situation.

Praying

Another aspect of Aurum is **the praying** in which they engage. But before describing this characteristic of the remedy, let me stress that it is incumbent upon us to understand the different reactions of the remedy-patient in a logical and sequential manner.

A disease or remedy imprint upon a human being has its own "logic," its own *sea* that is unique and that has a specific personality. It is our duty to understand and unravel this "logic" if we really want to relieve our patients of their suffering.

Aurum people pray as a result of different psychological states and for different reasons. In certain cases they themselves have difficulty explaining and understanding their need for prayer. It is usually manifest in younger people: they pray and pray for hours, being unable to stop without really knowing why. The fact of the matter is that they are unconsciously depressed, dejected, and disappointed by life. If one inquires about the possibility of prayer with seriousness and concern, they may confess their need. They find that praying diverts their attention from their background depression, enough to almost provide them with a deep sense of relief and joy. The compulsion to pray in such a fashion -- for hours on end without stop -- occurs several years before the deep suicidal depression appears. These patients will confess that they like to pray, and they find nothing wrong with their praying apart from the fact that it consumes too much time and they cannot stop themselves. This excessive praying usually occurs when they have established contact with some religious group. Apart from this habit, they behave rationally in every other way. One should be careful not to confuse this protracted and almost mechanistic praying with the natural tendency and need that certain pious or religious people have to pray; Aurum prayer is truly pathological.

There is another type of praying which arises out of the deep suicidal depression of Aurum, depression characterised by tremendous hopelessness and worthlessness and a profound sense of alienation from all others, even those close to them. Those in such a depression feel totally isolated from any form of life on this earth. They also fear that spiritually they are so undeserving that they will not win God's salvation after death; they feel completely lost. It is then that the conviction comes upon them that the **only thing that can save them is God**, the only being upon whom they can rely is God. Having completely given up all connections with actual life, God becomes their only recourse, their only source of hope; nothing else matters. This conclusion is not a derivative of logical thought, but rather of instinctual impulse, a desperate final impulse to survive.

They begin to pray with their mind, not with their heart: "God help me! God help me!" they repeatedly plead in despair, sometimes voicing the words as if talking to themselves. Inside, their emotions remain totally frozen, hard, detached, as if they are composed of cold metal. Nothing moves; they are cold and immovable. During this earlier phase they do not pray for long periods of time, but as soon as their depression becomes deeper and more unbearable, they start to do so almost impulsively; then, as soon as they are out of this depth of depression they stop. This second group of patients, those who pray in the manner just described, although deriving some relief from such prayer, do not experience as much satisfaction or pleasure as the former group of patients. Their praying is far more desperate,

their state of mental health very precarious.

The fear of heart disease

Here we must stress the tremendous fear of having heart disease, reaching states of panic. They are convinced that they are going to have a heart attack and will go from cardiologist to cardiologist again and again for a check up. The case looks similar to *Kali-arsenicum* or *Arsenicum*. Aurum people during their anxiety like to have somebody near them, they also want reassurance from the doctor. But they will not tell anyone about their problem except the specialist, the psychiatrist or the homeopath, and only to the one they trust. And it takes a lot to give their trust.

The mind seems to be obsessed with the idea of there being something wrong with the heart. Reassurance from their doctor affects the patient for a short while, but immediately after that the mind goes back to the problem. Such a state can come after a deep disappointment in their work, from not being appreciated for what they have done; this disappointment, instead of creating in them a desire to fight, and to ask for their dues, takes the form of the phobia which torments them. These are the cases of phobia that will be lifted totally while they are taking an allopathic antidepressant drug, but of course the whole situation returns as soon as they stop it. Actually it is a depression that is expressed through this fear.

Remarks and Comparisons

After the correct prescription of Aurum for depression, one may witness significant irritability replacing the previous sadness plus the emergence of previously repressed anger that can appear as violent outbursts. One should not be in haste to prescribe another remedy in such a case; if one waits long enough, the anger and irritability will subside. Also, when prescribing a remedy for a really suicidal patient, it is wise to take some precautions [watchful attendance of the patient] during the first two or three days after prescribing the remedy as one can never be certain of the full extent of the patient's problems at the moment; it is prudent in such situations to protect the patient until the remedy has enough time to act. Usually such depressions will respond within forty-eight hours.

The Aurum patient is definitely syphilitic. Frequently in practice it has been observed that patients who have responded to another syphilitic remedy, namely *Mercurius*, can easily go into Aurum states. There is a definite complementary relationship between these two remedies that has not, as of yet, been fully understood or adequately exploited in treatment. To give them together would be hazardous; to prescribe them, in succession, at the appropriate times can be life saving.

While we certainly cannot fault allopathic medical science for the widespread suppression of syphilis from a public health standpoint, that suppression, in my opinion, has had its consequences, adversely affecting the overall health of mankind. It is my contention that the suppression of syphilis by the administration of penicillin (and other antibiotics) undermines the vitality of the host organism (in this case man) at the very central core of its being, the mental and emotional levels. It is for this reason that the syphilitic miasm is so prominent in the younger generations and why Aurum is so very frequently indicated today. Without exaggerating, I would estimate that almost 20% of patients treated homeopathically will need a dose of Aurum at some time in the course of their treatment. I believe syphilis has inflicted much more harm upon the human race than we realize.

The Aurum depression can be compared to that of *Natrum muriaticum* and *Natrum sulphuricum*. The *Natrum muriaticum* depression is not as deep as that of Aurum. *Natrum muriaticum* patients also will not talk of their depression. They can also be prone to drink a lot, though they will not become alcoholics (like *Lachesis*, *Nux vomica*, and *Sulphur*). They drink to relax, to somewhat release their pent-up emotional state. A taciturn *Natrum muriaticum* person, when intoxicated, can become very loquacious. He becomes another person entirely when he drinks. (The loquacity of *Natrum muriaticum* appears when the person is either mentally deranged or intoxicated.) The *Natrum muriaticum* loquacity is not characterized by the rapid change of subject that is so typical of *Lachesis*. Interestingly, Aurum can also be quite talkative, appearing in italics in the corresponding rubric.

Natrum sulphuricum's depression usually arises because of family troubles; repeated familial difficulties lead to emotional exhaustion. The *Natrum sulphuricum* person wants to give of himself to the family, to be responsible, but he finally grows so weary of the difficulties that he feels he would be better off dead. He is genuinely interested in others, being the least closed of all the Natrums. As he contemplates suicide he may be dissuaded by the thought of the effect his death will have on his family.

The Aurum impulse to jump can be compared to that of *Gelsemium*, the other major remedy with that symptom. In *Gelsemium* the desire to jump arises because of the extreme tiredness and confusion of the mind. He feels as if in a daze, always wanting to just lie down. When in a high place, he has the instinctive urge to jump to end his tired life.

In all our medicines there are several evolutionary stages of pathology; consequently, we should never limit our understanding of a remedy solely to one aspect or pathological stage, but rather develop an awareness of the full range and depth of each remedy's potential. Only in this way can we prescribe appropriately on a

consistent basis.

Generalities

Pains in general bring on such despair that Aurum wants to jump from a window or commit suicide by shooting himself. The pains are deep, boring and aggravated at night, obliging the patient to get up and walk.

Kent best describes the peculiarities of this remedy's reaction to weather conditions: "*There is one grand feature running through the Aurum state; it is the manner in which he is affected by temperature, and by the weather. Here are some symptoms that relate to the whole man, which must be examined in this connection. "Desire for open air." This patient ranks along with Pulsatilla as to temperature; but Aurum is not mild, gentle and yielding, he is obstinate, irascible, the very opposite of the Pulsatilla patient. 'Generally >> growing warm.' This is in connection with the headaches. 'Cold water ameliorates pain in eyes.' 'Averse to uncover,' but he desires open air like Pulsatilla. 'Warm air, asthma worse.' Many symptoms disappear after washing, especially cold washing; but whenever the patient is suffering from great excitement, turmoil and vascularity, pulsations, he wants the doors and windows open, wants to get out in the cool air; wants the clothing thrown off. This state of excitement and pulsation is ameliorated by the open air. It has those flushes of heat so common to women at the critical period, and these are followed by sweat, sometimes by chilliness.*"

We have, in Aurum, general amelioration from cool bathing, **music**, walking in the open air, **the evening**, and moonlight.

The remedy affects the lymphatic and glandular system producing congestions, indurations and tumors; we find lumps in the mammary glands. The ovaries and testes are also affected. It affects the heart and is full of rheumatic affections with swelling of the joints, etc. that many times eventuate in heart problems: angina, enlargement of the heart. There are affections of the cartilage and bone, inflammation of the periosteum, thickening and induration of the periosteum.

Aurum is prone to suffer lassitude from mental exertion; he feels tired and weary from studying. There is trembling internally from vexation. Periods of lassitude alternate with activity. There may be a sensation of pulsation externally which is ameliorated in the open air. They are ameliorated by walking slowly.

Emaciation, marasmus in pining boys. Obesity in old people. Ailments in puberty in girls. Fatty degeneration of organs. There is a periodicity of every 21st day.

Head

There is **violent headache**, especially if located in a small area (size of a coin) on the left or right side of the base of the nose. Headaches are sometimes so strong that patient thinks he is losing his sanity; he is in agony and confused, and, in anger, he thinks of committing suicide. There are long periods of severe headaches that alternate with periods of suicidal depression; when the pains are present, the depression disappears and vice-versa. Headache with mental confusion. Headache after contradiction. Headache after mental exertion. We have headaches associated with heart disease, especially occipital headaches. *Headache, in general, with tearing, rending pain in occiput, extending forward and to the forehead.* During the headache there are flushes of heat to the head making the face red and shiny; the headache is relieved by wrapping up the head. Headache, aggravated by **blowing the nose**.

The head feels sore as if it were bruised, and, if it is not kept warm, it feels as if air were passing through the brain. There is chilliness and coldness of the head, which is ameliorated by covering it up. Trigeminal neuralgia. Congestion, hyperaemia of the head with anxiety.

Hair falling out profusely in young men who are closed, ambitious and studious.

Skull sensitive to touch. Boils on the scalp. **Exostoses**, painful exostoses of skull.

Vertigo

Vertigo on stooping and a tendency to fall to the left. With vertigo he has to lie down, is worse from any motion, and often notes associated sparks before the eyes and diplopia. Vertigo in syphilitic patients. Vertigo is ameliorated while rising.

Eyes

Ulcerations and infiltration of the various coatings of the eye. Inflammation of the conjunctiva with burning heat and lachrymation, which is ameliorated in the moonlight and on closing the eyes, and worse from light. The pain is such that the eye must be closed. Cold bathing ameliorates the burning, smarting, and biting pain in the eye. Pain in canthi.

Scaly, herpetic eruptions on the margins of eyelids. Injected cornea. Melanosis of the eye. Photophobia. A sensation of pressure from without inward on the right or left eyeball; touching aggravates. Iritis with severe cutting pains in and around the eyeball. Deep internal diseases of the eyes; such as, iritis, choreoretinitis and glaucoma, with pressure in the eyeballs from within outwards, worse when touched and when fixing the eyes, better on closing them. Tensive pain, worse when he fixes the eyes on something.

Tension in the eyes that interferes with vision. Double vision: one object seems to be mixed with another, objects seem jumbled up, indistinguishable; black spots, sparks, flames, fiery objects in front of eyes. There are spots, specks, etc. on the cornea. Hemioptia -- upper half of objects invisible -- found mostly in detachment of the retina, with foggy vision.

Protrusion of eyes such as noted in exophthalmos, with involvement of the heart (enlargement).

Kent, in his lecture on Aurum in his *Materia Medica*, made an important remark while speaking about the pathology of the eyes that could not be truer with regard to prescribing correctly. He said to his students, "*I am going now to read to you from the books but **remember the constitution** that we must **always** have in view.*"

Extreme tension in the eyes with diminution of the visual power; he cannot distinguish anything because he sees everything double and objects run into one another.

Sometimes the exertion of vision can result in an amelioration of the eyesight. Dim vision which is improved by looking steadily. Yellow spots before the eyes; crescent-shaped bodies floating obliquely upwards. Sees fiery points.

Horizontal hemioptia: upper lost, lower lost. Moonlight ameliorates vision. Sparks in vision from exertion of mind.

Ears

Obstinate offensive discharge. Deafness with embarrassed speech. They hear roaring noises in bed in the morning. Acute hearing; music ameliorates.

Abscess behind ear. Mastoiditis, with severe pain driving the patient to suicide.

Threatened caries. There are sequelae to discharges from ears. Suppressed discharges. Pain behind left ear; boring pain behind left ear. Pricking pain in ear.

Nose

The most interesting observations here come from Kent and concern the purely syphilitic aspect of the remedy. Today we do not see clinical pictures such as these, but it is an important aspect of the remedy and might be of use as analogy -- "*The bones of the nose necrose: syphilitic necrosis, the nose flattens down; the bones are discharged. You see these people walking about with flattened down noses, and if you get near enough to them, the stench will be observed. They are nearly all syphilitics. A few remedies have the power of curing this syphilitic nose condition; Aurum, Mercury and Hepar are three of them. I once cured a man after the bones were completely softened, so that when the nose was handled it would bend right over; only a sort of cartilaginous structure held the nose in place. I gave the patient Hepar. It cured him of syphilis after he had been filled in vain with Mercury. Tip of nose nobby, red, like Lachesis; strawberry nose. Little knobs on the nose composed of varicose veins in heart cases with disturbance of the right side of the heart..*"

Agglutination of nostrils. Inflammation of the bones of the nose. Nodosities in the nose. Pain, boring, in the night, worse by any touch. Ulceration with pain in the right nostril. Ulcerative pain on the right side, inside of nose. Fetid, purulent, bloody discharge. Catarrh is ameliorated by the open air. Albuminous discharge from the nose. Cancer of the nose. Cracks in nostrils. Pain at night; boring pain in bones. Obstruction of nose in children [snuffles]. Imaginary and real odors that are offensive, putrid on blowing nose. On blowing the nose there is sore, bruised external pain. Knotty swelling of nose. Knobby tip of nose.

Face

Face seems bloated because of swelling under eyes. Cyanotic discoloration.

Cancer (Epithelioma) near wing of nose. Caries of bone. Inflammation of periosteum. Burning pain, caries in face. Pain in face on touching parotid gland. Boring pain in zygoma, aggravated by walking.

Mouth

Sour, bitter taste is a keynote. Syphilitic ulcers in the mouth, especially on palate. Redness and darkness of the gums. Breath's odor is cheesy. Milky taste in mouth. Caries on palate. Boring pain in palate.

Stomach

Aversion to food in general, but most especially to meat. His food tastes good but does not satisfy his appetite, has to eat again (in cases of depression). Desire for stimulants, especially coffee. A feeling of uneasiness in the stomach, difficult to describe. Pain in the stomach as if from hunger. Swelling of the epigastrium with shooting pain on touching. Anxiety, which is ameliorated during eating. Nausea from mental exertion. Pressing pain at noon, expiration aggravates.

Abdomen

Dropsical conditions (hydrops). Swollen glands. Hardness and enlargement of the liver. Inguinal hernia in children. **Flatulence, obstructed, descending colon - constipation. Bubo after suppressed gonorrhoea. Aching, dull pain in right hypochondrium. Aching, dull pain, pressing hypochondria while walking. Tension on sides of abdomen.**

Urinary organs

Urinary and kidney affections with frequent urination and urine that is watery or like buttermilk with thick mucus. Retention of urine with paralytic pain and strong urgency to urinate. Urine that is greater in quantity than the amount of liquid drunk. Stitches in side of bladder when breathing. Ineffectual urging to urinate, aggravated during menses. Inflammation of the kidneys with cardiac and hepatic affections.

Genitalia - male

Sexually the Aurum patient is very active and passionate; he finds sex to be a balm for his emotional difficulties and inability of expression. But, as he has been hurt once, it is only the pleasure of physical contact he seeks, without emotional attachment. The lack of emotional investment in his relationships can lead him to have multiple contacts without achieving any deep satisfaction. He seems to need frequent sexual contact to balance his depression. This practice, though, will eventually deepen his depression.

Another unique characteristic is that should his sexual partner end their relationship before he does, Aurum will be devastated and extremely depressed, even suicidal, this despite the fact that he felt no real attachment to this other person. It is the **wounded ego** of Aurum that suffers unbelievably in such a situation, accounting for a suicidal depression with little apparent provocation.

On another occasion one may find an Aurum married man, already deeply disappointed from his work (though he may be successful) and progressing toward depression, who can no longer be aroused by his wife and consequently seeks and finds excitement outside his marriage. In this illicit activity he can be very passionately sexual. Eventually, though, as any deeper involvement is lacking, he becomes less and less aroused by this person and seeks another such relationship, and so on until, in time, he **has the desire but not the capacity (no erection) to have sex.**

Sometimes Aurum patients will resort to masturbation in order to relieve themselves, but the sense that they are doing something wrong complicates matters and eventually makes the depression worse. 1 *

Nightly emissions. Atrophy of the testicles with a kind of hypochondriasis.

Enlargement of the **right testicle. Induration** of the testes. Epididymitis. Orchitis, balanitis. Sarcocoele. Condylomata of the scrotum. Young boys whose testes have not descended and who portray other Aurum characteristics may be spared surgery by taking Aurum.

Genitalia - female

Induration and ulceration of the uterus, especially if preceded by frequent abortions. These indurations -- **fibromas** -- are much more prominent in another Aurum, *Aurum muriaticum natronatum*. In this remedy we see more of the somatic hardness and induration of the Aurums, which is so excessive that *Aurum-m-n* is used almost as a specific by keynote prescribers for fibromas of the uterus that are very big and diffuse.

The menses are late and scanty, or they are completely absent, in which case a deep depression may ensue. Complaints of the uterus (abortion) from raising arms (reaching up) and straining. Prolapse of uterus. Sterility, which causes deep depression. Thick, white leucorrhoea which is worse while walking.

Inflammation of the vagina. Labor pains make her feel desperate and that it is better to die.

Chest

Heart - In Aurum children we may have complaints of violent palpitations around the time of puberty, when the sexual instincts are aroused and changes in the hormonal system ensue.

There are flushes of heat followed by perspiration and palpitations. Palpitations with great anxiety -- almost agony and fear that they have a serious heart disease. Arrhythmia, which is aggravated by sudden noises or excitement during a discussion, especially if a different opinion is expressed or there is opposition. Extra systoles, with the feeling that the heart stops for a while and then starts with a hard, strong beat. When walking feels as if the heart is loose inside the chest.

Sensation as if the heart had stopped and stood still. Strong or feeble, irregular palpitations that compel them to stop walking for a while. Carotids throb visibly. Extreme oppression in the region of the heart on walking fast and going upstairs, with edema of the lower limbs. Rheumatic pains that ultimately progress to heart ailments. Pain in the heart region which extends down to the left arm and fingers. Cardiac hypertrophy. Angina pectoris. Problems of the aorta. Stenocardia.

Respiration - Though in the midst of a severe depression, Aurum will likely not mention it to anyone; however, at night during sleep, when the logical mind can no longer inhibit its expression, the depression may find an outlet in **strong sobbing**.

Cardiac asthma. Kent writes in his lectures on materia medica: *"The symptoms of asthma and of difficult breathing you would naturally expect to be associated with the cardiac affections. Notice this also that the difficult breathing is of two kinds, such breathing as involves the lungs, and such breathing as involves the heart. So it is we have an asthmatic condition of dyspnoea that is cardiac in character; one belongs to such remedies as have a predominance of action on the affections, and another belonging to those having a predominance of action on the intelligence; one will involve the lung and finally bring on emphysema; the other one is entirely different in its character, with irregular heart action, and only secondarily associated with emphysema. Study your pathology with these things in mind and you will be able to perceive the nature of sickness and its results. These things are not mere observation, whims and theories, but are the outcome of studying things from internal to external."*

Back

Stitches below right scapula near spine. Stiffness of the whole back starting from the coccyx and ascending up to the nape of neck. Sensation as if warm air is streaming up spine to the head. Pain in spine in the morning so intense as to preclude movement of the limbs. Heat starting from the region of the kidneys and extending to the bladder.

Extremities

Aurum is a great remedy for psoriatic arthritis and rheumatoid arthritis when there is early involvement of the heart and when the patient is closed, duty bound, miserable and depressed. Nightly pains drive him to think of the relief death would bring. The arthritic pains wander from joint to joint and finally localize in the heart. Think of Aurum for sufferers of rheumatic-arthritic conditions who develop angina pectoris as their rheumatic suffering subsides. Limbs swollen and painful and easily ankylosed.

Peculiar symptoms in such rheumatic-arthritic diseases are: Sensation as if extremities were bandaged. Sensation as if knee were bandaged while walking. Rush of blood from the head to the lower limbs. Cold hands with hot head. Cold hands at night. Cold feet (soles of feet) in bed, in the evening. Herpetic eruption on palm of hand. Pain in joints, in the morning, in bed. Paralytic pain, especially of the knees which give way easily, feel feeble. Boring pain in left shoulder with a feeling of paralysis. Numbness (tingling) while lying, on waking, in lower limbs in the morning, in bed. Sore, bruised pain in the morning. Pain in toes. Swelling of upper limbs, wrist, hand. Swelling of leg; swelling of leg in the morning -- this swelling is ameliorated by walking. Limbs go to sleep easily; awakens with numb extremities. Dropsy of lower limbs, pitting on pressure, worse at night and better in the morning, with profound depression.

Sleep

In the night great mental activity that prevents sleep. He can be sleepless all night, yet there is no lassitude or tiredness in the morning. Sleep restless and anxious. Sleeplessness after morning hours, 4 A.M. , with tossing about in bed and with short interrupted periods of restless and anxious sleep. Dreams of death, of fear, of sorrow. Frightful dreams about thieves with loud screaming. Talks in his sleep. Frequent yawning with stretching of limbs on waking in the morning. **Sobs loudly during sleep.** Wakes up frequently in the night as from a fright.

Fever

Shivering through the whole body with gooseflesh on the thighs and a feeling as if the brain were loose in the frontal area. General chilliness prevails during stages of fever, but he wants the window open. Craves warm drinks during chills. Difficult respiration during chills. Coldness of the extremities; coldness of legs as far as the knees. A feeling as if the blood were boiling in the veins.

Skin

Warts, after abuse of mercury. Chronic ulcers with bloody discharge and burning or cutting pains. Psoriasis. The skin is dry and rough. Eczema that disappears and is succeeded by depression.

Clinical

Mental

Suicidal depression.

Children

Pining boys with weak memories, low-spirited, lifeless, with undeveloped testes. Ear affections with excessive fetid discharge.

Kidneys

Chronic inflammation of kidneys, associated with cardiac and hepatic dysfunction. Edema of lower limbs. Albuminuria.

Heart

Hypertrophy of the heart with tendency to fatty degeneration. Bacterial endocarditis during rheumatic fever. Angina pectoris.

Extremities

Syphilitic and mercurial affections of bones. Rheumatic and arthritic affections ending in heart diseases. Locomotor ataxia.

Other affections

Effects of alcohol. Asthma. Corpulency. Erysipelas. Hemiopia. Hydrocele. Jaundice. Leucorrhoea. Melanosis. Nasopharyngeal catarrh. Night terrors. Ozena. Paralysis. Disordered smell. Nodules on tongue. Tumors. Induration of uterus. Vertigo. Disordered vision.

Causation

Effects of grief, fright, anger, disappointed love, mortification, reserved displeasure, financial ruin, thwarted ambitions. Poison from mercury. Alcohol.

Relationships

Remedies that follow well: *Nitricum acidum, Aconitum, Belladonna, Calcarea carbonica, China officinalis, Lycopodium, Mercury, Pulsatilla, Rhus toxicodendron, Sepia, Sulphur, Syphilinum.*

Antidotes

Antidoted by: *Belladonna, China officinalis, Cocculus, Coffea, coffee, Cuprum metallicum, Mercury, Pulsatilla, Spigelia, Solanum nigrum.*
Antidote to: *Mercury, Spigelia, Chronic effects of alcohol, Kali iodatum.*

Dosage

From 6x up to the highest potencies.

Cases

1. Mrs. W.L. L., whose family also has several cases of unsound mind; a sister is now committed to a hospital for the insane. This patient has been brilliant mentally but unstable morally and subject to fits of deep depression alternating suddenly with periods of high spirits and great activity. When depressed she could not do housework or care for her baby, was indifferent to everyone and everything. I gave her *Anacardium* for the first few months with some improvement, but not much. As soon as I changed to *Aurum* she snapped right out of it, began to be a responsible housewife and mother and said she had not been depressed for ever so long [when it had been only 2 or 3 weeks]. Whether this will continue time will tell, but it surely is a prompt transformation, stable now for several months.
2. Mr. E. R., a man of large business ability associated with key people in India and New York. There are several cases of insanity in his family; a brother has been in

institutions three times.

This patient was sure nothing he attempted would succeed; when it did succeed many times he was as unconvinced as ever. He was sure he was only a trouble to others, that he ought to resign his position, that his mind would not work, that there was no use in anything. He could not read, could not do anything with his hands, could only sit and stare into space. He longed to help in this war; he wanted to get a farm and raise produce, yet was convinced he could have no place in the world.

I deliberated some months before I gave this patient Aurum when presto, everything was changed. He rose up, resigned his position in Washington, although he kept contacts with it in New York; he bought a farm and has been a happy ruddy outdoor man now for a whole year, studying farming, making over his home on the farm and building other buildings, hiring a manager and studying with him.

3. This patient's husband became involved in some heavy financial trouble and his creditors harassed him all the time, causing him to lose his job and his home. Constant worry over this condition and the fact that he seemed unable to improve his condition much developed in her a neurosis to the point of mild insanity. Her physician failed to relieve her, so she was sent to Cincinnati to consult a specialist, who ordered her into a hospital for an operation; but they, having no money and not being much in sympathy with operations, pressed him to know what he was operating for. He admitted he could find no pathology upon which he could base his treatment, but thought that an exploratory incision might reveal some damage done at childbirth which would help him. When she reported to me, I found her very nervous, and carrying a big bottle of bromides and phenobarbital. In discussing her trouble she would burst out crying and then look up with a smile and say, "Why do I do this?" She was despondent, disgusted with life yet afraid to die, and to mention death or read of one in the papers would upset her for days. Oversensitive and somewhat peevish. Could not sleep and would get up at night and someone would take her out for a walk. She was given Passiflora for a few days until I could study her case further, and then she was given Aurum metallicum 1M. Three doses cured her completely in three weeks.

Choudhuri, N. M., M.D., A Study On Materia Medica,

4. A boy of thirteen, becoming overheated while roller skating, sat down on a curb stone to cool off. A severe cold resulted with general aching; next rheumatism of knees and ankles developed; worse on motion. Next day it had left the legs and attacked the shoulders and arms. From that point it flew back to the feet, which began to swell. He had received Bryonia, Lachnanthes, Ledum, etc., according to the symptoms, but at this point I was confined myself to my home for some days and had to rely upon the reports of his parents, which were vague and indefinite. They now reported that while the feet continued to swell, the rheumatism was gone, but that now he had pain in his chest; it hurt him to breathe, was impossible for him to take a long breath. I gave Bryonia, then Cimicifuga upon their representation without good results; the boy grew worse. On the sixth day the mother reported that the boy was so weak that he could scarcely speak. I cross-questioned her very closely. Among other things asked, saying upon which side was the pain worse: Oh, exclaimed the poor stupid woman, "I forgot to tell you, he can't lie down at all. He hasn't lain down for five nights. We have him in a Morris chair. He sits bent forward all night with his head resting in a chin strap made of towels." A light broke upon me. Then I knew it was no pleurisy I had to deal with but rheumatism of the heart. I hastened to his home. As I entered the room I was shocked at the pitiful change in the child since I had seen him six days before. The laboured gasps for breath could be heard outside the door, the little figure sat bent forward in the Morris chair, face blue, cyanotic, swollen, feet and ankles swollen as big as watermelons; but the thing that struck me most as I entered was the terrific visible throbbing of the carotids, which could be seen across the room. It was with great difficulty that I could examine his heart; he could not endure the least touch, and at each attempt gasped, "O, doctor, give me a little more time." I finally made out a muffled, tumultuous heart sound, as if beating under water. The temperature was 103 degrees, yet there was a great deal of perspiration, urine very scant, no thirst, no appetite. He had only slept short naps for many nights. I feared the boy was dying. **There was a time when I would have treated the heart symptoms with Aconite or Kalmia, and the dropsy with Apocynum, and what not, and so zig-zagged a slow cure or a speedy death.** But fortunately I knew better now. I knew that every one of these symptoms are summed up under one remedy, which covers every point exactly. I gave Aurum 10x, dose to be given every three hours. I never saw a more brilliant cure. The first dose was 7 p.m. . I requested that they phone me at 11 p.m. that night. At 11 the message came, "Louis is in a drenching perspiration, he has urinated quantities and his breathing is less laboured." At 8 o'clock the next morning they phoned that he had slept peacefully most of the night, though still in his upright position with chin strap. That night he could recline in the chair, and the next he could lie down in bed. The urine continued in unbelievable quantities, the perspiration rained from him, and the swelling promptly disappeared. You see what a profound element gold is when homeopathically indicated. The lad made a rapid and complete recovery with no other medication. He received it first in the 10x, then I rose to the 30th, then to the 200th, on which I kept him until the poor damaged little heart was quite normal again. You will recall that every one of the above symptoms are recorded by Hering and Hahnemann in these words:

"Rheumatism which jumps from joint to joint and finally fastens upon the heart. Impossible to lie down. Must sit up bent forward. Visible throbbing of carotids. Face cyanotic, gasps for breath, can hardly speak above a whisper. Much perspiration, as in auric fever."

5. A woman, age forty-two, had been failing for a year. Black specks floating before her eyes for two years. Finally financial troubles affected her mind to such an extent the family physician sent her to Brookside. She was obstinate and fault-finding. Was sure she must go to the poor-house, that her life was wrecked and she

would never amount to anything again. A few powders of Aurum met, cured the case in two weeks, the black specks also disappearing, and she returned home in six weeks.

6. Another hospital case, osteomyelitis of tibia. The bone was incised, gouged, curetted and drained. Was absent from home a whole day and a half following operation; during my absence patient suffered great pain in knee, continuously and worse at night; hot applications gave no relief, neither did three hypodermic injections of Morphia, administered by order of superintendent of the hospital before my return. On seeing patient I prescribed Mercurius, with no relief in twelve hours; this was followed by Aurum 6th, every hour, until relieved. Pain disappeared after third dose; it returned four days after; another dose of Aurum put everything in order.

What puzzled the nurses was to see what appeared to be only little sugar pellets succeed so well where the omnipotent morphia had failed.

7. Mr. M., aged fifty-two, of a healthy family, had always enjoyed good health. Had been actively engaged for twenty years as a manufacturer of edge tools and was in financial matters independent. He first became despondent, then melancholy, thought his business affairs were in bad shape, and that he was coming to poverty. From this stage he thought he had committed some great wrong, and could not obtain forgiveness. Next he was in mortal fear of being deserted by his wife [who never left him for a day during his illness], and frequently wept on account of it. A terrible insomnia troubled him from the beginning, and anodyne prescribed for his sleeplessness only made him worse. He had the best allopathic advice, but the medicine appeared to make him worse instead of better, and he soon declined very positively to take any more. Then change of air was advised, and he was taken to the seaside, and from one watering-place to another, but after a time he no sooner reached a place than he wanted to leave again, at some even declining to remain overnight. He was first attacked in March, 1870, and it was now September - six months - and he was steadily growing worse, so that an insane asylum was now advised as a dernier resort. Fifteen powders of Aurum met. 12th trit. were sent, and one every morning was given in his food. His wife wrote that "From the first time the powder was given she noticed a change. He slept better from the first day the remedy was exhibited, so that when nine powders were taken he was almost as well as ever, and the medicine was discontinued." He remained well for three years, when a slight return was again promptly relieved by Aurum, and he has continued in good health ever since. Dr. H. C. Allen.

8. Mr. G. P. aged 18. Occupation - farmer. At age 8 he had surgery performed for ruptured appendix and peritonitis. Then, one year later, at age 9 he had surgery for cryptorchitis on right side.

He is quite disappointed with himself for staying in the village and not coming to Athens to learn a trade. He lost a year in his first year in high school; although he studied quite hard he couldn't learn his subjects, and now he sometimes forgets what he wants to do. Closed in character; he doesn't answer questions easily. He is bothered by the fact that he cannot leave his village because of his work and that he doesn't know Athens. He also has no money to leave.

Had iron deficiency anemia 4 months ago, which has been cured. This had been diagnosed because of continuous dizzy spells. He is not doing well in his work, doing it because he has to rather than because he wants to. He's a shepherd from morning till night. He has a tendency to always lie down.

He seldom speaks to others, has no energy in his movements, although his outward appearance is good. He is calm, unanxious. He seldom reacts; and does what others tell him. The loneliness he feels in the village disturbs him; the fact is that there are only two or three other people his age in the village. For the last two years he's closed himself off and rarely speaks to others. He is not thinking of suicide because he likes life, and he would like to be in Athens and have a job there. He doesn't like life in the village. He does not cry. He rarely gets mad and then he doesn't speak or he shouts. He's afraid of thunder and lightning.

He's never been in love and has never made love (had sexual intercourse). He frequently has erections without thinking about sex and then turns to masturbation. He masturbates quite often. He is shy in approaching the young women of the village. He likes to be in large groups.

He feels cold. He perspires and his feet smell. He is thirsty for cold water. He is hungry and eats a lot of food. He desires meat, lentils, beans, rice, noodles, macaroni, milk, eggs, sweet fruit, sweets, salty things, feta cheese. He does not want fat, sour things.

Sleeps on the right side. Has different dreams which he doesn't remember. Sometimes he wakes up at 12-1 A. M. to urinate. Wakes up refreshed, rested.

He was calm and shy during the interview and answered the questions with great hesitancy. He oftentimes would sit resting his head on his hand. Frequently he would touch his face and neck with his left hand.

Parents and brothers are healthy. His uncle was badly treated during the occupation and thus developed melancholia [depression] and phobias.

He was given Aurum met. 1M twice, and his psychological and general condition is much better. He does not forget as much, and there is less tendency to lie down. His feet are no longer malodorous. He has stopped dwelling on his problems.

9. Mr. A. P. aged 38 years old. Civil servant.

His problems began 3 months ago when one afternoon he suddenly felt a pain at the base of his genitals. In half an hour this pain continued from the base of the genitalia diagonally upward and outward to the left and right at a height of about 10 cm. The sensation was that of an orgasm without ejaculation. The pain at these areas has been continuous from then up to the present time. The intensity of the pain varies; it is more intense on the right side.

He feels much worse at sunset; this may be due to the feeling of tiredness at the end of the day. He feels much worse with pressure; when he is sitting doubled over;

when his underpants bother him; when his bladder is full; and when he puts pressure on it with his hand. He feels much worse when he is tired. He feels much worse after sudden movements, dancing, walking. During examination of the prostate, involving manual massage of the organ, there was intense pain for two days. He is not bothered by the pain at night, in his sleep. Pain is worse right after a bowel movement. Pain is worse right after urination; he felt as if something was being emptied and that the bladder walls were collapsing, sticking to one another. The problem is unrelated to sexual intercourse, ejaculation. The doctors assumed it to be a problem with the prostate, the seminiferous tubules, but of course they left many questions unanswered. He was probably disturbed by the warm dressings used. He has taken many antibiotics and anti-inflammatory drugs [anti-infectious agents] until now without result. The pain is continuous. The prostate was not found to be swollen. The examination and culture of the sperm was normal. The urine exam was normal; only a few crystals of calcium oxalate were found. He suffered from a feeling of bloatedness and intense belching for years, but ever since this problem materialized (3 months) there has been no more bloatedness or belching. About six years ago he had an ulcer in his small intestine which was painful, but he controlled it with diet and a drug called Tagamet. It was during this time, 3 years ago, that the feeling of bloatedness and belching started. Now, and for three months, he has had no symptoms of bloatedness or belching. Such a remission has occurred at times in the past but never for as long as 3 months at a time. He had adenopathy when he was 6 and 12 years old; a cyst has been excised from his thyroid; a hydrocele was removed from his right testicle; he's suffered from chalazion on his left eye. His mother suffers from cardiac problems. His father suffered from hydrocele, ulcer of the small intestine, and prostate cancer with metastases. He is much better at night: "I'm a night person." He is worse in the morning. He has difficulty getting started in the morning on waking up. He wants to prolong his sleep-time in the morning, and he needs a few hours before he is fully himself. He begins to feel like himself and to really start moving at around 2 to 3 in the afternoon, and at around 7 P.M. he feels his head clearing. He has difficulty in falling asleep before 2-3 in the morning, and this has become a nightmare for him. He feels warm, has warm hands and feet. The sun is his enemy. He likes rain and snow and is generally feels much better when he is moving, doing something. He does not want tight clothing. His appetite is normal. His thirst: 1 liter of tap water. He desires: sweets, salt, fat, eggs, chocolate. He sleeps on his stomach, always with a pillow over his head. He snores, and makes jerky movements in his sleep. He wakes up horribly. He has infrequent nightmares of his parents being dead. At night he perspires around the neck area, wetting his pillow. Urinary function is normal. Urine is normal. Desire for sex is normal. "I am very closed; I don't show my emotions, anger, sadness or joy. Someone might have angered me to the point where I would want to kill him, but I would never show it." He has great difficulty in his contacts with people, in fitting in (people, situations, etc.). "I have intense feelings or emotions that are always ruled by logic; intense feelings of fair-mindedness or righteousness without ever acting upon them." "I could be a perfect criminal master-mind but am so only in my imagination." He is fastidious. He is not egocentric. He is angered by bad and dishonest behavior, but he does not react; he would rather remove himself from the source of aggravation. If he does react, he does so only at home in a fight with his wife or brother by shouting and breaking objects (sometimes even valuable objects). Thus, when he is made angry or when he is unjustly accused, he does not react, but in his imagination he plans the perfect "eye for an eye" retaliation; this is what he means when he says he becomes a criminal master-mind with a certain plan in mind. He is sensitive, having a somewhat childish sensitivity. He does not cry easily; it is very difficult for him in front of others. His crying is somewhat like "a spasm, like a shaking, not like crying." He feels a pathological attachment to his parents. His mother suffered a cardiac episode when she was 77 years old. He developed an ulcer at this time, he feels, because he was with her in the hospital constantly for 20 days. He feels the same for his father. His father's prostate cancer appeared about a year ago. He feels fear or anger just from thinking about someone bothering his parents. He feels anxiety about his business. He is full of anxiety when he has to depend on other people to get things done instead of doing it himself. He is anxious about keeping his appointments, meeting people at a certain time -- whether he will to make it, if he will be able to come through all right, etc. He is quite punctual in his appointments. He does not easily offend people, excepting those in his immediate family. "I live in a fortress, alone and enclosed within a circle consisting of my wife and parents; other people outside do not interest me. I am indifferent to them; I do not offend them, and I am not offended by them; however, I am concerned lest someone else in this closed circle be disturbed by them." He has anxiety and fear concerning the death of his parents. Unsociable and a loner, he has difficulty in making friends. He never opens up to people, regarding the discussion of one's problems as uncivilized. He does not expect to receive answers or solutions to his problems from others; he expects to find these by himself. He is afraid of snakes. He is pessimistic. He always feels that he should have the right to take a step backwards, to retract his action. He is cowardly. When he was younger, he liked to go into cemeteries and attend funerals. Three things triggered feelings of repulsion and attraction in him. He was at the same time

attracted and repulsed by funerals. It was as if a magnet was pulling him to these things. He was also attracted by deep wells; he went close enough to see them but at the same time was afraid of them. Reptiles also produced this ambiguous feeling of attraction and repulsion-fear. The same thing occurred with things dealing with death -- funerals, cemeteries. He liked to go to cemeteries at night although he was frightened of them. This occurs less often now. The same thing happens with fires and lakes -- he does not know what is on the bottom; they attract and repel or frighten him at the same time. This does not occur when he views the sea or ocean.

If need be, he can be quite patient. Consolation aggravates him. He is not jealous. Sometimes he thinks of suicide; this thought is not strange to him since he has become bored with life. He easily forgets faces but remembers objects, situations, places. He is not easily led by others. He cannot stand to see a philosophical play or movie or read a philosophical book.

Aurum met. 1M was given. The patient came back three weeks later with this report:

"I think I am better." In the first week the problems were intensified for two days. For the following two weeks there was a gradual improvement in the intensity and duration of the crises. The pain has lessened in intensity now, and it seems to always appear after a bowel movement, lasting from 5 to 6 hours. As the days pass the duration of the pain lessens, especially within the last four days. The pain before was independent of the bowel movements and was continuous. The pain is such that pressure from his underpants and full bladder no longer intensify it. He has no problem when moving, dancing or walking. He has no problem after urinating. He continues not to have any problem with his stomach -- since his stomach problems stopped when this major problem first appeared. There is still difficulty in waking up; he becomes himself in the afternoon. He sees a lot of dreams -- "I lead a second life at night; it's like being at the movies." He is late on going to sleep; sleep does not come to him. He is probably thinking of the past. He sees himself flying in his dreams. He jumps at first 2-3 times, then he flies. He has not seen any nightmares involving his parents. He thinks he has less anxiety.

The things that attracted him and repulsed him before (deep wells, reptiles, death, etc.) no longer have an effect on him. His wife says that he is more sociable and open, though this is a small change. The suicide idea has not entered his mind, but he still regards it as a familiar thought.

He likes nature quite a lot; he feels better in nature. He likes travelling a lot; he yearns for these trips. Travelling is an experience for which he never plans. He starts out to go someplace and ends up somewhere else. He views making plans or developing a program for his life as a defense mechanism, something he would rather avoid. It just so happens that when he plans for a trip, he gets sick, catches a cold or his stomach hurts.

Cases 8-9: Greek paper cases from The Center of Homeopathic Medicine, Athens, Greece.

1 * We must be aware that the sexual behavior of both sexes is many times influenced by the type of psychopathology these individuals are suffering from, and this pathology may make it very difficult for them, even if possessed of strong moral convictions, to restrain or alter their impulses, desires, and perversions. A great part of our Western population has deteriorated to such degrees of sickness and deviation, to such extreme states of hormonal imbalance that people today talk about abnormal sexual deviations as if they were quite natural. Soon nobody will be able to establish where the boundaries of normal sexual behavior lie, and the sexual mores of contemporary societies will become absolutely chaotic. Homeopathy can correct such aberrations and reestablish order provided the individual is willing to go along with the changes. It has the power to alter sexual behavior because our remedies can affect the sexual sphere as well as other realms.

Aurum muriaticum natronatum

Double chloride of Gold and Sodium. Chloro-aurate of Soda.

The essential features

Aurum muriaticum natronatum is another member of the Aurum family that primarily affects the sexual-hormonal balance in women. Its sphere of action is not entirely known, but we do have some indications from which we can draw certain conclusions.

This remedy initially excites the organism causing congestion and/or irritation of the uterus and ovaries, ulceration of the uterus, endometritis, inflammation of the ovaries, profuse and premature menses, habitual abortion, etc. As may easily be understood, it also increases the sexual passions in women, occasionally resulting in nymphomania. You may for instance have a case of a woman who has very much enjoyed an illicit love affair with a married man; she has thoroughly enjoyed the erotic contact, but at a certain point she finds that she has to give up the relationship, for one reason or another, and that she has to repress her sexual desire. The production of the hormones that were flowing exuberantly before is then repressed, to the point where they are almost petrified; similarly, we then see at this

stage a petrification of the uterus. This organ becomes **hardened**, full of **fibroids** and tumors, while at the same time the desire diminishes and becomes deficient; eventually very little of the previous fire remains.

Fibroids are generally formed in this manner in an Aur-m-n. case. If the uterus, full of small or big fibroids, is so congested that it can no longer expand to become a fit organ for the development of a foetus, and if this is the result of the repression or arrested development of the female hormones, whether through the process described above or through any other, you may be faced with an Aurum muriaticum natronatum case. In a similar case, a gynaecologist had advised the adoption of a child as the patient had been married for 15 years without conception. The uterus was so full of fibroids that it could not expand and it was probable that an abortion took place now and then indicated only by a delay in the menses.

In my experience these people are sensitive, refined and are subject to many fears, so that you will often confuse them with *Phosphorus*. There is especially an inner fear that something bad will happen at any moment, giving you the feeling that they are fragile, and need protection. They will look unprotected and helpless, they will go into a panicky state, but inwardly they are quite strong and not yielding. You will be very sympathetic towards them, though they will not be attached or sympathetic towards you, as a real *Phosphorus* can be.

Because *Phosphorus* also has the tendency to produce fibroids, it is almost certain that these patients will receive *Phosphorus* as a first prescription. The difference is that these patients do not have the openness of *Phosphorus*, neither the emotional warmth. They are refined, sensitive, perceptive, even magnetic but they do not exhibit the openness of *Phosphorus* nor its effortless communication. On the contrary they are reserved, timid and rather closed on first contact. With this oversensitive nature, you will also perceive an element of sadness in their background.

It is unlikely that you will see a case of Aur-m-n. in the excitement stage, with the following exceptions: inflammation of the uterus, endometriosis, inflammation of the ovaries or salpinx, puerperal mania with sexual excitement and suicidal impulses.

You will usually see these cases after the stage of excitement has passed to the depression stage, where the **uterus** starts being **sclerosed**, **hardened** and swollen. In this stage there is amenorrhoea, scanty and delaying menses, deficient sexual desire, sterility from the hardened uterus or from ovarian torpor, ovarian dropsy etc. This remedy apparently has a most pronounced effect on the female organs, and most of its clinical application has been limited to this area. It has more power over uterine tumours than almost any other remedy, not only among the *Aurums*, but in the whole *Materia Medica*, especially when the history of the patient is similar to the one I described. This remedy has a pronounced effect on the following: Enormous **induration of an ovary**. A uterus **full of fibroids**. **Ossified uterus**. **Induration of one part, softening of another part of the uterus**. Scirrhus or **carcinoma** of breast or uterus. Corrosive leucorrhoea; pustules on genitals. Chancres; ulcers; warts. Bubo.

The mental state of Aurum-m-n. can be one of claustrophobia and anxiety for the future. If these women are hurt they will be inclined to go into deep depression, especially if they are hurt in connection with a love affair. A woman, while having an affair, puts on some extra weight and the man remarks about it. The effect upon her is so great that she loses her appetite, she goes into depression, she wants to disappear from the face of the earth. The depression is such that she does not want to come out of it, she just cannot care whether she recovers or not. She can go into a secluded mood. After such periods are repeated several times you realise that this is a state of anorexia nervosa with suicidal depression, pain in the stomach, nausea, loss of appetite and constipation, or severe constipation, like hydrastis.

Generalities

Boring pains are very marked in the pathogenesis of this salt; over left eye, skull, chest, tibiae, and bones generally. Symptoms worse cold wet weather; from October to spring (headache). In its toxic doses it causes "violent gastro-enteritis," accompanied by cramps, convulsive trembling, insomnia, priapism and insensibility.

The constipation is like that of Hydrastis, being accompanied with catarrh. Hale has used it with success in **nervous dyspepsia with a tendency to diarrhoea after eating**; in gastric and duodenal catarrh, with or without jaundice. Periosteal **swelling on lower jaw**. **Swelling of testicle**. High blood pressure due to disturbed function of nervous mechanism. Arterio-sclerosis. Increase of secretions from stomach, intestines and kidneys. Boring in those parts when at rest. Weakness; in morning on rising. Psoriasis syphilitica. Old cases of rheumatism or gouty pains.

All symptoms are **worse by rest**. Aggravation from bending head to right, when lying down, when at rest. Aggravation on slight motion. Aggravation when sitting or walking. Cold, wet weather causes inconvenience, better in dry, warm weather.

Head

From October until spring: violent headache. Violent pains on whole left side of head, mostly over eye. Every morning pressure over eyes, pains in forehead, dulness in head, lasting until afternoon; better in evening; nasal discharge bloody, fetid, ichorous. Hair falls out. Continual humming in head, with beating of carotids, almost causing delirium. When sitting the headache is worse.

Eyes

Chronic ophthalmia; malignant, cancerous; at same time, nose scurfy. **Scrofulous ophthalmia.** Yellow albuginea. Swelling above left eye.

Nose

Destruction of nasal bones. Nasal discharge bloody, ichorous, fetid. **Ulcers in nose.** Nose swollen, hard, shining (scrofula); if he takes cold, erysipelas sets in. Scurfy, oozing tetter on nose. Deep spreading syphilitic ulcer of skin. A case of rhinoscleroma(a granulomatous disease involving the nose and the nasopharynx. The growth forms hard patches or nodules which tend to increase in size and be painful on pressure.)

Face

Ulcers of upper jaw. Periosteal indurations. Ulcer in right corner of mouth. Complexion pale. Opening mouth difficult.

Mouth

Teeth look dirty, get loose and gums recede; caries of jaw. Tongue furred; bitter taste.

Tongue white. Warts on tongue. Fetid odor from mouth. Pain behind upper incisors, is aggravated on contact with warm food. Dulness of teeth ceases while eating.

Throat

Small blisters on fauces with swelling and inflammation of fauces. Two small ulcers on right tonsil.

Stomach

No appetite. Pressure in right hypochondrium. Aggravation on contact with salted food.

Abdomen

Dropsy without fever but threatening suffocation.

Rectum

Feces like whitish clay. **Stools harder.**

Urinary organs

Diuresis. Suppression of urine. Urine dark. Urine gets turbid; more profuse than usual. Morbus Brightii.

Genitalia - male

Chancre, on internal surface of prepuce. Bubo in fold of groin. Ulcers on foreskin; warts around them; ulcers on glans eating deeply.

Genitalia - female

Bearing down in uterine region with backache between the scapulae better lying on back and especially lying on stomach, dragging downward at times even from the chest. Spells of bearing down pains every 3 months as if the menses would come on, worse from heat. Usually accompanied by dyspepsia and constipation. Enormous distension of an ovary. Induration of one part and softening of another part of uterus. Ulcers with induration of uterus. Neoplasmata in abdomen. **Ovarian enlargement; even dropsy.** Leucorrhoea corroding parts. Pustules on genitals. **Abortion from uterine indurations.** Given to syphilitic mothers to prevent disease in offspring. Scirrhus of uterus. Carcinoma mammae et uteri.

The following cases were cured by internal use of the remedy, generally 3d trit., it usually caused increase of appetite:

Indurated cervix. Palpitation of young girls. Coldness in abdomen. Chronic metritis and prolapsus. Uterus fills up whole pelvis. Ulceration of neck of womb and vagina. Leucorrhoea, with spasmodic contraction of vagina. Ovaries indurated. Ovarian dropsy. Sub-involution. Obstinate leucorrhoea, with spasmodic contractions of muscles of vagina. Chronic metritis and prolapsus. Induration of vaginal portion of uterus. Enlargement of uterus for fourteen years, twice its natural size, entirely cured, uterus replaced itself. Induration of ovaries, reaching as far as umbilicus. Cases of ovarian dropsy. Ulceration of neck of womb and vagina, resulting from inflammations and indurations. Cases of subinvolution, anteversion and prolapsus, with greenish-yellow discharge.

Chest

Beating of carotid and temporal arteries visible to eye; violence of this beating became extremely annoying, so violent nothing could calm it; the disquiet caused by it put the sufferer into constant terror, almost to delirium.

Back

Pustular eruption on back.

Extremities

Old cases of rheumatism or gouty pains. Boring in right knee; pressure in right knee; stitching in left knee; boring in left tibia; boring in both sides of the Achilles tendon. A drawing in right foot; in evening, drawing in inner edge of right foot, etc.; pressure on right foot; **drawing in right toes**; cutting in right toe-tips; stitching in toe-tips. Pressure in left shoulder; pressure in bend of elbow; stretching sensation in right fingers; drawing in roots of right fingers; pain in knee; stitches in left knee; drawing in right toes. Amelioration of pains and pressure feelings on motion. Syphilitic ataxia.

Fever

Unusual heat and malaise. Violent fever, forcing him to keep his bed, urine copious.

Sweats only on right side, left (affected) side of head remains dry. **Excessive perspiration.** Suppression of perspiration.

Skin

Intolerable itching all over body; soon followed by an eruption of tubercles (little lumps), several of which become covered with dark-looking scabs.

Clinical

Ascites. Carcinoma. Haemorrhoids. Hair falling out. Headache. Hectic fever.

Jaundice. Phthisis. Rhinoscleroma. Sycosis. Syphilis. Affections of the tongue.

Tumors. Indurations or scirrhus of the uterus. Warts.

Hysterical spasms, with unconsciousness for several hours, beginning with coldness starting from abdomen, sometimes with pulsation in occiput, with inflamed uterus filling the whole pelvis, interfering with the action of the bowels and bladder, entirely cured.

Relations

Similar to : *Aurum* and *Aur-mur.* (chemically); *Arg-nitr.*, *Arsen.*, *Badiag.*, *Bryon.* (ascites); *Cist. can.*, *Conium* (indurations); *Graphit.*, *Hepar*, *Iodium*, *Kali bichr.*, *Kali hydr.* (mercurio syphilis); *Lycop.* (ascites); *Mercur-vivus et sulphur* (ascites); *Merc-jod.* (caries, syphilis, glandular enlargements, etc.); *Nitr-ac.*, *Phosphor.*, *Phosph-ac.*, *Sulphur*, *Thuja* (warts).

Incompatible: coffee and alcohol.

Suited to : Carbo-nitrogenoid and mercurio-syphilitic constitutions.

Causation

Causation: Vexation (jaundice) (Clarke)

Dosage

From 12c to the highest.

Cases

More than fourteen years ago, a young married woman consulted me for prolapsus uteri. She had been under the care of a Homoeopath of wide experience but claimed that he had not benefited her. She improved somewhat under the action of *Sepia*, but soon became discouraged and stopped treatment.

On December 3rd, 1915, this same lady, now 42 years of age, appeared at my office and asked me to take up her case. Shortly after leaving me she had fallen into the hands of a surgeon, who operated - performing ventral fixation and appendectomy and removing some ovarian cysts. She made a good recovery but in a few weeks was worse off than ever. The dragging in the pelvic region gradually increased and the uterus finally could be felt at the vaginal exit. All sorts of reflex symptoms made her life thoroughly miserable. I shall give the record in detail as it contains many new symptoms.

-Goitre the size of a hickory nut removed two years ago - relieving an anxious feeling she had for some time - a feeling as though something would happen, and panicky feeling in a crowd or at a theatre.

-Bearing down in uterine region with backache between the scapulae >> lying on back and especially lying on stomach, dragging downward at times even from the chest.

- No menses for 5 years; had hot flushes for a while; they have now disappeared.
 - Spells of bearing down pains every 3 months as if the menses would come on, >> heat. Usually accompanied by dyspepsia and constipation.
 - Pains in the arms, sharp shooting, and heavy throbbing in the wrists, tingling and numbness in fingers; heart feels heavy as a stone, with fluttering; pain in right ovary extending to a point under scapula, same side. All these symptoms are worse if she goes without the tampons that support the uterus, or gets over tired.
 - Burning in the pit of stomach; craves sweets, salt, meat, sour things.
 - Inveterate constipation with bloating and sore spots in abdomen; has to take cathartics; mucus covered stools.
 - Swelling of ankles; soreness of feet if on them much
 - Morbid, inclined to be melancholy; indifferent as to her recovery. >> by company; cloudy weather.
 - Generally worse from exertion; while on feet, in hot weather; at dusk (great weariness). Better in cool weather; after sleep.
- Aurum muriaticum natronatum*, 7 doses, to be taken one every evening.
- December 15. Much stronger; less bearing down, pain in arms etc., mentally better.
 - Sal. lac. January 5th, 1916. More like herself; bowels some better; heart much better.
 - S. L. January 19. Strength still improving; some dragging in pelvis, and pain over the crest of the ileum, extending down into hypogastrium.
 - S. L. January 29. All symptoms worse.
 - Aur. mur. natr. 30
 - February 23. Aur. mur. natr. 1m.
 - March 16. No backache; bowels move normally three times a day; soreness in region of uterus; a slight rash has appeared here and there.
 - April 3rd *Aur. mur. natr. vm.*
 - April 17 improving; notices a creamy leucorrhoea.
 - S. L. May 6, 19, July 10, reports steady improvement.
 - July 25 Headaches, old pains in arms, pain left ovary
 - Aur. mur. natr.* 1m.
 - September 25 *Aur. mur. natr.* 10m (C.)
 - October 20 *Aur. mur. natr.* 10m.
 - December 4 Leucorrhoea less profuse; no tampons since July.
 - 1917, January 31, *Aur. mur. natr.* 10m
 - April 9, improving in a general way, but has to resume use of tampons.
 - S. L. July 9, *Aur. mur. natr.* 50m.
 - October 4, *Aur. mur. natr.* 50m

On April 15th, of this year (1919) Mrs. B. reports that she has been wonderfully well. Shortly after her last visit she dispenses with all uterine support. She has been on her feet a great deal, having gone back to her old vocation as school teacher, and has suffered not the slightest inconvenience.

Few, if any of the symptoms in this case can be found in the provings of this remedy, the double chloride of Gold and Sodium. Some of them however, belong to the parent drugs.

Proceedings of the Fortieth Annual Session of the International Hahnemannian Association, pp. 186-188.

In one other case of a large uterine fibroid (extending to the level of the umbilicus), the patient improved very much in general health on silica in various potencies, but the uterus slowly got larger, until the last time I saw her, when after having taken *Aur. Mur. Nat.* 12 + daily for some weeks, the uterus was distinctly less in size. She received at this last visit *aur. mur. nat.* 30 + for three months (as she was going to live in the North), after which time I shall hope that the tumour will be still further diminished.

This patient had one or two aurum symptoms, including intense depression and aversion to company, but I must confess that this was largely a pathological prescription.

British Homoeopathic Journal, Vol. 16, No. 1, pp. 10-11

Frau W. K., the wife of a farmer, forty-two years old; large, blonde, more corpulent than lean; has had eight children, the last two years ago, and menstruates regularly yet. She came to me June 18, 1888, and said she had suffered for two years from vomiting, making its appearance every day four to five times. For several years she has suffered from a pain in the region of the spleen, as well as in that of the stomach, which has been so bad that she could do but little about the house, the much

more so as the vomiting was awakened and increased by every exertion. Examination revealed, in scrobiculo cordis, (fossa epigastrica), a dulness and tension, passing over into the liver region. The uterus was strongly retroverted; the fundus uteri enlarged and resting heavily upon the examining finger. Two indications, the dulness in the scrobiculo cordis, which may have been due to a swelling of the left lobe of the liver, and the womb trouble, called for Aurum, and I prescribed it as *Aur. natr. muriat.* 3x trituration, three times daily. On the 3d of July the patient reported the pain in the stomach and the vomiting were better, yet the old pain in the splenic region troubled her very much. Aurum was continued and alternated with *Ceanoth. Americ.* 3,2 grammes in 150 grammes of water, one teaspoonful three times daily. August 1st, the dulness and tension in the scrobiculo cordis had disappeared, the vomiting had not returned, the pain in the splenic region gone, the fundus uteri less swollen., She did her own house-work now, suffered no longer from vomiting, and was satisfied with her condition. She was supplied with enough *Ceanoth. americ.* 3, for about fourteen days, and told to report if she had any return of the trouble. I have since heard of her, through other patients, that she is well- certainly a happy result in such a condition as hers was. - Dr. Amberg, in *Allg. Hom. Zeitung*, June 6, 1880.

The Homoeopathic Recorder, Vol. 4, No. 5, p. 214.

Aurum muriaticum

Auric Chloride

The essential features

Aurum muriaticum is a remedy with a great deal of feeling; it is the most passionate and romantic remedy, with particularly erotic feelings. It is a tubercular remedy par excellence, and may be said to stand between *Stannum* and *Tuberculinum*. You may find an individual who has suffered with tuberculosis in her younger years but has been cured by modern medicine. This person goes through a period of emotional stress later on in life - due to an unhappy love affair perhaps - and her health starts to decline. A hacking cough may appear out of the blue and show no sign of abating, shortness of breath can develop, and depression may set in sooner or later. The patient cannot sleep, loses her appetite, is restless, anxious, dissatisfied; her health declines fast and yet she does not want to admit that she is seriously ill, to the point where if somebody reminds her of this issue she becomes angry. She cannot face reality, soon takes to Valium and Tavor and you have a case in hand that looks like a serious case of anorexia nervosa with tuberculosis lurking underneath. If she does not take the remedy soon, surely you will have to put her in hospital with a very bad prognosis. In short you have a case that looks very much like the *Lady with the Camelias*.

Aur-mur has **anxiety about health** more than any other of the Aurums. The patient has a deep concern about his health, he feels that something very serious is going on, but he does not want to speak about it with unqualified people. The Aurum muriaticum individual is an **extremely anxious person prone to palpitations**. The feelings are very much alive in this remedy and therefore when hurt the heart is affected. "Thinking about his complaints caused the heart to beat strong and fast" is how this is described in the texts. It is also a remedy that should be thought of in cases where there is a combination of **insomnia, sciatic neuralgias and depression**, when all this is coupled with a **deep inner anxiety about health** that is not always expressed as such to the attending physician. It is actually a preoccupation with death, and fear of death is a strong feature for this remedy. In the last stages though we may see a desire for death.

The Aurum muriaticum patient is a very sane individual, but when his health is mentioned he cannot remain calm and logical. He imagines he has all kinds of diseases. In this remedy we do not see the specific fear of heart disease that we see in the *Aurum*, but a general fear of any kind of disease. Even simply thinking about his condition causes palpitations; an overwhelming anxiety overtakes him and then he has strong palpitations. This is momentary but very strong.

If the patient stays alone his mind revolves around his health problems, and the more he thinks about them the more he sinks into **anger and depression**. It is a peculiarity of this remedy that the patient **feels really angry because he is sick**, angry that he has to put up with all this care necessary to his health. His family members may often ask what is wrong with him, as they observe that he is not feeling well, and he will decline to give them an answer. He will be irritable and usually he will give the answer: "nothing is the matter". Such is the attitude of this remedy that the patient feels anger when someone mentions the state of his health. He does not want others to think about him as a sick individual, he cannot tolerate this attitude.

We have seen that "**angry when thinking of his complaints**" is a strong keynote of this remedy. But all this thinking takes place when the patient is left alone. This is why he likes to be with others and discuss different matters, never health matters. He desires company for this reason. He will not discuss his condition, but is simply relieved because his mind is not revolving constantly on his ailments. In the texts it says: "His mind dwells upon his broken health until he becomes low-spirited and desires death".

Aurum muriaticum is a **heart remedy** where, as we have said, emotions have an important repercussion on the heart and its function. These patients are excitable people who will be strongly attached to their lover, and who can get extreme pleasure from sexual play. Sexual excitement is a feature of this remedy. A woman may produce several orgasms before being able to go to sleep. Men have exhausting erections. We notice a special activity in the sexual organs and the sexual hormonal system seems to be in an excitable state. These individuals are passionate and faithful, not out of conviction but simply out of pleasure. They get attached to one partner and this gives them pleasure, they do not want to change it. They are rather refined individuals, the most refined of all the Aurums, with a vivid erotic imagination. They will not fall in love with someone with whom it is not possible to have a close relationship, as the *Natrum muriaticum* patients do, but they are unhealthily romantic in their attachments. There is an element of sadness and pleasure mixed in their romantic attachments. It is the tubercular miasm mixed with syphilis.

Aurum muriaticum are very sensitive people who are deeply **affected by grief, by insults, by mortification**. They suffer from intolerable and extreme mental or **physical restlessness**, which must be relieved. This may often involve going out for a walk and spending hours walking in the open air until eventually they feel better. A strong keynote of this remedy is amelioration in the open air, almost more than *Pulsatilla*; but what really makes them feel good is the **wind blowing in their face**. The wind is like a live element that brings life back to them, also an inner calm and joy. The patient loves the wind, "opens her arms to hug it". "He walks the streets slowly, to be in the **open air** which ameliorates; he is much worse in the house, and in the warm room." There is almost a psychic desire for the wind.

This remedy has a **delicate constitution**, with refined, romantic, sensitive feelings. Aurum muriaticum people are definitely those human samples of degeneration and refinement that have resulted from generations of syphilitic and tubercular undermining.

Children have a very delicate constitution, with a fine head, fine features, fine hair, small eyebrows, small nose, very white skin and an angelic look with some sadness in it. They will easily develop swelling of the cervical glands, and their intense but hidden emotions can lead them to tuberculosis.

The adults are excitable people who start or jump easily when spoken to, and start in their sleep. When depressed they lose interest in their work and go into a weeping mood. They soon develop an aversion to their occupation. Indolence, aversion to work. Indisposition for mental work. Aversion to business. They feel tired, with loss of energy especially when their feelings are hurt, or when depressed. One point of differentiation from *Aurum met.* is the fact that usually Aurum muriaticum patients have sadness alternating with periods of excessive elation or joy, whereas *Aurum-met.* has a constant and deep depression. "Very bright and happy, with occasional fits of depression." These patients can be extremely irritable and capricious. Nothing can be done to please them when in such a state. States of extreme irritability and anger can alternate with severe depression.

This remedy will be indicated in the particular group of homosexuals that has had several suppressed syphilitic and gonorrhoeal infections and where as a secondary reaction warts, condylomata, glandular swellings and indurations develop, especially when all this condition is accompanied by occasional depressions and constant worry about health with palpitations.

Generalities

It has cured rheumatic fever with heart involvement. Diabetes where **polyuria is mostly at night** or at least much more pronounced than in the day time. Sinusitis affecting mostly the left frontal sinus with severe pain on bending head forwards. **Mental depression, sciatica and loss of sleep**. Dropsical states from heart disease, from liver affections, with albumen in the urine. Paralysis of the bladder with frequent urination during night. Multiple sclerosis, especially if the cause was traumatic, either by a fall or grief. Morvan's disease (chorea) greatly improved under its use. It is a most useful remedy in patients suffering from the chronic effects of gonorrhoea and syphilis, where fig warts and syphilitic ulceration are present together. Valuable in **haemorrhages from the uterus** at climacteric and after. **Catarrhal and glandular** affections are marked. The glands and parts inflamed become indurated. It has been useful in **cancerous glands**. Inflammation of the bone and periosteum. **Caries** of the joints, with **nightly** boring and gnawing **pains**. The pains are tearing.

It has many bone symptoms and pains **worse at night**. Drawing, tearing in various parts. **Fulness of the veins** all over the body is a strong feature of this remedy. (*Vipera*) Weariness. Many symptoms come on during rest and some during motion. **Exertion** and walking increase many symptoms. The palpitation, suffocation and great weakness come from walking and exertion. Fast walking is impossible.

Aur-mur seems to be indicated also in cases of suppressed gonorrhoea. It has warts in various parts: on the tongue, on the genitalia. Cold, wet weather ameliorates.

Warm air, warm bed, warm room, warm wraps, becoming warm even in open air, and warmth in general aggravates.

Great restlessness; changes his position every moment; his friends call him "the quicksilver man". Great nervous irritation. Greatest exhaustion, mostly in limbs.

Restlessness with palpitation.

Head

Vertigo, as if he was walking in air. Dulness of head. Violent **left-sided** headaches. **Pain in the region of the left frontal sinus on bending the head forwards**. Pain ameliorated by cold application. His forehead is hot. Heat of the head and cold extremities. Exostoses of the skull. Tearing pains in the skull. Dull frontal headache. Drawing headache in forehead, in left half of head. Constant burning in whole head worse on left side. Throbbing in left temple after rising; ameliorated by application of cold water. Burning in forehead. Head hot; limbs cool. Drawing, tearing in bones of skull from time to time; head feels insensible. Pressure on brain, along sagittal suture. Cool sensation on vertex. Hair, eyebrows and beard fall out.

Eyes

Ears

A sensation as if the ears were wide open. Music relieves the ear symptoms. Eczema behind the ears. Buzzing in left ear and sensitiveness. Ringing and roaring in ears, followed by deafness, with sensation as if ears were wide and hollow inside, could not hear distinctly. Ears reddened. Scurf behind ears. Burning and itching behind ears, particularly at night.

Nose

Catarrh of the nose in patients who are worse in a warm room. It classes with *Pulsatilla* and *Kali Sulphuricum*, as both of these are better in the open air. The discharges of the remedy are like pus, offensive and sometimes bloody. A bad-smelling, watery discharge from the nose, very irritating to the lip. Many hard crusts in the nose. Bleeding of the nose on blowing out of the crusts. Yellow, greenish discharge. It cures the most stubborn syphilitic catarrh. Red, swollen nose. Deep cracks about the wings of the nose. Lupus of the wings of the nose. Red **swelling of the left side of the nose**; the nasal cavity is ulcerated deep in, with dry, yellowish scurf, and sense of obstruction, although enough air passes through it. **Ozaena scrofulosa, with unbearable odor. Sudden running of pus** from nose. Hardness around corners of nose and lips. Deep cracks in alae nasi; in old cases of ozaena. Lupus attacking alae nasi. Infant's nose dented in.

Face

Red face. Pale face with red spots. Burning in face at times, mostly after shaving, with a dark redness of cheeks. Itching, as from tickling of a feather on various parts of face. Acne rosacea. **Caries** of upper jaw after typhoid fever. Caries of lower jaw since scarlatina in second year of her age; aged 18. **Exostosis** of right cheek. Trembling of lower jaw and threatened with trismus. Burning like pepper on lips. Pustule on lip. Indurations in lips. Lips swollen, they burn and itch. Cancerous ulcers on lips. Lips deep red. Painful swelling of submaxillary glands.

Mouth

It has been useful in **cancer of the tongue. Tongue as hard as leather**, hardly movable. Inflammation of the tongue followed by induration. Tongue became stiff and prevented articulation of certain words. Induration remaining after glossitis. Warts on the tongue. Metallic taste and salivation. Gums inflamed or white, blueish. Tongue ulcerated in various places. Mouth filled with aphthae.

Throat

Fauces red, pain in throat. Mucus in morning passes from head to throat. Inflammation with hoarseness. Scraping and pricking in throat. Dryness in throat; difficult deglutition. Frequent desire to swallow; feeling of a plug in throat.

Stomach

Coffee, tea and wine disagree. Sweetened coffee disgusts him. Gastritis, cramps in stomach. Slow digestion. Sharp pains in the stomach with burning, intense thirst. *Nausea* in morning, worse after breakfast; after eating; with vomiting of the water drunk and a trace of clear blood. Appetite increased or lost. After eating: nausea; distention and fullness of stomach; frequent yawning. Belching and nausea; risings have a putrid taste. Nausea on fasting, better after breakfast. Burning, cutting, stitching in stomach. Painful drawing in pit to middle of sternum; as if a hard body was pressed into cavity. Increased warmth in stomach.

Abdomen

Liver troubles associated with heart disease with albumen in the urine and dropsy of the limbs. Burning in right hypochondrium, with heat and pricking in abdomen. Constant **sensation of tension in right hypochondrium**. Induration of liver with dropsy. Spleen enlarged. Stitches in left hypochondrium, as after running. Abdomen distended; constrictive colic obliges her to double up; only goes off in bed. Distention of single places in abdomen. Stiffness in region of the groins. Eruption of small red nodules above the pubes. Abdomen sensitive to touch. Considerable swelling of inguinal glands.

Rectum

Diarrhoea with liver affection, or with Bright's disease. Diarrhoea worse at night. Diarrhoea worse at night; after eating; with pain in bowels. Stools: greyish-white, yellow, watery. Frequent fluid stools. A **heavy ring of warts around the anus** with copious moisture. Fistula in ano. Fig warts of the anus with ulceration. **Condylomata** at anus. **Excrescences** near anus, with an abundant serous discharge. Numerous circumanal condylomata, in a scrofulous, syphilitic baby. Haemorrhoids, with discharge of blood during stool. Anal and intercrural excoriation in a baby.

Urinary organs

Genitalia - male

Warts on the penis, on prepuce, scrotum or anus. Chancre-like ulcers. Flat ulcers on scrotum, secreting a fetid ichor. Chancres secrete an abundance of pus. Bubo in left groin. Excrescences extending from gland to os sacrum. Excrescences on scrotum. Diminished virility, melancholy. **Increased** sexual desire. Exhausting erections; hyperaemia. Testicles swollen, tense; drawing along the cords. Gleet; worse mornings.

Genitalia - female

Enlargement and great hardness of uterus. Painful induration of mouth of uterus. Burning and itching of the vulva. Heat and itching in the vagina. Light-yellow leucorrhoea, especially in the morning. Heat in vagina with itching. Burning in vulva, with itching. Constant running from vulva. Leucorrhoea acrid, with itching of genitals. **Sterility**. Vaginitis. Chronic metritis, with malposition and discharge. Amenorrhoea. Uterus prolapsed, indurated. Pudenda oversensitive.

Chest

It has all the symptoms **of angina pectoris**. Pain in the heart. Violent pressure in the region of the heart. Cardiac anguish. The palpitation keeps her from sleeping. Rheumatic heart. Heart disease accompanying carious affections of bones. Beating of heart causes anxiety and sleeplessness, cannot rest until heart is quiet. Percussion all along heart dull. Heartbeats irregular, with severe constriction of chest. Palpitation: with anxiety; worse from every mental emotion. Heart contracts more strongly; first sound increased. Heartbeats sharp and metallic. Violent, irregular palpitation, with great oppression of heart. Throbbing in carotid and temporal arteries. Endocarditis rheumatica. Enlarged right side of the heart. Pulse large. Pulse small and frequent. Suffocation in a warm room, from the clothing, from ascending stairs and from walking fast. Dyspnoea at night. Oppression compelled deep breathing, which relieves. Oppression as soon as clothes are fastened. Anxious contraction of chest. Heart cough. Short, dry cough in paroxysms, especially at night, followed by heat in throat. Frequent hard cough, with white sputa mingled with threads of blood. Frequent, loud sounding cough. Frequent night cough. Loose cough, with thick yellow expectoration.

Back

Dull drawing in neck while sitting. Tension in dorsal vertebrae. Burning, pricking, cutting and stiffness in back. Very severe backache.

Extremities

Legs swollen, and very tender to touch, especially along the inner side of the tibia.

Swelling of fingers. Painful swelling of right hand. Swelling in wrist.

Dropsical swelling of the lower limbs. Redness and swelling of toes, with burning and stinging; cannot put feet down. Exostoses on the tibia. **Periostitis** of the labia, of left foot. Extreme sensitiveness of the tibia. Exostoses, with bone pain in both shin bones. Disagreeable sensation in shoulders and arms. Tearing in left shoulder; in right arm, from elbow to tip of little finger. Burning, lancinating in arms and forearms. Involuntary concussive shocks in arms. Spasmodic motion of arms.

Trembling of hands in morning. Stiffness of arms and finger joints.

Blood-boils on nates and thighs. Stiffness in thighs and legs. Deep-seated, troublesome pain in left foot. Burning in feet. Cutting pain in toes when walking.

Sleep

Sometimes a penetrating pain from forehead down to nose. Throbbing in head, with heavy dreams. Violent dreams, **tormenting dreams of sadness**. Yawning after eating. **Sleepy by day even at work.** Sleepless: from excitement; from palpitation. Wakes with a start.

Fever

Violent fever. Violent chill and fever. Hectic fever. Copious, offensive smelling sweat. Copious cold sweat.

Skin

Eczema. Skin dry and shrunken. Small red itching elevations, leaving spots after they disappear. Whole body covered with ulcers and scurf, with hectic fever. Eruptions of pimples; crops of pustules all over the body.

Clinical

Heart affections. Rheumatic fever with heart involvement. *Angina pectoris*.

Diabetes with *polyuria is mostly in the night*. Albuminuria. Frontal sinusitis. Ozaena. *Mental depression*. *Insomnia*. Dropsical states from heart disease, from liver affections, with albumen in the urine. Paralysis of the bladder. Multiple sclerosis. Morvan's disease (chorea). *Haemorrhages from the uterus*. *Catarrhal and glandular affections*. *Cancerous glands*. *Cancer* of the tongue. *Periostitis*. *Caries* of the joints. *Fulness of the veins*. Liver affections, induration. Ophthalmia. Spleen enlarged. Sterility. Tumors in uterus.

Relations

Similar to: *Acon.*, *Amm-carb.* (hyperaemia of chest from heart disease); *Arg-met.*, *Arg-nitr.*, *Arsen.* (dropsy, albuminuria, heart); *Bellad.*, *Cinnab.* (syphilis); *Ferrum*, *Glonoine* (intermediate remedy in neurosis cordis); *Lycop.*, *Mercur.*, *Nitr-ac.*, *Phosphor.*, *Platin.*, *Silic.*, *Sulphur*.

Antidotes

Bellad., *Cannab.*, *Mercur.*

Causation

Chagrin, fright. Vexation.

Dosage

From 30c to the highest.

Cases

Aurum Mur. in *Insomnia*, etc. Dr. Clifford Mitchell (*Med. Era*) had good results with this drug in a case of sacral neuralgia, insomnia, and depression of spirits. The remedy was prescribed to relieve troublesome nocturnal urination, which was very annoying - the night urine being considerably in excess of the day. The whole of the symptoms disappeared.

The Monthly Homoeopathic Review. Vol. 36, 1892, p. 371

Grotzner relates the case of an old man, who had suffered from dropsy, having its origin apparently in a paralysis of the bladder, and who had incontinence of urine, especially at night. The chloride of gold was given with happy effect, and gradually resulted in powerful voluntary urination and recovery. *Rusts's Mag.*, 21. h. 1. , p. 28.

The North American Homoeopathic Journal, Vol 3. 1853, p. 332.

1. *C.G.* , aged 10. December 1st 1920. Suffering from congenital heart disease. Attacks of feeling quite dead beat. Acute palpitation on exertion. Huge appetite, and loves sweets. Loves the wind, "opens her arms and would hug it". Very bright and happy, with occasional fits of depression.

On examination: Very small, small hands and feet, rather a fat face. Heart very much enlarged. Marked double murmur all over the precordia. No cyanosis. No enlargement of the liver. Fingers not clubbed. *Aurum mur.* 1m1, S. L., 30 Mane.

January 5th, 1921. Very much better in every way. "Never been so well in her life." Heart very much improved. S. L.

2. In 1924, Mr. P., aged between 60 and 70, had been consulting me for several weeks for mental depression and loss of sleep. He was of independent means and was worrying about some rather speculative investments which he had been making, the market value of which was steadily falling. He was of medium height, thick-set build, of dark swarthy complexion and dictatorial in manner. Functions normal, prostate hypertrophied, with some urinary frequency and probably some residual urine, but no albuminuria. Blood pressure high, about 180 usually, but it would go up to 210 or over if he was excited or put out. On one occasion this happened in my

consulting room when I had said something that made him angry, but it rapidly fell to his normal after I had been able to calm him down. One day I was sent for urgently because he had gone out of his mind and had attempted suicide by trying to jump out of a third floor window. I found him delirious and under the restraint of two male nurses. Fortunately the wife had a horror of him being taken to an asylum (not called mental hospitals in those days), and implored me to treat him at home, which I consented to do. He was kept in bed attended by two male nurses night and day and given *Aurum muriaticum* 3x trit. every three hours. In a couple of days he was no longer delirious and was comparatively calm in mind. In a week he was his usual self, but it was thought advisable to retain the services of the nurses for another week as a precaution, after which they were dismissed. He had lost a good deal of his usual depression and, as luck would have it, his doubtful shares went up in value again, which no doubt contributed to his greater cheerfulness. He died some years after from kidney disease consequent on his enlarged prostate and high blood-pressure.

The British Homoeopathic Journal, Vol 29. , No. 2, pp. 187,188.

Now as a link between skin cases and tumours may I just briefly report a case of mycosis fungoides which responded very nicely to homoeopathic remedies.

This condition, as most of you know, is characterized, amongst other symptoms, by the appearance of more or less irritating skin tumours.

The patient was a man, aged 63, who for seven months before consulting me had noticed the development of small irritating tumours almost universally distributed over the body. After having been very ill in himself for some months, when I saw him his general health was fair, but he still had his tumours. On putting him through an exhaustive examination, including the biopsy of a tumour, the diagnosis of mycosis fungoides was definitely established. As there was nothing definite beyond the irritation on which to base a homoeopathic prescription, he was given a dose of sulph. 200 at the beginning of February, 1927, which allayed considerably the irritation, but did not affect the tumours, for which on April 12, 1927, he was given aur. mur. 4x b.d. for a month, at the end of which time the tumours on his face and back were much smaller; this was repeated for another month and he was given carb. veg. 30 to be taken occasionally at night as flatulence disturbed his sleep. I lost sight of him for six months, and then on his return his face was quite cleared of tumours and those on the back and limbs were much smaller. He was advised to continue the aurum, which he had omitted for some months. I did not see him again for sixteen months, by which time all the tumours had disappeared. Unfortunately my notes do not show how long he continued the aurum.

The British Homoeopathic Journal, Vol 22, No. 2. , p. 171

Inflammation of frontal sinus. Miss H., an elderly lady of gouty stock and subject to rheumatoid arthritis, had attacks of severe pain in the frontal region, worse on the left side. They came on suddenly with irritation in the left ear, followed by violent fits of sneezing, and pain and weight in the region of the left frontal sinus. The pain would last for a week and then be relieved by discharge of brownish coloured mucus from the left nostril. Sense of smell lost during the attacks.

Tenderness to pressure at the inner and upper angle of the left orbit. Washing out the left frontal sinus through the nose brought away a small amount of pus. *Aurum mur.* 3x soon rendered her quite free from the attacks.

(Monthly Homoeopathic review, March, 1894).

- Inflammation of frontal sinus. Miss R., aged 39. Attacks of discharge from the nose coming on every five or six weeks for the last two years. First a headache, with intense burning pain in the region of the left frontal sinus on bending the head forwards, then a feeling of something giving way very high up in the left side of the nose and immediate discharge of about a tablespoonful of clear fluid, which continued three or four days. The headache is worse from warm applications. After the acute symptoms are gone hearing and smell become abnormally acute. Examination showed nothing beyond a general hyperaemia of the nasal mucous membrane. After the failure of a number of drugs *Aurum mur.* 3x, t.d. s., quite cured her of the attacks.

(Monthly Homoeopathic Review, March, 1894)

- Inflammation of frontal sinus. Woman, aged 39. Repeated attacks of inflammation of left frontal sinus, sudden, preceded by headache, then intense burning in the region of the sinus, worse bending the head forwards. Discharge of glairy, often blood-stained fluid followed. Attacks lasted several days accompanied by fever, hyperosmia, and hyperacusis, and left her very weak. After the failure of many drugs *Aurum mur.* was given and from that date she was freed from her complaint.

(Monthly Homoeopathic Review, June, 1895).

- Inflammation of frontal sinus. Elderly lady of gouty history, subject to attacks of pain in the left frontal region, which came on suddenly with irritation in the right ear, with slight bleeding, followed by violent fits of sneezing and pain and sense of weight in the left frontal sinus, lasting about a week and relieved by discharge of brownish fluid from the left nostril. Tenderness to pressure and a slight prominence at the inner and upper angle of the left orbit. *Aurum mur.* was given for four weeks. No return of the attacks.

(Monthly Homoeopathic Review, June, 1895).

The above three cases are quoted in their brief form in The British Homoeopathic Journal, Vol 29, No. 2, pp. 188,189.

Dr. H. R. Arndt, of San Diego, related a case of a woman who early in life had indulged in excessive masturbation, been the mistress of a hard character, and finally

married a steady-paced man. But, though wanting to be a faithful wife, she was beset with a passionate longing for her old paramour, and would lie by her husband and "produce upon herself orgasm after orgasm before being able to go to sleep." During the day periods of frightful depression with suicidal tendency would alternate with spells of unbounded wrath." Aurum Mur. every two to four hours soon made a sane and cured woman of her. The doctor further said: "I know of no pathogenesis in our entire Materia Medica which more graphically describes an actual natural disease as do the symptoms of gold describe the effects of certain forms of general, mental and nervous troubles arising from sexual depravity, especially those severe functional disorders which are due to excessive and long-continued masturbation in the sexually immature".

The Homoeopathic Recorder, Vol. 7, No. 3, pp. 107-108

Aurum sulphuratum

Auric sulphide. Au₂ S₃.

The essential features

This remedy consists of an interesting combination of two important polychrests; the resulting synthesis, endowed with some of the characteristics of both remedies, yet presents with a unique and completely individualized pathology. It is this peculiarity, this individuality that we are seeking to recognise in the patients and in the remedy.

This remedy makes the person very **introverted and critical** towards himself and especially **towards others**. The Aurum sulphuratum individual is never satisfied with himself or others; the critical tendency in him causes him to be rude; his mood is usually **disagreeable**. This is an individual who has a tendency to brood, thinking of reasons for his miserable and depressed state. What will impress you is the **moaning and lamenting**. This remedy presents us with an individual who is **gloomy, anxious and wretched**. Another strong element in this remedy is an **anxiety of the conscience**, a deep anxiety or guilt, with fear and self-doubt.

The remedy causes such sensitivity in the individual that eventually these patients become very isolated in themselves, very introverted, as if any contact, any real communication would generate only pain for them. That is why we see a real **aversion to company**. There is mostly a desire to sit **alone and brood**. He can sit for hours and hours mulling over his thoughts, finding fault with others, criticising them mostly because they did not "treat him well", or were "unjust" with him.

The Aurum sulphuratum individual has a desire for solitude. There is an indisposition to talk, because of a feeling that discussion will be unpleasant. These patients do not want to discuss their psychological problems, but even if they do they immediately take a critical stand towards the person they talked to. They will criticise the attitude of the friend towards themselves and will complain that they are misunderstood, that the friend or the doctor does not take them seriously etc. etc. You may actually feel the presence of an individual full of psychological spikes that are ready to prick anybody who comes near. Indeed we also see that these individuals do not like contact, they do not like to be **touched**. There is an **aggravation from coming into close contact** with anybody. As the pathology progresses they may become **irritable, irascible, or sometimes violent**.

This remedy is internally and externally **argumentative**. Even if the arguments are not expressed to others, these patients carry an argumentative, quarrelsome mood inside themselves. They may stay up the whole night thinking about their problems. At night there is great excitement and restlessness of body and mind. Weeping, worse at night; alternating with laughter.

The strange thing is that while criticising others so heavily, Aurum sulphuratum patients themselves do not have any selfconfidence. They do not feel that they are really better than others. They feel that their mind becomes more and more weakened, they are confused as to their approach towards life, they reach a state in which they do not realise what is right and what is wrong in life. At first we may have a strong mental activity, later confusion and further on imbecility. These states change to excitement and a mania for work.

Eventually a feeling of weak-mindedness and indolence may take over, with loss of initiative and dislike for doing anything at all. It is an attitude that presupposes the obligation of others to support one in life; it is the psychology of the "demanding beggar", who never admits to it. In the texts we read "becomes like a **tramp**".

There may also be frightful dreams about thieves, robbers, tramps etc.

You may see a grown man who is supported entirely by his family and does not question this situation, as though it were in fact the duty of these other people to support him. He is not fit to work, though in conversation he does very well, and you wonder why such a person does not really work. Any effort of mind makes him feel tired, unable to cope and in general much worse. This state comes when the mental pathology has progressed quite a lot and it is the result of a long process of

internal battle and turmoil. But be aware: in this remedy the turmoil and the grief are exaggerated.

Kent writes: "It should become an excellent remedy for insanity, irresolution and *extreme irritability*" giving emphasis to irritability. It is an irritability that can irritate anyone in the vicinity, it is a **constant state of irritation of the nervous system**. The following symptoms can thus be seen: Maniacal conduct and loquacity, insane mirth. Marked increase of imagination. Delusions about animals.

Two key-note symptoms produced by this remedy should be understood in the context of irritability of the nervous system, and they are: **constant nodding of head** (suggesting paralysis agitans) and **great sensitiveness to touch, to least contact**. When the grief has not been expressed, but remained suppressed for a long time, the nodding of the head sets in. It is a motion that appears in this remedy, though not necessarily because of **Parkinson's disease**. This disease should however be considered within the sphere of action of this remedy, and could be prescribed especially if it has been preceded by a psychological state similar to the one described above.

The symptomatology of this remedy develops slowly after long periods of grief and vexation. It is a very useful remedy for chronic complaints that date back to prolonged grief.

Further symptoms include confusion in the morning, worse from mental exertion, weakness of memory; very forgetful, absent-mindedness.

Fears include going into a crowd, fear of people; of robbers; of death; of evil.

Generalities

Worse from cold in general; from cold air; from becoming cold; after becoming cold.

The symptoms of this remedy appear in the **morning**, forenoon, afternoon, *evening*, and **during night**. **Desire for open air**. The open air aggravates many symptoms.

Ascending brings on many symptoms.

Marked aggravation follows hurried actions, like running. Worse during and after eating and from exertion. Sitting erect aggravates some symptoms; standing aggravates many symptoms. Motion intensifies most symptoms. Desire to lie down, but lying aggravates some symptoms; worse lying in bed.

Within the sphere of action of this remedy we have: Cancerous affections; **ulcers**. Induration of glands. Pain in bones and glands; bearing downward sensations in different parts. Congestion of blood. Violent orgasm of blood in chest and head. Hysterical convulsions. **Paralysis of organs**. Staggering gait. Formication. Asleep feeling in single parts; a sensation of a band around parts. Mucous secretions much increased.

Pulsation in internal parts; the pulse is small, **fast**, irregular and weak.

Oversensitivity to pain. Complaints are predominantly right-sided. Swelling of affected parts; of the glands.

Head

Constant hyperaemia of brain. The hair falls out. Alopecia. Heat in head; burning scalp. **Nodding of head like in paralysis agitans**. Pain in head; better in open air, worse from binding up the hair; from coughing; worse lying; from motion; from strong odors; from warm room; in windy, stormy weather. Pressing pain in head; *in forehead*; in occiput; in temples; in vertex. **Tearing headache**. Lancinations in occiput.

Eyes

The eyelids stick together in the morning. Discharge of yellow mucus from the eyes. Heat in eyes. Inflammation of eyes; ulceration of cornea; of iris.

Itching of lids; of canthi. **Opacity of the cornea**. Pain in the eyes; from motion; when reading; aching, burning in the eyes and canthi; cutting, pressing; as from sand; stitching. Paralysis of the optic nerve. Protrusion and pulsation in eyes. Redness of eyes; of lids. Scrofulous affections of eyes. **Dim vision**; diplopic. **foggy vision**.

All the eye symptoms are worse from any exertion of vision. Hemipopia; can see only the lower half of objects. Vision lost from paralysis of the optic nerves.

Ears

Discharge from the ear; fetid; offensive; purulent; sequelae after suppressed eruption; the ears are red; dryness in ears; humming; ringing; roaring; rushing sounds.

Nose

Catarrh of nose; discharge bloody; hard; offensive; purulent; thick; yellow. The nose is red and swollen; offensive odor from nose; ozaena. Swollen nose. **Ulceration in nose**. Redness and swelling of nose; crusts; dry coryza.

Face

Epithelioma of lip; cracked lips. Eruptions on face; forehead; nose; acne rosacea. Pain in face; right side; in submaxillary gland; burning pain in lip. Swelling of the face, cheeks, glands in general; lips; parotid gland; submaxillary gland; ulceration of lip.

Mouth

Numb feeling in teeth. Aphthae in mouth and on tongue. The tongue is cracked. Speech is difficult. Taste: bitter, insipid, metallic. Vesicles in the mouth. Sensation of elongation of teeth. Grinding teeth in sleep. Pain in the teeth.

Throat

Inflammation of throat and tonsils, with elongation of uvula. Sensation of a lump in throat. Swelling of throat and tonsils; swelling of thyroid gland. Ulceration of throat.

Stomach

The appetite is ravenous. Aversion to food, to meat. Desires stimulants, coffee, cold drinks, milk. Distension to stomach. Digestion very slow; a sensation of emptiness. Eructations ameliorate. Fullness in the stomach; flushes of heat. **Hiccough**. Nausea after eating; during headache. Pain in the stomach; burning, pressing. Thirst burning; extreme. Vomiting bile. Inclined to vomit after eating.

Abdomen

Atrophy of the liver; enlargement of liver. Abdomen distended with gas. Flatulence obstructed. Pain in abdomen: from colic; on coughing; after eating; during menses; in inguinal region as though a hernia would appear. Rumbling in abdomen; swelling of inguinal glands.

Rectum

Condylomata of anus. Constipation; alternating with diarrhoea; difficult stool; inactivity of rectum, during menses. Diarrhoea; morning night, with burning in anus. Fistula in ano. Flatus passed from rectum; offensive, which ameliorates. Bleeding piles; external piles. Stool: gray, green-mucus, thin mucus, hard, **knotty, large**.

Urinary organs

The bladder symptoms are very numerous and important. Pressing in the bladder. Retention of urine. Urging to urinate constant; ineffectual. Urination dribbling, difficult, frequent, involuntary at night; unsatisfactory.

Suppression of urine. Prostatic discharge. Urine: albuminous, bloody, burning, cloudy on standing, copious, offensive; sand in the urine; **scanty**; mucus sediment; thick, yellow.

Genitalia - male

Nocturnal enuresis. Impotence. Frequent erections, with desire for an embrace, but ceasing immediately. Heat, smarting, and lacerations in the penis. Condylomata of the glans penis. Hydrocele in boys. Inflammation of glans penis; of testes; of epididymis. Itching of the scrotum.

Induration of the testes. Pain in the testes; **aching in testes**; drawing pain in testes; laceration in penis; **pressing in testes**. Swelling of testes; especially the right.

Perspiration of genitals; scrotum. Seminal emissions. Sexual desire increased, with relaxed penis.

Genitalia - female

Sexual desire increased. Inflammation of the uterus. Itching of the vulva.

Laceration in vulva. The vulva is swollen. Leucorrhoea: worse in the morning, acrid, copious, thick, transparent, white, **yellow**. Menses absent; copious; irregular; first menses delayed in girls; too frequent; late; scanty; suppressed. Pain in ovaries, in uterus; bruised; bearing down in uterus, especially during menses; burning in genitals and vagina. **Prolapsus uteri**. Heaviness in genitals. Heat, lacerations, and itching of vulva.

Swelling of the breasts; they are painful to touch; nipples are cracked; lacerating pain in point of nipples.

Chest

Nightly paroxysms of loud cough. Frequent thick cough. Suffocative attacks at night. Respiration is rapid, asthmatic: dyspnoea at night; on ascending, while lying, while walking. Expectoration in morning and evening; bloody, difficult; scanty, greenish, offensive, purulent, yellow.

Congestion of chest with anxiety; spasmodic constriction of chest.

Oppression of chest worse at night. Heat in chest. Cracked nipples. Milk disappearing or is suppressed. Fluttering of the heart. Trembling of the heart. Palpitation at night; on ascending; anxious; from least excitement; on slight exertion; during menses; on motion; tumultuous; visible; when walking. Swollen mammae; swollen axillary glands.

Back

The back is cold. Itching of the back. Stiffness in back. Pain in the back in the morning; on breathing; lumbar region, worse while sitting.

Weakness in lumbar region. Heat in lumbar region.

Extremities

Gouty nodosities in the finger joints. Caries of bone. **Cold hands, legs and feet**. Cracked skin of hands. Blueness of finger nails. Hip joint disease. Itching of the upper and lower limbs. Numbness of the limbs while lying and on waking; lower limbs. Tearing in the limbs, joints, upper limbs, upper arms, fingers, **finger joints**, thighs, toes. Painless paralysis of limbs. Staggering gait. Stiffness of knees. Dropsical swelling of legs and feet. The feet feel heavy.

Sleep

Comatose sleep. Dreams: amorous, anxious, of assassins, of dead people, of death, distressing, frightful, of thieves; pleasant, vivid. Sleep is very restless; sleepiness afternoon; after dinner. Sleepless before midnight; after midnight. Waking easily.

Skin

Eczema; herpes; pustules; scabby; urticaria; vesicles. Erysipelas; excrescences. Itching. Ulcers: burning, cancerous, deep, offensive, discharging yellow pus; fistulous, sensitive, suppurating, syphilitic. It has cured syphilitic warts.

Clinical

Enuresis. Goitre. Nodding of head. Impotence. Jaundice. Affections of mammae. Nightmare. Swelling of nose. Paralysis agitans. Pruritus vulvae. Staggering.

Relationship

Compare: *Causticum* and *Natrum muriaticum*.

Dosage

From 12c to the highest.

Avena sativa

Oat.

N.O. Graminae.

Tincture of fresh plant in flower.

An alkaloid, *Avenin* (C₅₆ H₂₁ NO₁₈), has been isolated from oats. It is easily soluble in alcohol. No clinical observations with this have been recorded.

The essential features

We can prescribe this remedy in mother tincture on the following indications, until we find a case that improves dramatically under the tincture. From then onwards we can select more refined information and indications in order to be able to prescribe in a truly homeopathic way. It is perhaps worth trying *Avena sativa* in cases of sexual neurasthenia, in older people, where such remedies as *Onosmodium*, *Selenium*, *Kali-phos.*, *Natr-phos.* etc have been prescribed without effect.

Avena Sativa is said to improve the nutrition of brain and nervous system. It may be of some service perhaps in nervous exhaustion, sexual debility; debility after exhausting diseases. Nervous tremors of the aged. Inability to keep the mind fixed on any one subject especially when due to masturbation. Bad effects of morphine habit. Insomnia.

Avena has been used empirically in substantial doses (5 to 15 drops of the tincture, preferably in hot water) in a large number of cases of nerve weakness. The leading indications are: Irregularities of the male sexual system. Nervous exhaustion. General debility. Nervous palpitation. Insomnia. Inability to keep the mind fixed on any one subject, especially when due to masturbation or sexual irregularities.

In the text it says: "It is most valuable in enabling a patient to overcome the morphine habit. It appears to exert the same kind of soothing action, without creating a

habit of its own. When not more than four grains of morphine have been taken daily it may be discontinued abruptly, 15 drops of *Avena* in a wineglass of hot water being given four times a day instead." Such information of course has to be taken with suspicion and reservation but nonetheless may be tried in practice when the occasion arises.

The only symptom that has been observed to be caused by it is a pain at the base of the brain from 20-drop doses.

A tonic for debility after exhausting diseases. Influenza. Sleeplessness, especially of alcoholics. Nervous states of many female troubles.

Generalities

Genitalia - male

Spermatorrhoea: impotency; after too much indulgence.

Relationship

Compare: *Alfalfa*. (General tonic similar to *Avena* -also in scanty and suppressed urine.)

Clinical

Debility. Influenza. Sexual neurasthenia. Exhaustion from morphine habit. Sexual excess. Sleeplessness.

Dosage

From 1x to the highest.

Bacillinum burnett

A nosode of tuberculosis first described by D. Burnett, prepared from tuberculous sputum by Dr. Heath.

The essential features

The constitutional type that needs this remedy is usually characterised by a **flat, narrow or hollow** chest, shoulders thrown forward, an **undernourished** appearance and a skin color going from a deep yellow to a greyish brown. In some cases you may notice that the front part of the head is narrow and pointed, while the back part is very large and rather square, unlike the *Cancerinum* child whose very big head bulges out in the front.

The Bacillinum individual is thin and emaciated and suffers from a permanent feeling of weakness which turns into exhaustion with the slightest cold or cough. The cough could be a constant dry, hacking one or accompanied by much **purulent expectoration**. Bacillinum has more pus from the lungs but less exhaustion than *Stannum*. *Stannum* and *Muriatic acid* lead all the other remedies in general exhaustion.

Bacillinum patients present the following characteristics in their medical history:

1. Susceptibility to **common colds, which they catch easily and frequently**, and from which they **do not recover quickly**. No matter what medicines are used, the colds drag on for a long time. Rapid decline in health after influenza. Suffocation during the night with a constant exhausting cough.
2. **Expectoration with pus**. Bacillinum is known to be of particular use in cases where there is **excessive muco-purulent bronchial secretion** threatening to occlude the lungs. (*Ant-t*)
3. Histories of **ringworm** affections.
4. Any condition accompanied by **pityriasis versicolor** may point to this remedy. Dr. Burnett has maintained that **ringworm of the scalp and pityriasis versicolor** on the body are indications of tubercular diathesis, and that they respond to this remedy. This is correct but not a rule.

It is interesting to note here that it has been reported that Bacillinum has cured **insanity with pityriasis**. I believe this to have been only an acute psychotic episode, and not a real form of schizophrenia. The heavy forms of schizophrenias, such as the process s., the catatonic s., the disorganised s. or hebephrenia, the paranoid s. etc. always need more than one remedy to cure them, and most of the time indeed cannot be cured at all. A homeopath should be careful in reporting such cases, as they tend to give wrong impressions and therefore discredit our science. In this disease in particular, there are so many degrees of severity in each individual case that we cannot really be reporting on **curing insanity**.

5. **Personal or family histories of tuberculosis or even frequent chest affections**.

6. **Glandular swellings** in general with exhaustion.

The past history of a case is of greater relevance to the prescription of Bacillinum than its present symptomatology. Whenever such a medical history is to be found in a case, independently of the concomitant symptomatology, suspect tuberculosis and think of Bacillinum.

It has been said that Bacillinum acts less well in cases of acute tuberculosis than in chronic cases. This is not true. The remedy will always act when indicated, in both acute and chronic conditions.

One of the main indications for this remedy is: active tuberculosis of the lungs where there is **excessive purulent expectoration with rapid emaciation, no appetite and copious night sweats**. Bacillinum is indicated during active exudative tuberculosis where the lungs are primarily affected. These cases require Bacillinum rather than *Tuberculinum*, although Bacillinum and *Tuberculinum* have a number of parallel characteristics. The most important of these is perhaps an eczematous

condition of **the margins of the eyelids** that becomes worse at night and in the early morning and from cold air. This redness with small follicles of the margins of the lids I have found to be an important indication for both remedies and it seems to point to a strong tubercular predisposition. Other common characteristics are: grinding of the teeth during sleep, which is less prominent in Bacillinum, and fear or disgust of cats, which in Bacillinum appears as fear of dogs.

Bacillinum is indicated in the pre-tubercular state characterised by constant loss of flesh, night sweats, lack of appetite, glandular swellings, clammy hands, cold and sweaty feet, a feeling as though one were wearing wet stockings and a sensation as of a damp cloth on the spine. This remedy is also indicated in conditions where there is a tendency to bleed freely from the least injury. Other clinical conditions for which this remedy could be indicated are spinal tuberculosis, osteitis or caries of the vertebrae, conditions that usually arise as a complication from lung tuberculosis. The spine curves inwards while the belly and stomach bulge outwards. The similarity here with *Calc-carb.* is obvious.

The provings show **severe headache, deep inside, worse by motion**, reminding one very much of *Bryonia*

The **psychological make up of the initial stages** of a Bacillinum case is characterised by a combination of an overflow of energy with voracious appetite and weight loss. This energy cannot easily be disciplined, and the patient does not know where to direct it or how to spend it. He may be very active sexually, expending himself in excessive sexual practices. He may stay out late at night, involved in several love affairs, trying to live life as fully as possible. The patient feels that this energy will not last long, and is **driven to** make use of it. Any sense of equanimity is lost; the normal and balanced expression of the life force is totally forgotten by the organism. The processes of tuberculosis are near and the patient is fast progressing towards a totally degenerate state.

This fierce energy is produced by an internal sensation as of something being burned up rapidly. The inner state of the patient can be described in the terms of a "wild animal". It is at this stage that homeopathy can do its best and prevent the tubercular processes that are moving in fast.

There comes a point where this overabundance of energy is burnt out and the person turns irritable, snappish and sulky. The appetite is lost and is replaced by constant weakness. The patient eventually becomes melancholic, morose, with unsteady and heavy mental faculties, unable to think much. He suffers from great dependency and a sense of foreboding, he complains and whines and allows himself to be frightened easily, particularly by dogs.

Generalities

Bacillinum individuals present great sensitivity to many external influences. They are prone to allergies, especially those manifest in the respiratory system.

Bacillinum is indicated in hay fever cases that develop a state of suffocation overnight, followed quickly by muco-purulent discharge.

Use this remedy when Tuberculinum fails and also in cases that look like rhus-tox when the restlessness is during night in bed.

Sleep is very heavy and profound.

Head

Severe headache, **deep in**, recurring from time to time, compelling quiet fixedness; aggravated by shaking head.

Headache with trembling of hands and total sleeplessness.

Terrible pain in head as if he had a tight hoop of iron around it.

Ringworm.

Alopecia areata.

Eyes

Eczematous condition of eyelids.

Face

Lupus exedens over the left superior maxilla.

Indolent, angry pimples on left cheek, breaking out from time to time and persisting for many weeks.

Mouth

Strawberry tongue.

Tongue is covered with a thick yellowish-white coating.

Aching in teeth, especially lower incisors.

Teeth very sensitive to air.

Grinds teeth in sleep.

Imperfectly developed teeth.

Throat

Tickling in fauces, compelling cough.

The cough is worse indoors, relieved outdoors.

Stomach

Appetite poor. No appetite at all.

Appetite ravenous, especially for pickled things.

Windy dyspepsia, with pinching pains under ribs of right side in mammary line.

Glands of neck enlarged and tender.

Abdomen

Consumption of the bowels.

Tubercular ulceration of intestines

Fever, emaciation, abdominal pains and discomfort, restless at night, glands of both groins enlarged and indurated; cries out in sleep; strawberry tongue. Tabes mesenterica; talks in sleep; grinds teeth; appetite poor; hands blue; indurated and palpable glands everywhere; drum belly; spleen region bulging out. Inguinal glands indurated and visible; excessive sweats; chronic diarrhea.

Rectum

Sudden diarrhea before breakfast, with nausea.
Severe hemorrhages from bowels, cough.
Obstinate constipation.
Passes much ill-smelling flatus.
Stitchlike pain through piles.

Urinary organs

Increased quantity of urine, pale, with white sediment.
Has to rise several times in night to urinate.
With the cough and this form of aphonia there is always a gushing from the bladder.

Genitalia - female

Very acrid and copious leucorrhoea, not able to nurse her baby, no milk.

Chest

Dyspnea, without any rattling in the throat and without expectoration, which obliged him sometimes to pass the entire night upright in bed.
Coughs all night. Nothing relieves it. The cough is loose, rattling with scanty, thin, whitish expectoration. The cough is worse indoors, relieved outdoors. Cough is worse talking and lying on the back.
Slight, tedious, hacking cough.
Hard cough, shaking patient, more during sleep, but it did not waken him.
Pricking in larynx with sudden cough.
Single cough on rising from bed in morning.
Cough waking him at night; easy expectoration.
Expectoration of non-viscid, easily detached, thick phlegm from air passages, followed after a day or two by a very clear ring of voice.
Sharp pain in praecordial region arresting breathing. Very sharp pain in left scapula, aggravated by lying down in bed at night, better by warmth.

Back

Sensation of damp cloth on spine.

Extremities

Trembling of hands.

Pain in left knee whilst walking; passed off after perseverance in walking for a short distance like Rhus-t.

Tubercular inflammation of knee.

Sleep

Drowsy during day; restless at night; many dreams.

Fever

Flush of heat (soon after the dose) some perspiration, severe headache deep in.

Clinical

Addison's disease. **Alopecia**. Consumptiveness. Defective growth. **Hydrocephalus**. Idiocy. Insanity. Affections of joints. Pityriasis. **Ringworm**. Scrofulous glands. Teeth defective; pitted. **Tuberculosis**.

Relations

Calc. phos. goes with this remedy very well. So do *Lach.* and *Kali c.* I know of no antidote.

Dosage

From 30c to the highest.

Badiaga

Badiaga is the Russian name for the river sponge.

Spongilla fluviatilis. Fresh-water sponge.

Trituration of the dried sponge gathered in autumn.

The essential features

In my experience Badiaga is mainly an **arthritic and rheumatic** remedy of great importance which cannot really be replaced by any other remedy. However, the symptomatology of Badiaga may easily be mistaken for that of *Rhus toxicodendron*, *Arnica*, *Eupatorium perfoliatum*, *Bellis perennis*, or *Rhododendron*. In case you should chose one of these remedies without obtaining a curative response, try Badiaga.

This remedy should be thought of in the following conditions:

1. Chronic **rheumatic or arthritic conditions** arising either from a chronic disease or **from injuries**, with much **soreness of the muscles** and affection of **joints**, particularly **the knees**. Badiaga should be thought of as a first prescription in cases of excessive pain in knees on **descending stairs**. To be more specific, the pain in knee is **not** felt when ascending stairs, but only when descending; I have rarely seen Badiaga fail where this symptom was present. These conditions are usually **worse from cold**, especially in cold air. **Stormy weather** aggravates, as does **motion**; relief is found **in a warm room and with warmth in general**. The aggravation from motion is the only symptom that differentiates Badiaga from *Rhus-tox.*, which is better from motion. The two remedies have a very similar symptomatology in their rheumatic and arthritic conditions.
2. Chronic cases where the deeper layers of the skin **feel sore to the touch**, even to the **touch of clothes**. The **body feels sore as if it had been beaten**, and very sensitive to touch, much like *Arnica*. There is easy extravasation of blood which again shows the similarity to *Arnica*. It is this symptomatology that makes this

remedy useful in cases of trauma and injuries, with blueness of the skin, deep soreness and pain in the muscles and joints. This remedy should follow the prescription of *Arnica* or *Rhus-tox.* in case no result should be forthcoming from the latter.

3. Cases of **influenza or common colds** where there is excessive **soreness of muscles and skin**, (*Eup-per.*, *Arnica*, *Rhus-tox.*) coupled with a **gushing discharge** from the **left nostril**. The decision for this remedy should be based on the combination of symptoms. **Flying out of viscid mucus** from lungs on coughing (*Stannum*) coupled with this soreness of the skin and muscles also makes a case for this remedy. We must consider as a key-note the easy way in which mucus is detached and the forceful way that it flies out on blowing the nose or on coughing.
4. Cases of **left sided sinusitis** with **soreness of the malar bone** even to touch, with **profuse discharge from the left nostril**.
5. Cases of hyperthyroidism with arthritic involvement.

The patient who will need this remedy is lively, excitable and emotional, prone to attacks of internal trembling and palpitations. The nervous system and the circulation seem to be in a constant state of excitement. There is an active memory, a clear mind and a desire for mental work. Mental activity brings about a restlessness which worsens towards night-time. In this respect Badiaga resembles *Coffea cruda*. Like *Coffea*, Badiaga cannot tolerate excess joy and develops symptoms from it, such as annoying palpitations and tremblings. From the symptomatology one gets the picture of an overstimulated thyroid gland, with the concomitant excess of emotions and trembling produced by such stimulation. Badiaga has a reputation for curing Basedow's disease and for treating syphilis, and is considered a complimentary to *Mercury*.

Some mental symptoms to be found in this remedy include: tearful mood, especially during coughing, with despair; mistakes in time, confuses the days of the week.

Generalities

Badiaga has a reputation as an antisyphilitic remedy, completing the action of *Mercury*. Infantile syphilis, bubo, roseola. After effects of injuries, including blows, bruises, falls, with extravasation of blood. Muscles and skin feel sore, as if beaten. Soreness of muscles and skin in its deeper layers; general soreness of integuments and muscles. Obesity in children due to thyroid disfunction. Glands swollen. Basedow's disease.

It is a remedy that is **sensitive to cold, especially cold air, and worse from it. Worse in stormy weather and better in a warm room.** Worse afternoon, worse from pressure and touch: there is general soreness, **even to touch of clothes**. Lying down makes the pains better and the palpitations worse. Carcinoma of breast. **Lancinating** pains in stomach; liver; below scapulae; urethra; chest. Tremulous **vibrative palpitation, aggravated when lying on right side**. Palpitation after pleasurable emotions.

Head

Headache with aching in backs of eyeballs, worse with motion and in the afternoon. Pains in eyeballs extending to head. Pain in right eyeball extending to forehead and then to temple, worse in the afternoon.

Severe **headache in vertex**, better towards night-time, ameliorated completely after sleep and **returning severely after breakfast**.

Headache from 2 p.m. until 7 p.m., with slight aching in posterior portion of both eyeballs and in temples; worse on moving the eyes.

Headache with inflamed eyes.

Excess of dandruff; scalp sore to touch; tetterlike eruption on forehead; dryness of hair.
There is a **sensation as if the head had increased in size** and were full.

Eyes

Blueness of margins of lids and blue circles under the eyes.

Irritation of the eyes in the afternoon. In general we see an aggravation for this remedy in the afternoon.

Hardness of meibomian glands.

Scrofulous ophthalmia; inflammation **aggravated by heat**.

Pain and **inflammation of the right eye extending to left**.

Pain in eyeballs extending to temples.

Headache with aching in posterior parts of eyeballs, worse on turning eyes.

Severe intermittent pain in posterior portion of right eyeball - paroxysmal.

The left eyeball quite sore, **even upon closing it tightly**.

Exophthalmus.

Twitching of eyelids, especially the left.

Ears

Pain when descending steps.

Slight shocks in ears as of distant artillery; afternoon and evening.

Nose

Hayfever with asthmatic breathing.

Coryza worse on the **left side**.

Gushing of mucus from left nostril.

Aggravation of the **discharge in the afternoon**.

Sneezing, **fluent coryza**, stoppage at times.

Itching of left wing of nose.

Face

Herpes on forehead.

Redness of face. **Numerus freckles on the face**

Face pale, ashy or leaden.

Left cheek and malar bone sore to touch.

Maxillary joint stiff.

Glandular swellings on left side of face, throat and neck, nearly as large as a hen's egg.

Mouth

Gluey saliva.

Saliva and mucus flie from mouth when coughing.

Bad taste in mouth, **evening**.

Mouth and breath hot, feverish, with thirst for large quantities of water at a time.

Mouth and tongue feel scalded.

Throat

Catarrhal affections of throat.

Hawks up masses of gluey, bloody mucus from throat, which is inflamed and sore; worse from swallowing solids.

Flying out of mucus while coughing.

Exophthalmic goitre.

Pulsation of carotids from excitement.

Stomach

Lancinating pain, worse on deep inspiration, worse at 8 a.m.

Appetite diminished.

Thirst for large quantities of water.

Headache after breakfast.

Pressure in pit of stomach, nausea and rumbling.

Severe lancinating pain in pit of stomach, extends to vertebrae, **right scapula**, and at times to right side, resulting there in a pleuritic pain.

Desires salty things and vinegar.

Abdomen

Lancinating pain with a bounding movement in region of liver with anxiety.

Indurated inguinal glands.

Syphilitic bubo.

Swelling of inguinal glands.

Rectum

Catarrh of bowels.

Constipation.

Hemorrhoids.

Urinary organs

Sharp pain in right kidney.

Urine high-colored, reddish.

Severe, sharp, lancinating pain, in and near orifice of urethra.

Genitalia - male

Chancres suppressed by cauterization or mercurial ointment, leaving elevated, discolored cicatrices.

Syphilitic bubo, left groin, hard, unequal like scirrhus; buboes from different causes.

Syphilis of infants, whole convolutes of hard glandular swellings, buboes. Cured a syphilitic bubo of left groin after *Sulphur, Carb-an., Clemat., Silic., Iodium* and *Arsen.* had failed.

Genitalia - female

Carcinoma mammae.

Chest

Cough loose morning, tight afternoon, **better in a warm room.**

Cough ends in sneezing.

Cough excited by sweets, candy, etc.

Spasmodic cough, strangling, face turning dark.

There is a definite aggravation of the respiration on lying on right side. While lying in bed **on right side**, just becoming unconscious by sleep, severe oppressive suffocative attacks from **suspended respiration**; must turn immediately to prevent suffocation. *Grindelia* and *Lachesis* have a similar condition (respiration arrested on falling asleep).

Breath hot and feverish.

Occasional severe paroxysms of spasmodic cough, **ejecting viscid mucus** from bronchial tubes which at times comes **flying forcibly out of mouth**; more during afternoon and evening; caused by tickling in larynx as if sugar was dissolving; **better in a warm room.**

Cough causes sneezing.

Pain in upper part of right chest.

Sharp, lancinating pains in chest, worse from motion and deep inspiration, with soreness of chest; worse afternoon and evening.

Severe stitches in sides, especially right, **aggravation from least motion.**

Lungs feel as if sinking down.

Tremulous, vibrating palpitation upon slightest emotion of mind.

Lying on right side, heart is heard and felt to pulsate from chest up to neck.

At midnight, while in bed, vibrating palpitation of heart for a few minutes.

Back

Neck very stiff, worse flexing head.

Soreness, **lameness with stitches in nape; worse bending head back and forward.**

Severe **lancinating and stitches below scapulae**, much worse from throwing shoulders back and chest forward, or from any contortion of body.

Severe pain in or near head of right scapula.

Pain in front of upper part of right shoulder, afterwards in left shoulder and arms. Pain in small of back, hips and lower limbs.

In right scapula pain from pit of stomach.

Extremities

Pains in the **knees worse on descending**.

Pain in front of upper part of right shoulder, afterwards in left shoulder and arm. Palms hot and dry.

Pain in hips.

Intermitting pain in muscles of lower posterior third part of leg, with a sore, **clumsy, contracted, bruised feeling** of anterior muscles of lower third, worse flexing foot and going up-stairs.

Chilblains.

It has lessened a hard cellular swelling of both legs.

Sitting or lying: legs become numb, soon feel sore, must change position.

Pain in the heel worse by least pressure.

Paralysis of toe, turns under while walking.

Sleep

Restless at night; **must frequently change position, body feels sore**.

Awoke with frightful dreams and severe crampy pains in metatarsal bones of both feet; 3 to 4 a.m.

Arrested respiration on falling asleep on his right side, has to change position immediately.

After sleep, head feels better.

Fever

Heat in forehead.

Fever and thirst.

Feverish, hot breath and mouth.

Hot stitches in bubo.

Palms dry, hot.

Foot sweat checked.

Skin

Skin sore to touch.

Elevated and discolored (blue) cicatrices.

Rhagades here and there.

Brown and blue spots in skin after concussions.

Clinical

Arthritis. **Rheumatism**. **Bruises**. Injuries. Catarrh. Coryza. Hay-fever. Pains in eyes. Ophthalmia. Affections and indurations of glands. Palpitation. Scrofula.

Relations

Side relation: *Spongia*

Compare: *Seneg.* (cough caused by sneezing); *Spongia* (cough, with much sneezing).

Similar to: *Calc-sulph.* (indurations); *Carb-an.* (indurations, buboes); *Rhus-tox.*, *Arnica*, *Eupat-per.*, *Clemat.*, *Mercur.*, *Nitr. ac.*, *Silic.*, *Sulphur*.

Complementary to: *Sulphur*, *Iodium*, and *Mercury*.

Dosage

From 6x to 50m.

Baptisia tinctoria

Wild Indigo

N.O. Leguminosae

Tincture of fresh root and its bark.

The essential features

Baptisia has come down to us as a remedy for typhus, although it has been a subject for controversy over the years. Some practitioners, including Kent, have praised Baptisia highly in this condition, where others stated flatly that it was useless for the real typhus. Kent also states in his materia medica that this is an acute remedy for acute conditions **only**. I do not agree with either statement. In my experience Baptisia has worked well when prescribed on proper indications, whether for acute or chronic conditions.

Since the idea of typhus has overwhelmed our literature on Baptisia, and has given the impression that this remedy should be thought of only in typhoid states, I will begin by indicating the range of diseases or conditions in which this remedy is needed:

Influenza, bronchitis, pneumonia, encephalitis, cholecystitis, food poisoning, enteritis, enterocolitis, peritonitis, tuberculous enteritis, psychotic conditions, anxiety neurosis, chronic fatigue syndrome, alzheimer's disease and asthmatic conditions.

These are some of the conditions where you may see the "picture" of this remedy.

The symptomatology on which to prescribe Baptisia is one close to *Arnica*, *Rhus-tox.* and *Eupat-per.* but it has features of its own.

The first characteristic to consider is the "scattered" feeling experienced by the patient. Baptisia can be described as the **most scattered remedy** in the materia medica. That is to say that the patient has the feeling that parts of the body are scattered around. The following expression is characteristic of this sensation: "*I am all scattered around. One little piece is over on the dressing table in a cup*". There is also a **feeling of duality** in this remedy, which, however, has nothing to do with the duality of *Anacardium*. There is no fear with it, no aggressiveness, nothing grotesque. This feeling of duality is a calm delusion and is described by the patient as a reality, without fear. He is experiencing one part of his body talking to another; two parts of himself are holding a conversation together. This condition appears during high fever, or during acute or chronic psychotic states.

A typical Baptisia case will always be accompanied by this type of confusion of the mind. The patient experiences conditions in which one part of the body is on the bed, the other on the floor. "*Thinks she is in two parts, and, when she gets a violent paroxysm of coughing, says she must keep awake while the half coughs; thus the alternate coughing of the two halves keeps her awake the whole night.*" This kind of delusion indicates Baptisia.

Kent describes this state eloquently: "*His mind seems to be gone. He does not know what he is talking about. He is in confusion, and when aroused he attempts to say something, and utters a word or two and it all flits away, and he is back in his state of stupor again. No matter what disease that comes in, no matter what inflammation is present, no matter what organ is inflamed, if that state of the blood that can give rise to such symptoms and such sepsis is present, if that state of the mind is present, it is Baptisia.*"

This does not mean that Baptisia cannot be prescribed unless such a state of confusion is present. Behind such a description lies an **idea** or a "picture" of the kind of confusion and disturbance that this remedy can produce. Old homeopaths used to see the typical Baptisia pictures described below; we are much less likely to see this type of case today, because most patients resort to antibiotics from the very first stage of their acute diseases. "*...offensive stool associated with this typhoid state; the stool is so extremely offensive that you can smell it all over the house. It is death-like, it permeates the house, you can carry it with your clothing. We have extreme offensiveness in Bapt.; it has a little restlessness at times but he will draw up his knees and lie over on one side, and lie there for days and will not speak to anybody; he attempts to answer and falls asleep; if he has wandering, as we sometimes find him, he seems to be scattered all over the bed, and seems to want to get the limbs together; he thinks he is made up of numerous factors; he thinks his limbs are talking to each other and it annoys him; he wants to get them together.*"

Other expressions during the delusion are:- arms do not belong to her; arms are cut off; bed is sinking down; someone is in bed with him; parts of the body have been taken away; tossed about bed to get the pieces of his body together; imagines legs are conversing; that toe is conversing with thumb; imagines limbs are separated. Sensation as if there was a second self outside of patient. He thinks his legs are holding a conversation with each other.

Kent again describes : "*Now, a strange thing that runs through the remedy is a peculiar kind of mental confusion, in which he is in a constant argument with his parts. He seems to feel that there are two of him. He realizes a dual existence whenever he is roused up. He will begin talking about the other one in bed with him. It is said clinically that "his great toe is in controversy with his thumb." Or, "one leg is talking to the other leg." Or, one part is talking to another part; or, he is scattered around over the bed; fumbles and you ask him what he is trying to do - "why, I am trying to get those pieces together." He never succeeds; he is in*

delirium, of course. These are only examples; you will get a new phase every time you get a Baptisia case. Most of the time he is unconscious except when roused. Sometimes he mutters. You will see his lips go, and you rouse him to see what he is about, and he is trying to get the pieces together.. Confused as if intoxicated." There are stages when he is not quite so stupid, and he is sleepless and restless. That is the exception. Most generally you will find him lying upon one side curled up like a dog, and he does not want to be disturbed. Again, when the stupor is not so great he is restless and turns and tosses. In that case he cannot sleep, because he cannot get the pieces together. He feels if he could once get matters together he could go to sleep, and these parts that are talking to each other keep him awake. His mind wanders as soon as his eyes are closed. Dulness, especially at night."

At this point we should consider the **apparent** similarities between Baptisia and *Cann-i*. The *Cann-i* patient feels as though he were moving out of his body, whereas the Baptisia patient feels his body to be scattered in various places. In *Cann-i* the hand appears to be moving out of the physical body, and this symptom is accompanied by a tremendous fear of going insane or dying. The *Cann-i* patient experiences it as a **process** of separation that will result in death or insanity and feels terrified. This is not the case in Baptisia. Here the confusion and congestion of the brain are such that the question of fear does not arise. The patient does not have the awareness to feel fear.

A peculiarity of Baptisia is the rapidity with which delirium sets in at the height of a fever: constant, loquacious delirium, muttering with no sense, with open eyes; delirium on closing the eyes; delirium worse at night; the emphasis here is that the delirium appears quite early in cases where you do not expect it. Clarke writes : "*Baptisia has gained its greatest reputation as a remedy in typhoid fever, to the symptoms of which its pathogenesis strikingly corresponds. But it is only when it is used strictly in accordance with its symptoms that it will give successful results. When given as a matter of routine there are sure to be failures. Another disease in which it has proved specific in a large number of cases is epidemic influenza.*"

In influenza of course you should not expect to see such a severe mental state, but a condition where the muscles are sore and the bed feels hard, the excretions are offensive and there seems to be a slight confusion in the mind, with high fever, not much restlessness, neither extremely cold nor extremely hot, but the patient looks reddish, besotted and tired, unable to give symptoms. He says "I'm just sick all over." The patient does not want to talk much, and you will confuse the case with *Bryonia*, because he just lies motionless and lifeless. The high fever, the confusion in the mind, the besotted face and the offensiveness that was not usual to the patient should make you think of Baptisia. It is this element of an early mental confusion in a case that should guide you primarily to think of this remedy. If the tendency of the delirium is to present the scattered sensation described above, you have a Baptisia case.

In cases of pneumonia, bronchopneumonia, pericarditis or endocarditis, the patient wakes up at night and breathes with great difficulty; the lungs feel tight; he cannot get a deep breath; he will give you the impression that he is out of breath, as if tired after ascending a hill. The bed feels so hard that he cannot lie long in one place. The fever is high, the skin dry, the face red and has a besotted look. There is obvious confusion in the mental region. The patient feels that he is suffocating, and gets up from bed or asks for the window to be opened. This seems to relieve him (*Carb-v., Pulsatilla*). His breathing is worse on lying down; there is a fear of going to bed, mostly because of a fear that on going to sleep he will suffocate and have terrible nightmares.

Having considered the features of acute Baptisia cases, I shall now concentrate on the Baptisia chronic case. This is characterized by a **feeble mind**; there seems to be an aversion to thinking, a dislike for mental, emotional or physical exertion. The mental powers seem to slow down and confusion supervenes. This individual cannot concentrate on a specific subject and experiences a wild, wandering feeling in his mind. The patient feels as though the **forehead** and **eyes were pressed inside the head**, and as though the forepart of the brain were stuck, preventing him from thinking, and causing him to rub his forehead all the time as though to activate the brain. The moment he tries to say something he forgets it. His **thoughts** wander and **vanish**. The brain softens, and alzheimer's disease is on its way fast. The patient's ideas are confused in her brain, and she is taken over by the feeling that she no longer wants to live, that she has nothing to live for, that she wants to die. In a more acute mental state the Baptisia patient becomes very restless, rubbing her hands continuously, wanting to move all the time, lying in bed and

rolling her head from side to side. She is confused as to her identity. She feels she cannot catch her breath: "...will clutch her breast and act as though she wanted to tear it open, then she would act like one dying. 'I am choking, I will die if I do not get more air'. If the windows are opened then she appears to be better".

A further stage to be considered is the Baptisia anxiety neurosis. Here we find **anxiety about health**, the anxiety revolving mainly around the **heart**. The patient fears that the heart will stop, or that it will, or has, quit beating. This brings on a tremendous anxiety and fear. He fears that he has an **incurable heart disease**. He does not want to hear any conversation about sickness, especially concerning the heart, because it brings about a wild state in his mind. This is not the logical fear we find in *Phosphorus*, where the patient feels that he may have, or may get, the same condition. This is a "confused fear". It is followed by despair, by a certainty that he will never recover and is sure to die. He is restless and nervous at night and his condition is aggravated by darkness, and by thinking of his pains. His memory weakens, and as it weakens the anxiety increases.

As a final stage, the patient eventually lapses into sadness, mental depression and lastly perfect indifference. He loses all feeling, does not care about anything, no longer wants to continue living. This state is similar to *Ph-acid*. You could call it a state of insensibility. **Insensibility** is a keynote for Baptisia. The insensibility is apparent in the mental, emotional and physical regions. During a headache, the patient may feel sleepy and stupid, the hands dead, without feeling. "Hands and feet were cold, and she said they were dead; there was no feeling in them; her arms were numb, and it extended down into her hands; she felt as though she would be paralyzed". Baptisia has loss of sensibility as a general condition.

Generalities

Again it is important to look upon the experience of Kent who apparently saw a great many cases of typhoid fevers and whose descriptions of this remedy are superb: *"All of its acute diseases and complaints have the appearance of zymosis, like scarlet fever, diphtheria, typhoid, and gangrenous complaints. There is one thing that is unusual about it, it brings on this septic state more rapidly than most other remedies. The zymotic complaints of Ars., Phos., Rhus., and Bry., are much slower in their pace. But Baptisia is suitable for typhoids that come on rapidly, and hence it is not so often suitable in idiopathic typhoids. When an individual comes down suddenly from cold, from malaria, from drinking poisonous waters, and from any zymotic or septic cause he is hurled into bed in a few days, instead of going through a period of four, five or six weeks. The old idiopathic typhoid fevers come on slower.*

Baptisia is suitable for those blood poisons that are highly septic, such as the puerperal state, such as scarlet fever. He comes down perhaps with the appearance of a sudden violent break down, with a remittent fever. But all at once it turns continued, and takes on septic symptoms. So much for its progress and its pace. Every medicine must be observed as to its velocity, as to its pace, as to its periodicity, as to its motion, and its wave. We get that by looking at the symptoms. You take an individual who has been down in a mine, in the swamp, down in the mud, in the sewers, who has inhaled foul gases, who goes into bed with a sort of stupor, from the very beginning he feels stupid. It is not gradual, but he goes down very suddenly, and he is stupid. He is prostrated. His face is mottled. Sordes begin to appear on the teeth much earlier than in the regular typhoid. The abdomen becomes distended much earlier than in the regular typhoid. That is, one who is accustomed to observing those things knows they are postponed for a number of days; while with this remedy the third day the abdomen is distended, his mouth is bleeding, and is putrid. His odors are horrible; and he is in a marked state of delirium, such as would not be expected until the typhoid is out for many days. So it has rapid running diseases. It has velocity. That is, he is going down toward death rapidly. He is increasing in his prostration more rapidly than usual. It is not a gradual decline of days and weeks. He goes into a state of stupor. When aroused he takes on delirium. It does not matter whether it is scarlet fever, or typhoid fever, or a septic surgical fever, or a puerperal fever, or what. He has fever, and if you look at him, and talk to him, and turn him over, and rouse him up, and make him realize that you

want to say something to him - which is difficult - he gives you the impression that he has been on a big drunk. That is the first thought you will have in a Baptisia case. His countenance is besotted. It is bloated and purple and mottled. Blood oozes from the mouth. You have seen the besotted countenance of drunkards, and it is like an old drunkard.

All the discharges are putrid. The odor is cadaverous, pungent; penetrating. His perspiration, if he has any, is sour, foetid, pungent, and penetrating. If he has no sweat the body gives off an odor that is unaccountable. The odor is so penetrating that on going into the front door the whole house, if the room is open, is filled with the odor. The odor from the stool is putrid and so penetrating that it can be detected on first going into the house."

The characteristic generalities of this remedy are:

- a. an all round **sick feeling**
- b. great **muscular soreness**, bed feels very hard
- c. **insensibility**
- d. **mental confusion**
- e. **prostration** and
- f. **offensive discharges**, offensive breath, stool, urine, sweat, etc.

Cases of convulsive contraction of esophagus with regurgitation of food have been cured by it. One of the older homeopaths, Hale, considered it a specific in **threatened miscarriage from mental depression, or mental shock** from bad news. **Mucous membranes become dark.**

Ulceration of mucous membranes. Morbid irritability of nervous system, preventing sleep. Restless, uneasy, could confine himself to nothing; wanted to be moving from place to place. Dull, heavy feeling in whole body, with indifference to everything. General malaise, weak feeling, but especially of lower limbs. Entire system feels weak, especially lower limbs and knees. Feels weak and languid, sore and bruised, especially arms and calves of legs. Feels weak and exhausted after a little labor, soon becoming tired. Feels weak, tremulous, as after severe sickness. Faintness on rising.

Great languor; wants to lie down. Lassitude and **weakness of whole body, with indifference**. Great prostration and restlessness. Prostration and trembling. Prostration, with soreness of muscles. **Slides down in bed**; feels as if sinking away.

Paralysis of **whole left side**; left hand and arm are numb, powerless. Numbness and tingling in the whole of left side.

Baptisia resembles *Rhus* in its typhoid tendency, but the prostration of Baptisia is greater, with a drowsy, stupid condition and besotted look instead of the restless irritability of *Rhus* - the throat, too, is dark-red, with dark putrid ulcers and a marked painlessness, while all the discharges are very offensive.

Some **keynotes** for Baptisia:

- A feeling as if the **forehead or the eyes or both were being pressed in**.
- A tendency to **rub the forehead constantly**.
- A feeling as if the **tongue were scalded**.
- **Swelling at the base** of the tongue.

Head

There is a dull **heavy sensation in head** with drowsiness and heavy eyelids.

The head **feels large**, with a **numb feeling** of head and face.

Bruised **soreness as if in brain**; bruised feeling in occiput.

The neck is tired, cannot hold head easy in any position.

The skin of the forehead felt **as if drawn tightly** and to the back part of the head; a feeling as if the **forehead was being pressed in**.

Sensation as if a band were around forehead.

Head feels heavy as if he could not sit up, causing a **wild feeling**; worse from noise. **Dull, bruised feeling in occiput**.

Top of head feels as if it would fly off.

Sensation as if head was swelling slowly, growing larger and larger.

Sharp pains by spells in right and left temples.

Eyes

Lids partially paralysed.

Cannot bear light; eyes burn, but do not water.

Occasionally delirium with confusion of sight.

Feeling as if **eyes would be pressed into head**; eyeballs feel sore with great confusion of sight.

Left eye for a moment feels very weak, followed by stitches in upper eyelid.

Stitches in right eye; also in left as from needles.

Eyeballs feel sore; sore and lame on moving them.

Vessels congested, eyes look red, inflamed.

Partial paralysis of lids; difficulty in keeping them open.

Ears

Roaring in ears with mental confusion.

Delirium with almost complete deafness.

Ears feel hot and burn, yet cold to touch.

Right ear sore and neck tired.

Soreness in right ear, running down neck.

Pain below left ear, midway between mastoid process and angle of lower jaw.

Slight pain in left parotid gland.

Nose

An illusion of smell "as of burnt feathers".

Sensation of great fullness, edematous swelling of affected parts. Epistaxis during typhoid fever.

Severe drawing pains along nose.

Nose stopped up as if had taken a bad cold.

Thick mucus from nose.

Dull pain at root of nose.

Unpleasant sensation at root of nose as if water had passed through posterior nares while drinking.

Epistaxis and oozing of dark blood from nose.

Face

Anxious, frightened look.

Dark red, with besotted expression; flushed, dusky; hot and perceptibly flushed, epistaxis ameliorates.

Discoloration with bluish spots.

Burning, prickling of left side of face and head. Burning heat in face with flushed cheeks.

Sweat on forehead and face.

Face and whole head **feel numb**.

Muscles of jaw rigid.

Jaw dropped.

Cracked lips.

Pain in region of right mastoid process.

Mouth

A general comment here is that in spite of the fact that we have a lot of extremely offensive ulcers or ulcerations, **we do not see much pain**. Putrid ulceration of buccal cavity, with salivation; well-developed ulcers, slight pain. Fetid ulcers, filthy taste with flow of saliva. Gangrenous ulcers. **Painless** ulcers.

Sordes on teeth and lips.

Tongue coated white, yellow or yellowish-brown, and feels **as if burned** or **scalded**. Tongue has a yellow centre, or yellowish-brown coating.

Tongue yellowish-brown with shining edges. Shining, glazed edges of tongue.

Saliva rather abundant, somewhat viscid and flat tasting.

Enlarged tongue, swollen, thick, making talking difficult. Roof of tongue is swollen and feels numb.

Tongue feels stiff.
Pain in root of tongue on swallowing.
Cracked, sore **ulcerated** tongue.
Trembling of tongue when protruding it.
Swelling of the palate.
Taste is nauseous.
Fetid odor.
Aphthae black.
Gums dark red.

Throat

Although there is severe inflammation the pain is much **less than expected**.
Nervous spasm of the esophagus.
Paralysis of esophagus.
Esophagus feels as if constricted from above down to stomach.
Constrictive feeling causing frequent efforts at deglutition; throat sore, feels contracted.
Can swallow liquids only; least solid food gags.
Frequent inclination to swallow, causing pain in root of tongue.
Painless inflammation of throat.
Fauces dark red; dark, putrid ulcers; tonsils and parotids swollen; unusual absence of pain.
Burning and heat in fauces, as from heartburn, extending into ears; aggravation from belching, which causes pain to extend into chest, and there producing a weak feeling.
Tonsils and soft palate very red, but not painful.
Uvula elongated.
Discoloration of tonsils, uvula dark red.
Swelling of epiglottis, mornings.
Throat sore; **averse to open air.**
Dark, putrid, wash leather-like exudation of membrane.
Sensation as if had eaten pepper.
Mucus abundant and viscid, can neither be swallowed nor expectorated.
Children cannot swallow solid food; the smallest solid substance causes gagging, thus they cannot use anything but milk.
The larynx is very sensitive to touch, sore to swallow or speak.

Stomach

Loss of appetite.

Constant desire for water, with nausea and want of appetite.

All symptoms **worse from beer**.

Belching of large quantities of wind.

Nausea with eructations, followed by painful vomiting.

Feeling as if he would vomit, but no nausea, with severe shooting in left kidney and to left of umbilicus.

At night frequent pain in epigastric region; aggravation from turning over, which he had to do all the time.

Sinking, "gone" feeling at stomach, fainting; tongue brown in morning.

Cramp in stomach; evening.

Severe pain every few minutes in cardiac region of stomach.

Abdomen

Dull pain in umbilicus on deep inspiration.

Dull pain at pit of stomach, with constriction of diaphragm.

Constant **pain in stomach and liver; worse from walking; heavy aching in stomach and liver**.

Pain in region of liver on going up-stairs.

Constant **aching distress in stomach and umbilical region, with a great deal of pain in region of gall-bladder**; pain extends to spine.

Pain in region of spleen, with darts of pain in body, especially in carpus, metacarpus and phalanges.

Severe colicky pains in umbilical and hypochondriac regions, recurring every few seconds.

Pain in abdomen with diarrhea.

Gripping pain in bowels while at stool.

Distress, dull pain in umbilical region.

Distended abdomen; fulness; flatulence, rumbling, feels as if vomiting would relieve; mushy stools.

Right iliac region sensitive.

Abdominal muscles sore on pressure, with acute intermitting pain. **Abdominal tenderness, with flatulency.**

Cutting in bowels, relieved for a short time by passage of flatus, which causes burning at anus.

Severe pain in left groin; better from walking, better from rest, but returning again on motion.

Glands of left groin swollen; painful on walking.

Severe pain in the region of the gall-bladder, it is almost impossible to walk, it makes the pain so severe.

Rectum

Diarrhea, with pain and soreness in bowels.

Stools of pure blood, or bloody mucus.

Fetid, exhausting diarrhea, causing excoriation.

Thin, watery, **offensive** diarrhea day and night.

Apthous diarrhea.

Dark brown mucous and bloody stools.

Stools: dark, thin, fecal, **offensive**.

Fetid stools.

Stool very small and difficult to pass, it resembles sheep dung.

Pain before stool, weakness after stool.

Constipation and diarrhea; stools dark and blood-streaked.

Before stool: severe colic, more in hypogastrium.

Stool papescent, with a large quantity of mucus, but no real pain.

Urinary organs

Stitches in region of right kidney.

Shooting pains in region of left kidney.

Urine scanty, dark red; light green. Urine very highly colored and scanty. **Urine not very copious, but of dark-red color.**

Urine alkaline, fetid.

Passes water often with a great deal of fiery pain.

Red sand is passed with urine, and is seen at once on bottom of vessel.

Increased secretion of urine at night.

Genitalia - male

Dull drawing in right groin and testicle, also in legs and knee joints.

Orchitis; cannot sleep because he feels as if his body was scattered about bed. Pressing pain in left testicle, as if it had been squeezed.

Cramps in testes, as if they had been squeezed.

Genitalia - female

Abortion from **bad news, from emotions**, from low fever, from night-watching.

Menses brown.

Menses too early and too profuse.

Tendency to or threatened abortion.

Lochia acrid, fetid; great prostration.

Puerperal fever, with typhoid symptoms.

Metrorrhagia.

Dysmenorrhea.

Chest

Hoarseness or aphonia.

Larynx very sore to touch, painful swallowing or speaking.

Hoarseness, must use great effort to be understood.

Sensation of weight and oppression in praecordial region, with a feeling of unsatisfied breathing; afternoon.

Fetid breath.

Asthmatic oppression of chest, with frequent yawning; worse from motion; better after rest.

Snoring respiration.

Catarrhal pneumonia; cough, night sweat and diarrhea.

Oppressed breathing, 6 p.m. , with cough; right lung sore; sneezing.

Awoke with great difficulty of breathing; lungs felt tight, compressed; **could not get a full breath**; must open window and get his face to fresh air; burning heat of skin; dry tongue; accelerated pulse; peculiar feeling of brain.

On lying down difficult breathing, but no constriction of chest, must rise; afraid to go to sleep, fears nightmare and suffocation; arises from want of power in lungs, not constriction.

Dyspnea, with a tight cough.

Stitches in sternum on inhalation.

Tickling in throat provoking cough; uvula elongated.

Tightness of chest; constriction.

Pain in right lung; less pain in left, with soreness.

Pain through left chest.

Sharp pains when taking a long breath.

Dull, oppressive pain in left chest at origin of serratus magnus; worse on inspiration and motion; pains in metacarpal bones.

Throbbing of heart so as to be distinctly heard.

Compass and frequency of heart's pulsations seem increased; pulsations seem to fill chest.

Pulse at first accelerated, afterwards slow and faint. **Pulse accelerated or slower than in health.**

Sharp pain in centre of sternum.

Dull stitches in left nipple.

Dull heavy pains in region of origin of pectoralis minor, lasting about ten minutes, followed by a bruised feeling.

Back

Neck so tired she cannot hold her head easily in any position.

Cervical muscles stiff, lame.

Back and hips very stiff, ache severely.

Pain under right scapula; better on motion.

Dull lumbar backache, worse walking.

Dull sacral pain, compounded of a feeling as from pressure and fatigue, from long stooping; soon extends around hips and down right leg.

Feels as if lying on a board; changes position often, bed feels so hard; worst part in region of sacrum.

Rheumatic pains in muscles of back, followed by burning.

Pain in right subscapular muscle; worse on motion of arm; better from pressing part against something hard.

Pain under right scapula; better on motion.

Pain in sacrum.

Extremities

Severe pain in left shoulder joint, causing a disagreeable, sickening feeling at stomach; also darts of pains in various parts of body; aggravated during rest and when thinking of them.

Feels sore and stiff about shoulders and chest.

Pain in right elbow, causing a weakness in arm and hand, scarcely able to hold pencil while noting these symptoms.

Rheumatic thrusts in left ulna (lower part), with pain in different parts of body; aggravated at rest.

Severe rheumatic stitches in metacarpal bone of left index finger, lasting several minutes.

Rheumatic stitches in left radius, lasting but a little while.

Numbness of left hand and forearm, with prickling; worse from movement; sharp darting pains through fingers.

Hands feel large, tremulous.

Rheumatic pains in left wrist and stitches in right eye.

Tearing pains in carpal bones of right hand, lasting but a short time, followed by several sharp pains in phalanges of left hand.

A sharp dart of pain in first phalanx while writing.

Pain running up and down bones of left forearm.

Tearing pain in palm of left hand, and also darts in various parts of body.

Terrible rheumatic pains in metacarpal bones of left hand, lasting but a few moments, though very severe; also pain in left knee and shoulder.

Tearing pain in right metacarpus.

Rheumatic pain in metacarpal bone and phalanges of left thumb (long, severe thrusts), lasting several minutes, every thrust causes a momentary sickness at pit of stomach.

Sharp stitches under left thumb nail, lasting but a few moments, but returning in a short time as before.

Rheumatic pain in phalanges of middle finger right hand, and also in right shoulder joint.

Lower limbs feel weak and vacillating when walking.

Soreness in anterior of thighs; worse after sitting awhile.

Drawing in hips and calves.

Several rheumatic stitches in outer hamstring.

Severe pain in left knee (outer side), running down into fibula.

Rheumatic pain in left knee joint.

Dull pain in right patella and right tarsal bones.

Cramp in calves whenever he moves them.

Pains in lower part of left ulna and tarsus.

Left foot numb, prickling.

Burning of top of right foot, from toes to back of foot.

Rheumatic pain on inner side of right os calcis.

Tearing pains in os calcis of right foot, lasting about half a minute.

Pain in first phalanx of right great toe, as if hair on it was steadily and continually pulled; aggravated at rest, better on motion; after moving a little while toe feels hot, and then pain leaves, but when at rest heat leaves, and pains return.

Rheumatic pain in right (lower part) ulna, also in muscles on posterior part of right thigh and metacarpal bones of right index finger.

Rheumatic pain in right shin bone, also in bones of left wrist and hand.

Rheumatic pains in left elbow and knee, and also right ankle and heel.

Rheumatic stitches in right subscapular muscle, with pains in different parts of body, especially in metacarpal bones and phalanges, lasting but a few moments; pains in hand seem to be deep in bones.

Aches from his finger ends to his toes.

Soreness, bruised feeling in extremities during chill.

Paralysis, hemiplegia, left.
Aching in limbs.
Drawing in arms and legs.

Sleep

Dreams of snow.

Lies curled up like a dog.

Excessive drowsiness. Feels very drowsy, can hardly keep awake. Drowsiness, can only keep awake by great effort; pains in body still continue. **Drowsy, stupid, tired feeling; disposition to half close eyes.**

Feels dull and sleepy; with slight headache.

Feels sleepy and drowsy; lay down to doze, but soon lower limbs suddenly start as if had been frightened.

Feels drowsy; while sitting on a chair and lying with head on arms, and arms on table (dozing, yet conscious), had a sensation as if some person touched him very gently in both sides; followed by a want of power to sit up, made several efforts to do so, but was perfectly helpless; in a short time had a similar attack of about same duration, but more severe; felt weak for some time afterwards.

Delirious stupor; falls asleep while answering a question or while being talked to.

Lies semicomatose, looks as if dying.

Slept well until about 3 a.m. , then restless until morning, tossing about. Restless; does not sleep quietly. Sleep restless, frequent wakings.

Wants to get up and yet does not want to.

Sleepless, with wandering of mind.

Delirious disturbance at night, varying from a mere uneasiness and inability to sleep to delirium proper.

Cannot sleep; head or body feels scattered about bed; tosses about to get pieces together.

Wants to get out of bed.

Restless, with frightful dreams. Sleep restless and troubled with dreams, but inability to remember what had been dreamed, and weariness, as if had not slept enough.

Sleep very restless, dreams; heavy gnawing at stomach; pains in hands.

Nightmare.

Sleeplessness.

Worse on awaking; difficult breathing; parts rested on feel very painful; flashes of heat.

Fever

Shivering. Shivering preceded by a sense of weakness.

Chilly all day; whole body feels sore.

Chilly on going into open air; chills over back and lower limbs; evening. Chilly over back while sitting by a fire; forenoon.

Chilliness alternated with heat.

Chilliness of lower limbs and back, with fever at night.

Chill followed by fever, with severe aching in muscular portion of body.

Whole surface hot and dry, with occasional chills, mostly up and down back. Extremities feel hot, except feet, which are cold.

Flashes of heat from small of back in all directions; dull, heavy aching, great prostration.

On awaking at 3 a.m. , flashes of heat, feeling as if sweat would break out.

Gentle flashes of heat over whole body.

Fever set in with headache.

General fever and malaise.

Heat of face, flashes over face.

Burning, pungent heat over whole body, especially in face.

Heat at night; burning in legs preventing sleep.

Heat of skin.

Uncomfortable burning all over surface, especially face; had to move to a cool part of bed, and finally to rise and open a window and wash his face and hands.

Gentle flushes of heat over whole body, followed by a slight perspiration.

Frequent sweats.

Causes sweat to break out and relieves; critical sweat on forehead and face.

Fetid sweat.

Chills, fever and sweat every other afternoon.

Fever cases, with peculiar delirium; dulness of intellect and abdominal tenderness. Sensation as if there was a second self outside of patient.

Fever, delirium, headache, pain in back and limbs; [*Rhus*].

General fever and malaise.

Aspect of low fever, determination of blood to surface and profuse sweating.

Early stages: white tongue, red edges; or brown, or yellow brown down centre; bitter or flat taste; cannot digest food; stools frequent, yellow; gurgling and slight.

Sensitiveness of right iliac region; pulse high; fever tends to increase; parts rested on are sore.

Typhus and typhoid fever, with a tendency to putrescence.

Fever originating from confinement on shipboard, without good care or food.

Beginning of typhus, when so-called nervous symptoms predominate.

Cerebral forms, especially with excessive drowsiness, delirium, confusion of ideas, stupefying headache; restless sleep, head feels scattered about; frightful dreams; great debility and nervous prostration, with erethism, etc.

Typhoid and cerebral forms of fever; delirium, drowsiness, confusion, gives slow answer or falls asleep attempting a reply; erethism; tries to escape from bed; sleepless because she cannot get herself together; head feels scattered, and she tosses about to get pieces together; sensation of a second self outside of patient; indifferent; low delirium, stupor; sordes on teeth; face dark, besotted looking; hearing dull; epistaxis; involuntary, scanty stool;

difficult breathing; fever increases each afternoon.

Skin

Burning all over skin, worse in face.

Livid spots over body and limbs, not elevated, of irregular shape, size of a pea up to bean, without any sensation.

Rose-colored spots.

Eruption like measles or urticaria.

Pimples thick on palatine arch, tonsils and uvula; breath fetid; salivation; prostration.

Foul, gangrenous, phagedenic syphilitic sores.

Smallpox confluent, tardy eruption.

Gangrenous sores, aphthae, sore nipples (locally).

Clinical

Threatened abortion. Apoplexy. Brain softening. Cancer. Diphtheria. Enteric fever. Affections of gall-bladder. Gastric fever. Hectic fever. Hysteria. Influenza.

Mumps. Stricture of esophagus. Plague. Relapsing fever. Sewer gas-poisoning.

Shivering. Stomatitis. Tabes mesenterica. Tinea capitis. Tongue ulcerated. Typhus.

Worms.

Relations

Cognates : *Arnic.*, *Arsen.*, *Bryon.*, *Gelsem.* (especially in the malaise, nervousness, flushed face of drowsiness, and muscular soreness in early stages); *Hyosc.*, *Kali chlor.*,

Laches., *Mur-ac.*, *Nitr-ac.* (in typhoids); *Nux vom.*, *Opium*, *Rhus tox.*

When *Arsen.* has been given in typhus improperly.

Silic., like *Baptis.*, has ability to swallow only liquids, (like milk), but unlike the latter, it has also aversion to milk.

Terebinth. and *Nitr-ac.* acted well after *Baptis.*

Hamam. speedily checked copious, repeated epistaxis.

Compare: *Ecchin-angust.*, *Kali mur.*; *Ecchinacea angustifolia* is perhaps its nearest analogue.

Dosage

From 6x to the highest.

Baryta carbonica

Carbonas baryta

"Carbonate of Barium Ba CO₃, with which are included symptoms of Baryta acetica - Barium acetate Ba(C₂H₃O₂)₂. (I follow Hering and Hahnemann in combining the two, as I agree with Hering that "there is hardly any difference between the two, and certainly none in the symptoms cured.") Solution of acetate; trituration of carbonate." Clarke.

English: Carbonate of Barytes; Carbonate of Baryta

French: Baryte carbonatée; sous-carbonate de baryte

German: Baryt; Schwererde

Mode of preparation: Crystallized chloride of Barium, well pulverized, is to be boiled for two minutes with six parts of alcohol, in order to free it from the chloride of strontium, which might be mixed with it; the powder is then to be dissolved in six parts of boiling distilled water and precipitated by carbonate of ammonia; the precipitate is to be repeatedly washed with distilled water and then dried. The attenuations are to be first prepared by three triturations, like those of the minerals.

The essential features

Like all polychrests, Baryta carbonica is used in **all age groups** and in a wide span of disorders. The old homeopaths' observation of Baryta carbonica is most interesting however: they found that most patients who required Baryta carbonica were either very young or very old, and that the elderly patients who needed Baryta carbonica were generally those who had fallen into their "**second childhood**".

It is a fact that Baryta carbonica is very useful in treating **old patients whose behaviour becomes childish** as well as children **whose behaviour is far behind their age**, but this does not exclude patients of all ages.

Some authors have used the term "dwarfishness" in describing the Baryta carbonica state, and this quality is most certainly an aspect of this remedy as will be seen later in this chapter. However, a more apt characterization may be found by employing the term "**immaturity**".

This immaturity is seen on all levels. The whole body or **single organs**, such as the testicles, or the penis, or the uterus, or the head, or the toes, or the fingers etc. **remain small**; they fail to develop like the rest of the body, and do not reach maturity. The same can be seen with the mind or **certain functions** of the mind which fail to develop fully. The critical faculties for instance remain undeveloped, the memory weakens or loses the power to retain facts and it is a great effort for the patient to combine or associate complex ideas.

But you **do not have** to have **all these symptoms** combined in one case. A child for instance may be **very intelligent** on certain levels and the teachers will be satisfied with his progress, yet on other levels immaturity will be apparent. He may be **insecure** when left alone at school and may need the company and support of his family in order to feel at ease. He will also probably show signs of underdevelopment in the body or in some organ.

The **emotions** are the last and the least to be affected. The emotions become minimal: Baryta carbonica individuals cannot tell whether they love somebody or not, as their emotions are not strong enough to make an impression on their mind so as to be able to describe them.

The desire for protection

The only thing of which the Baryta carbonica patient is fully aware is the **desire for protection**. This symptom is almost universal with this remedy. That is why, for instance, if a husband is providing enough protection the wife will attach herself totally to him, no matter whether she loves him in an erotic way, or whether she is just tolerating him. For these patients the most important thing is their **insecurity**; if this is covered then everything else is of secondary importance and can be tolerated.

It is interesting to note here that the insecurity is such that the patient often wants to lean on to somebody else physically. For instance, on walking down the street, the Baryta carbonica patient will want to lean on or be supported by the person accompanying them. When alone, such a patient may worry about feeling dizzy and seek out a place to hold on to, regardless of whether they are in the street or in a building. Their dizziness leads them to a fear that they will faint. If they are left alone in the street they start to panic. In a young woman this symptom was so strong that she was afraid to go out in case there was no place to hold on to should she feel dizzy. Fear of fainting has to be added to the repertory.

I should mention at this stage that the overwhelming majority of the patients needing this remedy in my experience were **female**. I imagine that the Barium carbonate affects the female hormonal chain more easily than the male. As we shall see from the following description of the pathology Baryta carbonica accentuates what we can term "the female traits." A young boy is so sweet and placid and non-aggressive that he reminds one of a girl (I do not want to imply, though, that there is a tendency to homosexuality); yet you may find that after having suppressed his anger he needs an outlet and will curse and swear when alone.

The immaturity

As one traces the different stages of Baryta carbonica, one sees the theme of **immaturity** repeated in many forms. Immaturity is of course proportional to the chronological age of the patient; i.e., at age five the child acts as if he were two or three, at age thirty he acts as if twelve, or sixteen etc. etc.

Kent writes *"You will have patients to treat, where this slow development manifests itself in girls 18 to 25 years of age, who do things they did when they were children, and say things as they said them when they were children... They have not come to womanhood. They are late in taking on the activities and uses of the woman. They lack the prudence of the woman.. They have not become circumspect and say things just as a boy or just as a little girl would say them. That is the dwarfishness of the mind."*

Sometimes you will see cases where the patient herself will tell you most emphatically that she **does not want to grow up**, that she wants to **remain as a child**, or even a baby in the protection of the mother's lap. The world with its complications and society's complex demands scares these patients to death; they do not want to go out there and fight. They really feel like children in the midst of grown-ups and do not know how to protect or defend themselves.

A tremendous **anxiety neurosis** may develop out of this state, especially if the person is pushed by his family or society to go out and act. This can be accompanied by

inability to retain food, or to swallow solid food, by tremendous inexplicable fear, constant weeping and the desire to be protected and stay at home. They have no desire to go to the cinema or to social events. Any kind of enjoyment or amusement is unthinkable in their condition. They cannot bring themselves to **laugh**; the problem takes on a serious dimension in their mind, they can think of nothing else. You may wonder how they can exaggerate a small problem to such proportions. The more their mind dwells on the problem, the bigger it becomes. They will sit in the house in a corner and brood and bite their nails. If they leave the house and go out into the open they immediately develop anxiety. The anxiety may also occur at night in bed, they become restless and want to uncover. The anxiety can revolve around business, domestic affairs, relatives and friends and is usually sudden in its appearance. It is a negative attitude towards life, **denying** the natural **evolution** that is normal for human beings, all **without any serious reason**.

It is noteworthy that in the life of such persons there is usually **no adequate stress** to account for their pathology. Everything seems to be going smoothly and unobstructedly and the patient herself will confirm it. Yet this tremendous anxiety will arise. If you investigate the case properly, you will find that the reason for this anxiety is not a prominent single grievous event in their life, but rather a continuous feeling of inadequacy that pervades their existence, and that all of a sudden, with minimal stress, erupts into an annoying pathology.

The nature of our remedies is such that **different kinds of stresses** produce **different symptomatology**, while each remedy can be said to be sensitive to a particular kind of stress. The general idea prevalent in allopathic medicine that all stress gives out anxiety is not only grossly oversimplified but also untrue.

For instance, *Aconitum* is very sensitive to a sudden fright that is momentarily life-endangering, while *Natrum muriaticum* will show no reaction to such a shock, but will on the other hand be extremely sensitive to the stress of a love disappointment, particularly in case of a possibility that he may be ridiculed. *Baryta carbonica* or *Aconitum* will not be affected at all by such types of stress. A financial ruin or stress will affect *Aurum*, *Psorinum* or *Bryonia* deeply while *Ignatia* or *Natrum Muriaticum* will remain unaffected. A stressful situation in an *Arsenicum* patient will produce anxiety about health, fear of having cancer and tremendous fear of death. The same stress will make a *Hyoscyamus* patient cut off his emotions and feel dead emotionally. These are but a few examples to illustrate my point.

The type of stress and the kind of effect it has upon an organism become therefore extremely important in the differential diagnosis of a case.

Thus, I have never so far seen a *Baryta carbonica* case develop pathology because of a love disappointment. I do not mean that such a thing could never occur, but it is rare, and it is probable that in such a situation another remedy and not *Baryta carbonica* is indicated.

You will see cases of *Baryta carbonica* where, with extreme application, the patient has become an architect, lawyer, doctor, psychologist etc, but who lacks the inclination or the courage, once the studies are completed, to go out and work or open an office. The inner inclination of this patient will be: "let me remain in the house protected by my own people, without demands, without responsibilities". They themselves are bothered by such thoughts but cannot help it. The general idea that *Baryta carbonica* hinders one from becoming a scientist due to the fact that the memory and critical faculties are minimised is totally wrong. Actually most of the cases of *Baryta carbonica* which I have treated successfully were either scientists in their younger years or seniles in old age.

Of course only in cases where the patient has the means to afford to do so will such behaviour manifest itself; in cases where the person really needs to go out and work in order to survive you will see a different attitude, although the inner pressure will still be tremendous and the main idea under such pressure will be the same. These cases will prefer positions of little or no responsibility. They will remain unnoticed in their professional group, though every one will like them because they very seldom object to or quarrel with their superiors or others.

The fear of responsibility

Another aspect of this remedy, associated with the fear of responsibility, is the fact that **these patients do not want to have a child**. The idea that a woman should have the responsibility of a child is totally intolerable to her; she herself feels like a baby and does not want other babies in the family. There is such a fear of pregnancy that the Baryta-carbonica woman fears she may become pregnant even through erotic play, without any actual contact. It is an irrational thought for an educated woman, yet for all that she will have the fear.

The baryta carbonica child

Baryta carbonica children have a characteristic appearance which includes an enlarged belly -- they are not fat but have a **marasmic appearance** like *Calcareo carbonica*. Baryta carbonica is famous for **glandular swellings**, and often in these children the tonsillar enlargement is so large as to make the swallowing of food difficult, and to force them to breathe through their mouth. This open-mouthed expression gives them somewhat of a "stupid" look which is at the same time rather serious and rather vacant, as if they can never quite figure out what is happening around them.

If you have a child who looks marasmic, has tremendously swollen cervical glands, with frequent tonsillitis, very swollen tonsils, and you see the child does not have the development of a normal child for his age, you almost certainly have a case of Baryta carbonica, even though the parents may tell you how intelligent the child is. There is always a tone of immaturity, especially in the voice and mode of talking which resembles that of a baby, and you will surely see some other aspects of Baryta carbonica in them.

Yet if the mind is primarily affected you will see that they are backward children. They are very **timid and shy**. They do not grasp the situations in which they find themselves, and therefore feel very **insecure**. For instance, if they want a drink of water, they will go and whisper in their mother's ear. On the first day of school the child cries, clings to its mother, and does not want her to leave. When left at school it throws a fit, and this is repeated every day for months. They feel particularly threatened and fearful with **strangers**. When strangers are present, they cling to their mother or hide behind her or the furniture. They peek out for a little while at the doctor and then withdraw again. The child may go and hide for he thinks that **all visitors laugh at him**. The presence of strangers aggravates to such an extent that the child may start coughing in their presence. These children will be resistant to gentle coaxing, remaining hidden behind their mother. If one goes to them and takes them by the hand or gives them a forceful command, they either emerge in a fearful state or they start crying. In the interview one rarely hears these children speak a word. One gets the information primarily from gestures or subtle signs, and even that with difficulty. When one tries to physically examine such children, they withdraw, resist and if you force a bit they cry. Baryta carbonica children don't like interference from strangers, although they are very docile and obedient where their own parents are concerned.

The mother will notice that her child seems to suffer from a lack of concentration. When he plays with a toy, he seems to pay only superficial attention and then loses interest. He seems unable to concentrate or apply his mind. Often the child may sit without playing at all. He has no interest in the toys around him and just sits staring, inactive. This child is also late learning to talk and walk. One may stand him on his feet to encourage him to take a few steps, but he does not seem to comprehend that he is supposed to put one foot in front of the other. This mental inefficiency will create difficulties when another child comes into the family. The Baryta carbonica child feels inferior to other children and responds with a type of **jealousy**. This jealousy is not overt but is displayed by a variety of physical disorders such as loss of energy, enuresis, hair loss, periodical fevers and embarrassed nail biting. The Baryta carbonica child can also be rather fearful. Nightmares are very frequent in Baryta carbonica; the child may awaken terrified and in a panic. However, he does not seem to understand why he has awakened nor why he is afraid. In this aspect there can be a similarity to *Stramonium*.

When this child reaches school age, his problems become more visible. It is not unusual to hear that a Baryta carbonica child has repeated several school years. His memory is very poor; he **cannot remember what he has just heard or read**. The mind breaks down even to the point of **forgetting words** (*Ph-ac.*). Consequently, he does very poorly at school, even though he applies himself. He willingly sits with the parents and studies his lessons. With their guidance he seems to be able to repeat the lesson almost word for word, but by the next day his knowledge seems to evaporate as he goes in for his test.

Baryta carbonica children tend to be rather **passive**. They do not make friends nor play with other children. They prefer to stay passively at home. They can sometimes suffer an irritability which may lead them to break their own favorite possessions. Normally, though, they are shy and **easily repressed**. Adults also occasionally exhibit anger, but at the same time will display a degree of cowardice. This anger can also be malicious. They may be **furious at trifles**, exemplifying the immaturity and narrow-mindedness of Baryta carbonica. There will sometimes be spells of great despondency and **grieving over the merest trifle**, where the patient goes off alone and sobs and cries as though he had no friends in the world.

The antisocial streak remains throughout all the stages of Baryta carbonica.

Children and adults alike prefer to stay home in familiar surroundings. They may fear to stay alone, and yet they are averse to company. They feel better when alone.

When in company they can be very critical of others but will never voice criticism. In general Baryta carbonica does not talk much, or may prefer not to talk at all.

However, a keynote for this remedy is **extreme talkativeness during pregnancy or during menses**.

They often become very attached and cling to close family members. This attachment explains why Baryta carbonica people can have **anxiety about others** -- they are fearful of losing their protectors, the people to whom they cling for help and advice.

In a case of mild pathology, the Baryta carbonica individual may finish school without real difficulty, the tendency for mental decay remaining dormant. If the pathology is centered on the physical body alone then you may even have a brilliant student.

In a non constitutional type needing this remedy as a first prescription, we may for instance give Badiaga to a child who, while doing very well at school, **suddenly** and without apparent reason stays behind and has difficulties in comprehending and remembering his lessons, and where in general one sees clearly a backward movement.

Baryta carbonica will be needed in cases of **autistic children** who present the following picture: muscles lacking in tone so much so that they cannot stand even for a few seconds without support. The head falls to the side. The fingers cannot close upon an object placed in her hand. Vacant eyes turn and move about incessantly, never resting for a second upon any object. The child obviously does not recognise anything. Lack of response to your attempts to bring bright objects to his attention, or to your shouts. This is a perfect picture of total passive retardation with very little action apart from a general restlessness, especially of the eyes. You will have difficulty in differentiating such a state from *Cicuta*.

The sexual behaviour and the maternity

Finally the time will come when the person becomes involved in their first love affair. Often one may see a Baryta carbonica person becoming romantically involved for the first time only very late in life; perhaps, instead of at eighteen or nineteen years of age, she may first become involved at age twenty-five or thirty. When she finally does fall in love, she gives herself up to the man in the same way as, previously, she had trusted her mother, and clings tenaciously to him. She can tolerate anything in order to maintain the relationship. The amount of insult and repression these women can tolerate from their husbands is amazing. This is true to such an extent that *Staphysagria* will often be prescribed in cases of Baryta carbonica.

The sexual demands of Baryta carbonica are simple and easily satisfied as long as the patient is provided with security and protection. You will very seldom see a

married woman having an extra-marital affair. Not only because the insecurity this can produce is intolerable, but also because such a woman will not attach herself to anybody without preliminary security.

The sexual drive in Baryta carbonica can be very easily suppressed. If she becomes disappointed by her sexual relationship, she can easily turn to masturbation and feel comfortably fulfilled. Or she may not need the desire for sexual intercourse. She seems to need little stimulation.

Often one may find a sort of **narrow-minded morality** in Baryta carbonica. She can become very upset by any "bad" comment or even subtle reference to her sexual conduct. A Baryta carbonica woman cannot have an extra-marital love affair because if she is recognized with her lover by someone, she will become overwhelmed by the thought that she was discovered, and not because of the larger moral issues such as "why did I accept the marriage in the first place?" or "was this marriage right for me?" or "why did I start another affair?" She will not be the type of person who says, "If this man is right for me I will divorce my husband and change my life." She is preoccupied with a superficial morality instead.

Finally, as a consequence of the continual suppression suffered in the course of the relationship, her mind breaks down. She was previously well-compensated, but now she becomes very childish, her faculties dwindle. She says silly, childish things, things she knows better than to say. For example, she may see a rooster and childishly ask, "Oh, can he also lay eggs?"

This emotional and mental behaviour is connected to the fact that the genitalia have not developed fully. The uterus is small and looks like a child's and the menses start late and are easily suppressed. There is a hypotonic function in this area that is characteristic for this remedy. The Baryta carbonica woman will not be fit to bear a child, not only because of the small uterus but because she actually perceives that she cannot go through with a pregnancy and refuses to undertake the responsibility of having a child. As mentioned earlier, she feels that she is a child herself and does not want to grow up; for a child, the thought of rearing another child is unbearable. Such is the physico-psychic state of a Baryta patient.

The indecision

Of course, it is easy to understand that a person with this type of mentality can become **very indecisive**. The Repertory indicates this by listing Baryta carbonica in capitals under the rubrics: "Irresolution, in acts, in projects, for trifles." For example, the Baryta carbonica woman and her husband may be looking for a house. They find a well-located house which suits all of their needs and is being offered at well below the market value for a quick sale. The husband is enthusiastic, and he asks his wife, "What do you think?" It is a moment for decision, and yet at that point the woman becomes afraid of the decision. Consequently, she begins to make silly objections, "Yes, but that mountain by the house is so big it may block off all of the air. And the road is full of potholes etc etc." The indecision is so great that a professional woman, who was looking for an office building to settle her practice for four years without being able to decide on any, would probably never have decided to take one unless she was given this remedy, after which she had her office within a few months.

The lack of self-confidence

In all of these characteristics one can see a great **lack of self-confidence**. This lack of self-confidence will be most apparent of course in their professional life. Most of the cases that I have treated with Baryta carbonica were cases of professional people with a tremendous **inferiority complex**. It is so great and bothersome that it leads them to the psychologist and later to the homeopath.

They will always feel inferior to their colleagues, they feel that they are inadequate for their jobs, that they do not know enough to compete with others. They have a strong tendency to compare themselves with others and the conclusion is always that they are inferior. I must insert here an observation of mine, for what it is worth. I have noticed that people with inferiority complexes at one time or another study psychology books trying to find solutions. With the Baryta carbonica patients I have never encountered this inclination in spite of the fact that their inferiority complexes are almost the worst in the whole materia medica, short perhaps of *Anacardium*.

This lack of confidence is manifested repeatedly in various other traits as well. For example, Baryta carbonica patients may develop an extreme **preoccupation with their appearance**. They fear that they are not good looking, and they will dwell on the "bad" quality of their face, or the shape of the eyebrows which are not what they should be, there is excess fat in their belly, their nates are too obese etc. They become very attached to their bodies and their appearances; they may become completely preoccupied by some aspect of their body such as their characteristically small testicles or an obese part in their gluteal region. It is also true that the Baryta carbonica woman will indeed have a tendency to excess fat on and around the abdomen and gluteal region. It is characteristic for them also to be repulsed by what they may see as disharmonious appearance in the body of others. They seem not to be able to perceive the deeper aspects of the human being and the appearance becomes all important.

This lack of self-confidence may be very evident also in family relationships. The Baryta carbonica patient often feels that brothers or sisters are superior to him. He feels overwhelmed by the other family members even if he is better educated or has more impressive credentials. He feels he is not strong enough to resist. He constantly observes how the parents treat their brothers or sisters and will always reach the conclusion that they are treated with much more sympathy and appreciation than themselves. For instance, a woman may not like to have her sister at home when entertaining people because she feels the sister is overshadowing her.

Another element is that they cannot be aggressive under any circumstance. No matter what they feel inside, even if someone is very nasty towards them, they cannot fight back. They become cowed, apologetic, and are prone to self-reproach.

The anxiety about health

Baryta carbonica patients can be **very anxious about their own health** and especially about cancer. These patients will complain constantly, as if life were a tremendous burden for them. They will visit the physician several times to be examined for a supposed cancer of the breast. A typical reaction of a Baryta carbonica case in follow-up interviews, after a few remedies have been wrongly prescribed, is to say at once that they feel better, while continuing to relate the same symptomatology all over again. In the end you wonder to what extent they feel better and you decide on another remedy. And so the story is repeated until you see this lawyer, this doctor, this architect you are treating to be a small and pitiable and fearful individual who so perfectly fits the Baryta carbonica picture. Give the remedy in high potency and wait, wait for several months, before you hear from the patient that he is really better now. And you will see that this time the changes are deep and lasting.

There are patients who will tell you immediately about the changes and you can assess and easily evaluate the situation; Baryta carbonica **is not one of them**.

This anxiety will frequently revolve around let us say a characteristically enlarged cervical gland. When a doctor informs these patients that the enlargement is not pathologically significant, they are readily reassured. However, after one month they seem to forget this reassurance and return to the doctor for another examination of the very same gland, and so on month after month.

It is tremendously bothersome for the homeopath to see such cases of anxiety as these patients will plague the doctor with complaints that are undefined and confused. Their attitude is helpless, wretched, miserable, pitiable, distressed but always soft and non aggressive, as though they were afraid to make the doctor cross, or to make him shout at them. So in their constant complaining they try to be nice and sweet and not overburden the doctor.

For instance a woman will sit up the whole night, not moving at all, in order to prevent a brain stroke which she thinks is coming on just because she ate too much at dinner. She will not dare phone the doctor during the night and she will wait until the morning to visit him.

In such anxiety states they are **afraid of everything**, of being alone, of the dark, of ghosts, of flying by airplane, of going out from the house, of going crazy, of staying in the house alone, about the future, etc. They can make the life of the persons they live with a misery, but still due to their "mild characters" are easily tolerated by others. All these fears seem to have no ground as such but are rather the side effect of their insecurity and immaturity.

If you do not perceive the general attitude of the patient, the insecurity and immaturity that are behind all these fears and anxieties, the fear of crossing a bridge, fear **from noise in the street**, fear of strangers, fear while walking, you will be inclined to give *Calcarea carbonica*. But the fears of *Calcarea* are really strong and bothersome, whereas the fears of *Baryta carbonica* do not seem so deep, or substantial.

I have seen cases living for years in such a state and everybody around is used to such conduct but after the remedy they assert themselves and then a commotion arises around them. All of a sudden everybody starts talking about their change and how "assertive" and "domineering they are!"

The naivet

Another aspect of *Baryta carbonica* pathology is an **inability to think or act independently**. Today many cases of *Baryta carbonica* are missed and other remedies are prescribed instead because of a misconception according to which, in order to administer this remedy, we had to be confronted with a quasi imbecile patient. I have often myself mis-read a *Baryta carbonica* case for several years before being able to see the real picture of **lack of self confidence**, of **inferiority complexes**, **naiveté** and **immaturity** lying beyond the phenomena. The *Baryta carbonica* of today, who is often a scientist, can conduct herself in a such a manner as to mislead one completely, and only these subtle deviations from the norm are left for the contemporary homeopath to discover.

One must be careful in what one tells such a patient for she may follow the physician's advice quite literally in a very **naive way**; she may use no discrimination in following instructions. For example, a young woman goes to the general practitioner and complains that her husband dominates her, that she is afraid of him. The doctor advises her to try and free herself from the husband, to live her life more as an independent person. He may even jokingly suggest that she see another man. But this patient could not discriminate, and "at the doctor's orders" she tried to have an affair with the psychiatrist whom she visited after the general practitioner. It is a foolish sort of behaviour, very naive, very childish. This story was told to the homeopathic physician who prescribed *Baryta carbonica*, and perhaps spared her from a lot of trouble. Along similar lines, these patients may be rather superstitious.

Remember these basic concepts must dominate, color and underlie the case before you can prescribe this remedy. There are always many aspects to a remedy that indicate or point to the same basic concept or idea, but it is not possible for all of them to be described in a materia medica. The student must use his judgement where these matters are concerned.

The cautiousness and mistrust

A characteristic of Baryta carbonica is a lack of trust and tendency to secretiveness; they never show that they are depressed or in a bad mood. Nobody can understand or should understand the bad mood in which they live, not even their closest relatives or husband.

The patient becomes mistrustful, **cautious**, **reticent** with people, and he goes out less and less. He is afraid to meet people. He feels inefficient and thinks people find him stupid or incompetent. He can be over-sensitive and "touchy" such that even little criticisms cause him to withdraw and sulk. As the pathology progresses, the patient's faculties, and indeed the patient himself, seem to dwindle, to become small, and to enter a marasmic state mentally and physically. The patient may say: "I used to be outgoing and have strong interests. Now I am becoming isolated, and my mind is less active."

Baryta carbonica can, therefore, produce a type of paranoia in which the main characteristic is that she is being watched by others who are talking about her, making fun of her, criticising her and laughing at her. She may have other kinds of delusions, a few examples being delusions of fire, of every noise being a cry causing her to tremble, a delusion that a beloved friend is sick and dying, or a delusion that her legs are cut off and that she is walking on her knees.

Here is a typical case: A patient has delusions that she hears voices that try to confuse her or harm her. A female voice is constantly audible, as though from far away, trying to confuse her. Voices communicate between themselves. They give advice, tell jokes and at times ridicule and laugh at her; they try to harm her or harm relatives or friends. She says she does not want to die. Sometimes she swears at the voices, telling them to "go to hell". The voices talk about sexual matters, but she is too shy to give details. She is **mistrustful** of even the closest friends or relatives. She is jealous, suspicious. At times she is closed and remote, at others open and loquacious. Suddenly she grows wild, has a wild look and retreats to her bed, but she never attacks.

Baryta carbonica was prescribed with long lasting success in this case due to the fact that many of the themes running through this remedy were present in her symptomatology.

The senility and old age

The idea of the **dwindling of the faculties** is more markedly apparent in elderly Baryta carbonica patients. Just as there is atrophy of other organs, it seems that the mental powers and the brain itself begin to atrophy. In fact, Baryta carbonica is one of the main remedies used in organic brain syndromes with actual **cerebral atrophy** and **imbecility**. These are the senile patients who **become childish** in their behaviour, playing with dolls or tying ribbon in their hair.

It is important for the right prescription of the remedy that the patient should have this childish behaviour. Simple imbecility will not necessarily require Baryta carbonica. But we must understand that these patients who are now senile may have needed the remedy many years ago, and that at that time the picture may have been quite different. They had probably started losing their memory and their comprehension was possibly somewhat affected but still nobody would have noticed the difference, only they themselves knew. Yet the element of inferiority must have been there in one way or another. Therefore we must perceive the remedies as developing in pathology, which goes deeper and deeper, accompanied by analogous manifestations.

Sometimes these older patients may sit and give a feeble, helpless sort of moan. When they attempt to write the size of the letters is **very small**, so small as to be difficult to read.

Old people needing this remedy may present cardiac, vascular and cerebral problems, enlarged prostate glands, indurated testes, weakness with palpitations, need to lie down, chilliness, loss of memory and aversion to meeting strangers.

They don't really say what is bothering them but instead just continue whining. Treatment with Baryta carbonica may bring these people several more useful years before their degeneration begins again. In these senile states these patients may even take on a childish appearance. The face is practically free of wrinkles, as if

they have lived life only superficially. The feelings have not been sufficiently intense or deep to leave their mark on the face.

Generalities

Baryta carbonica particularly affects the lymph glands. It produces hypertrophy of the parenchyma of the tonsils with chronic ulceration of the glandular system and atony of the lymphatic system. Its other main focus of action is on the cerebral and ganglionic nervous systems, irritating and depressing them and thus producing a condition resembling mental and physical decay.

There is also a characteristic action on muscular tissue in that it prolongs the contraction of a muscle, both smooth and striated, when it is stimulated. Tendency to aneurism and arteriosclerosis.

You will prescribe this remedy with certainty when you see children who are backwards and scrofulous with a tendency to marasmus who grow very slowly, have enlarged glands, constantly swollen tonsils, who take colds easily and have a pot-bellied abdomen.

Baryta carbonica could also be prescribed in inflammation of the glands with **infiltration**. The glands become harder and harder. Ulcers become infiltrated at the base. In general all glands can be swollen and indurated, the tonsils, the testes, the parotid, the prostate, the mesenteric glands, the axillary glands, the cervical glands etc. Swelling of glands after scarlet fever. Sensitiveness of glands. Baryta carbonica (and *Baryta muriatica*) are often indicated in infectious mononucleosis when the lymph nodes have become swollen and very hard. Cystic tumors, fatty tumors. Lipomas that appear in different parts of the body but especially on lids and external ears. Baryta carbonica should be thought of without fail in the swollen and indurated prostate glands of old men.

It should be used in suffocative bronchial catarrh of the old where we see great accumulation of mucus in the lungs like in *Antimonium tart.* and where there is threatened lung paralysis. These two remedies may complement each other in cases of bronchitis or pneumonia. When in such cases of catarrh you have given *Ant-t.*, and it has not cleared up you can perhaps complement its action with Baryta carbonica and vice versa. The chronic cough of Baryta carbonica reminds one of the tubercular constitution with the swelling of glands with night sweats.

Hypertension is a strong feature in cases of adults who need this remedy.

Weary, as with sleepy eyes during the whole day. After eating, so tired that she cannot raise the hands; she is too weak to masticate. Generally these are **chilly patients** who have a desire for open air but open air aggravates certain of their complaints. They suffer with lack of vital heat. Taking a part out of the covers like the hand or the feet makes them feel worse (*Hep-s.*). Cold bathing and cold wet weather aggravates them. Aggravation from lying on painful side; from thinking about their complaints. There is also a strong tendency to take cold.

They often have an aversion to sweets, and Baryta carbonica is one of but a few remedies with an **aversion to fruit**, especially to plums, but also to bananas. Aversion after eating a little food, sudden aversion while eating. Finally, a peculiar symptom which might lead one to consider Baryta carbonica is the sensation that smoke is being inhaled when, in fact, the air is clean.

Emaciation in old people, premature ageing.

Marasmus of old people.

Convulsions with sexual excitement.

Strong sensation of heat on waking.

Weakness after eating in old people, emissions with weakness; paralytic weakness.

Sensitive during perspiration. Offensive perspiration on left side. Sensation as if forced through a narrow opening.

Fainting at night, in crowded room, after eating.

Seminal emissions from lassitude.

Numbness of upper half of body.

Kent writes *"The Baryta carbonica patient is often sensitive to the extremes of heat and cold. Hot weather will bring on complaints. Hot weather will cause the blood to mount to the head, and favors apoplectic conditions. It has many complaints of the head like unto the stupor of apoplexy. It has some of the paralytic conditions analogous to the complaints in old apoplectics, and it has been very useful in re-establishing the supply and flow of nerve force along the nerves. It parallels Phos. and it is an excellent remedy for old paralytic conditions that have come from a rupture of a blood-vessel, and therefore pressure upon the nerve supply."*

Vertigo

In vertigo we have several keynotes that may guide you to the remedy like **vertigo at night in bed, from motion of arms**, on reaching up with hands, from sneezing, **walking along a narrow path**, walking over a narrow bridge.

Vertigo in **old people** [*Ambr., Cupr., Rhus-t., Sin-n.*].

Head

The typical Baryta carbonica patient will usually complain that there is an excess of grease in the scalp, that the **hair is falling out**, that there is **itching of the scalp**, that there are **tensions**, pressures and stitches in different parts of the scalp, and in general they will complain a lot with symptoms centered in and around the head. Nondescript pains and sensations that are very bothersome, but she cannot say whether they are inside or outside the head, making her life miserable.

When I see these weak nondescript symptoms, that are so bothersome, I do not like them at all, as they indicate that the vital force is not strong enough to give out clear signals. Such cases will relapse again and again before you can make any real progress.

Young people frequently go **bald** and young women have very scanty and thin hair. When this is the case in a young woman we also see a reduction in, or even total lack of, sexual desire. There is no overt aversion to sex but she is totally disinterested.

The falling of the hair in this remedy is **gradual** and over a long period of time. Alopecia, where the hair is lost suddenly and in patches, does not belong to the typical pathology of this remedy.

Epidermal cysts in scalp.

There is a **sensation of looseness** in the head as if the **brain were falling from one side to the other**, or was rising and falling. A sensation of motion of the brain when moving the head right or left. The brain seems to follow the motion of the head, shifting to the direction the head moves in. The head feels **moist**.

For **swollen glands of occiput** Baryta carbonica stands almost alone.

Eruption, eczema on head.

Headache from becoming heated by a fire or a stove [*Ant-c., Glon.*] and ameliorated from open air. Pain from stooping; from exposure to sun. Pressing pain, as if in a vise. Pressing pain outward in forehead. Pressive sticking on the vertex which extends through the whole head, whenever he stands in the sun. **Wens**.

Eye

Thickening of the eyelids, thickening of all the membranes and tissues about the eyes.

Granular lids.

Eyelids are agglutinated in the morning on waking.

Ulceration of cornea.

Styes in left eye.

Pain from **light** [*Chin., Con.*].

Pupils dilate and contract quickly.

Photophobia

Dazzling vision [*Con., Dros., Kali-c.,*].

Fiery sparks in the dark.

Cataract.

Opacity of the cornea.

Itching of the eyes.

Dim vision in old people as if looking through fog or smoke. Foggy vision; in the morning or after eating.

Pressure felt deep in the eyes better looking downwards.

Ear

There are a lot of different noises in the ears in accordance with an early arteriosclerosis that is a prominent feature in this remedy. Cracking or flapping noises worse when **swallowing and chewing**, better lying down [*Ph-ac.*]. Rushing sounds in the ear when breathing.

Noises reverberating when blowing nose [*Hep.*].

Glandular swellings and eruptions about the ears.

Scabby eruptions **behind** ears [*Graph., Lyc., Sil.*]. Eruptions on lobes of ear.

Pain **below** ear.

Swelling of glands **below ears** [*Caps.*].

Impaired hearing. Impaired hearing from paralysis of the auditory nerve.

Nose

Painful **dryness** inside nose. Sensation of dryness when blowing it.

Epistaxis from blowing the nose mostly before menses.

Swelling of nose and upper lip during coryza in children.

Acute smell. Smells pine smoke.

Coryza worse in the morning [*Nux-v.*].

Coryza with crusts and thick yellow mucus.

Face

The face has a **foolish** expression with open mouth much like *Bufo*, purple and puffed sometimes. In some other cases the face looks old, **marasmic**, withered.

Swollen, indurated and painful submaxillary and parotid glands especially on the **right side**.

Swelling of upper lip, bluish discoloration of lips with deep redness of the whole face.

Lips dry and cracked.

Cannot close the lower jaw without great pain in the articulation.

Exanthemata after swelling of parotid gland [*Brom.*].

There is a peculiar sensation of cobwebs in the face as if from the white of the egg much like *Graph.*

Scurfy eruptions.

Mouth

Bleeding of gums. Frequently recurring abscesses of gums [*Caust.*].

Foul taste in the mouth every morning.

Excessive **salivation** even during sleep. Offensive smell.

Dryness of mouth in morning. Dryness with thirst [*Bry., Nat-m.*].

Cracked tongue with burning pain.

Tongue coated, as if fuzzy.

Smarting, burning pain in the tip of the tongue.

Crusts on the palate, behind the base of the uvula.

Paralysis of tongue in old people. Speech wanting after apoplexy [*Nux-v.*].

Whole mouth filled with vesicles especially inside the cheeks.

The buccal cavity feels numb.

Toothache before menses with pale red swelling of the gums and of the cheek.

Throat

The throat presents a strong seat of action for Baryta carbonica. There are two important states that point to this remedy:

a. **difficulty in swallowing solids** [*Bapt.*].

b. **enlargement and induration** of tonsils [*Bar-mur.*] with **recurrent inflammation**.

Impossible to swallow due to constriction of esophagus [*Phos.*].

Cannot swallow her own saliva.

We see that old people can only swallow liquids because of a kind of spasm in esophagus.

There are **spasms of esophagus on swallowing** [*Bapt., Merc-c.*] and sensation as if food lodged in esophagus. Stricture of esophagus [*Ars., Bapt., Nat-m.*]

Swelling and infiltration of cervical glands in external throat.

Knots of lymphatic glands down the neck under the ear.

You will see a child suffering with recurrent tonsillitis every three or four weeks, with high fever. The tonsils become bigger and bigger with every attack and eventually you will notice that the child is not growing, but is losing weight, and some cervical glands have appeared and are hard and his face has taken on a marasmic aspect. Tenacious mucus.

Burning pain in the throat at night [*Nux-v.*] on empty swallowing.

Raw pain at night; when swallowing [*Arg-m., Stann.*].

Fatty tumors in external throat.

Stomach

The stomach troubles are characterised by **indigestion**, or better by **weakness of digestion**.

There is pain or distension or different kinds of disagreeable sensations after eating. Waterbrash, eructations.

Pain after swallowing even a little bit of food.

Sensation of stone in stomach which is ameliorated by eructation.

Extreme **weakness after eating**.

In an anxiety state the stomach feels so upset that she does not want to eat, though she feels hungry, from fear that she will vomit. She gags and cannot swallow any solid food.

Child is very picky concerning food, will eat only certain kinds. Loss of appetite especially if the child is upset because of jealousy, it eats very small amounts.

Aversion to food after eating a little. Aversion to food with hunger [*Cocc., Nat-m., Nux-v.*].

Sudden aversion to food while eating [*Ruta.*].

Aversion to fruits.
Bread aggravates and warm food aggravates.
Desire for salty things and eggs.
Pain while fasting.

Abdomen

Abdomen is hard, distended and painful. **Enlarged** abdomen in children [*Calc., Sil.*] **Pot-bellied** children; flabby protruding abdomen in adult women.
Abdominal muscles are sore to touch.
Hardness of mesenteric glands [*Calc.*].
Swelling of inguinal glands.

Rectum

Constipation, inactivity of rectum, difficult stool.
Ineffectual urging and straining with insufficient stool in old people.
Hard, knotty stool.
Diarrhea.
Ascarides.
Hemorrhoids **protruding during urination** is a strong key note [*Bar-m., Kali-c., Mur-ac.*]. Hemorrhoids protrude when passing flatus [*Phos.*]. Hemorrhoids protrude during stool [*Calc-p., Rat.*].
Formication in anus.
Moisture in anus.

Urinary organs

Frequent urination in the aged.
Frequent **night urination** with prostate enlargement [*Calc., Con., Dig., Puls.*].
Senile **enlargement of prostate gland** [*Dig., Sel.*].
Frequent urination every other day.

Genitalia - male

Baryta carbonica **diminishes the sexual passion** [*Agn., Graph., Lyc., Sil.*] to such an extent that it can easily be suppressed or diverted to masturbation. Baryta carbonica also diminishes the size of the genitalia (penis small and cold [*Agn., Lyc.*] and testes small and indurated).

Increases the size of the prostate gland which is hard.

Erections are **wanting, incomplete** or **delayed**.

He falls asleep while having coition before the emission has taken place.

Troublesome erections in the morning on waking [*Pall.*].

Troublesome erections in the evening with shivering and great desire.

Premature seminal emissions.

Genitalia - female

Sexual passion **diminished** or totally lost. No interest in having sexual intercourse though she can tolerate it. Aversion to sexual intercourse but likes to be caressed.

The uterus is very small. The mammae diminish in size, as do the ovaries.

Menses are diminished: scanty, feeble, of short duration.

Sterility.

In short you will observe that the sexual function is minimised, and the organs which are used to "commune" become **smaller** and **smaller**. The natural sexual function slowly disappears, and with it the elimination process which in a normal state takes place through emotional expression, while the person becomes more and more cautious and withdrawn. This absence of an elimination process extracts a reaction from the organism, which enlarges the lymphatics to cope with the toxins. It seems that the poisonous effect which the suppression of the emotions has upon the organism is taken up by the lymphatic glands, which in order to fulfill their cleansing function grow **larger and larger**.

Passive leucorrhoea discharge, whitish thick, persistent.

Toothache before menses.

Respiratory

This remedy will frequently be indicated when you see old broken down people with chronic bronchitis, with a lot of mucus that is expectorated with difficulty. The chest feels full but there is no power to expell. You will observe that they are nice little old men with no personality left, they are cute but weak and helpless as a child, heavily dependent on you, with no initiative whatsoever.

Aphonia from constitutional weakness and paralysis of the vocal cords. Voice is entirely lost.

Low deep voice.

Catarrh in larynx and trachea in **old people** [*Seneg.*].

Chest is full of mucus but cannot expectorate.

Suffocative cough better lying on abdomen. Impending paralysis of the lungs. The idea here is that the person seems to battle to take out the mucus but the lungs seem to have no power to expell it, they seem too weak. There is a sensation in the larynx as if inhaling smoke or sulphur fumes [*Ars., Brom.*].

At other times there is **copious expectoration** in cases of chronic bronchitis of old people [*Ammc., Ant-t., Ars., Kreos.*].

A lot of mucus in larynx, hoarseness of voice because of mucus [*Samb., Sel.*].

Asthmatic respiration in old people [*Ars.*].

Swelling of axillary glands. **Pain in the glands of axilla** is a keynote. Encysted tumors under the arm-pit. **Hidradenitis** axillaris.

Palpitation on exertion, palpitation while lying on left side [*Cact., Nat-m., Phos., Psor., Puls.*] sudden and very strong palpitation [*Mang., Stry.*], palpitation on thinking about it [*Arg-n., Aur-m., Gels., Lycps., Ox-ac.*].

Aneurysm in large arteries [*Calc., Lyc., Spong.*].

Back

There is a lot of pain, stiffness or **tension** in the different parts of the back. Sometimes this tension is felt like a weight or **heaviness**. Tension and stiffness in cervical region and in the shoulder blades more so in sharp, cold weather, stiffness in cervical region on waking. The symptoms are similar to *Cimic*.

Stiffness in sacral region.

Tensive stiffness in the loins aggravated very much in the evening, so much so that patient cannot get up from the chair.

It is characteristic of the remedy to have a pulsating feeling in the back, the lumbar region [*Lac-c., Sep., Sil.*], between scapulae [*Phos.*] in sacral region [*Nat-m.*].

Emotional excitement brings on pulsation upon the back.

There is another keynote of this remedy in the back: a sense of **restlessness in lumbar** region which is ameliorated by **passing flatus**.

Burning pain in dorsal region, left scapulae at night ameliorated by walking.

Drawing pain in sacral region in the evening and on bending backwards.

Swelling of glands in nape of neck.

Fatty tumors on neck is another keynote for this remedy [*Calc., Thuj.*].

Kent writes :*"A number of times a patient has said,"Doctor, did you intend to take away that fatty tumor I had on my back?" The chances are that I did not know he had one. That is generally the way such things appear in the practice of the homeopathic physician, for he does not prescribe for the tumor, and the chances are he thinks little about the tumor in his prescription, he gives the constitutional medicine and they often disappear after a while, and then the patient thinks the doctor has done a wonderful thing. He gets more glory and more credit for curing a wart than he does for curing the patient. The doctor who prescribes correctly turns the vital state in to order."*

These remarks by Dr. Kent could not have been more accurate and more to the point, yet I would like to add that if in a case we have some symptoms pointing to, for instance, Bar-c., and the patient mentions during the interview that he has a fatty tumor in his neck then this physical local symptom can become a confirmatory symptom for your prescription. Any local keynote can become a major point in the analysis of a case, yet local symptoms by themselves are of very little value. I do not think that Dr. Kent would have had any objections to these clarifying remarks of mine.

To evaluate correctly all the information you have about your patient is an art needing more than just knowledge of the materia medica. I would say that it also needs "the advice of experience".

Extremities

Fetid foot-sweat, with callosities on the soles which are painful on walking. Soles feel bruised at night, keeping one awake, after rising and walking. Another peculiar symptom belonging to Bar-c. is a numb feeling creeping up from the knees to scrotum and penis, disappearing as soon as he sits down. The most peculiar symptom affecting the extremities is that the hands are so dry they feel as if they have a dry membrane on them. Scleroderma. Warts on hands and fingers. Perspiration of feet acrid, cold, offensive, causing rawness between the toes. Itching of thigh [*Calc., Sulph.*]. Swollen axillary glands with pain in upper limbs. Trembling of the feet on standing and of hands while writing. Drawing pain in lower limbs. Tearing pain while extending lower limbs downwards, tearing pain in knee. Contraction of muscles and tendons. Painful corns. Formication, numbness of fingers and limbs.

Skin

Intolerable itching and tingling over the whole body at night. Excoriation and oozing in several parts of the skin. Injuries heal slowly. Fatty tumors, lipomas, warts, cysts, corns, sarcoma.

Clinical

It is useful in conditions of malnutrition in children when there is imperfect development of mind or in diseases that have a tendency to slow degenerative changes, like scrofulous glandular indurations of various sorts. It is an extremely valuable remedy in degenerative changes in coats of arteries, aneurism, arterial fibrosis, in apoplexy as the result of senility, etc. **Fatty tumors**, particularly about neck and back. Paralysis of old people. In children mental weakness, approaching idiocy. Mental impairment, as a result of masturbation, irresolute, memory lost, no confidence in himself. Senile dementia,

with loss of memory.

Apoplexy of old people. Wens. Crusta lactea, with moist crusts, falling of the hair, especially with swelling of the glands.

Cataracts.

Deafness, the result of impairment of the auditory nerve, especially in old people. Suppurative inflammations of the middle ear, especially in connection with suppurating tonsils.

Coryza, with great swelling of upper lip.

Paralysis of tongue in old people.

Submaxillary glands swollen, indurated, especially those glands posterior to parotids. Quinsy (it seems to remove the predisposition to quinsy). For suppurating tonsils from every cold; indicated when the tonsils are inflamed with swollen veins, in persons who have habitual sweat of the feet.

Habitual colic of children who do not thrive, who seem hungry but refuse food. Enlarged mesenteric glands, the abdomen is hard and swollen, the swallowing of food is painful, in scrofulous children [*Calc-c.*]

Constipation, with hard knotty stools [*Mag-m.*]; hemorrhoids, burning and soreness.

Diminished sexual desire and premature impotency. Enlarged prostate.

Chronic aphonia in scrofulous patients. Capillary bronchitis, suffocative catarrh of old people.

Palpitation and distress in region of heart, etc. See *Bar-mur.*

Tendency to sweat of the feet.

Causation

Checked foot-sweat.

Relationships

It complements *Dulcamara*.

Remedies that follow well: *Ant-t., Con., Chin., Lyc., Merc., Ac-nit., Psor., Puls., Rhus tox., Sep., Sulph., Tuberc.*

Compare: *Digitalis, Radium, Aragallus, Oxyt., Astrag.*

Complementary: *Dulc., Silica, Psorin.*

Incompatible: *Calc.*

Antidote for poisonous doses: *Epsom salts.*

Dosage

The highest potencies from 200 to CM are the most effective but in very old people 12 or 30 could be tried.

1

Baryta iodata

Baric iodide

Ba I2

Trituration

The essential features

The main action of Baryta iodata is to **retard development** and to **infiltrate, enlarge and indurate glands and organ tissues**. You will need this remedy mostly with children, particularly in cases of cachetic, malnourished children. Baryta iodata suits a child who **does not grow** as he should, whose lymphatic glands are very swollen and **hard**, who catches cold easily and who exhibits **opacity** of the cornea. The opacity which is apparent in the eye parallels the induration and infiltration of internal organs and glands.

There are other remedies that feature opacity of the cornea and swollen cervical glands, such as *Cadm.*, *Calc-c.*, *Arg-n.*, etc. But in order to prescribe this remedy you need to observe that the child is not developing properly and that its growth is stunted.

Here we must differentiate with *Baryta carbonica* as far as the stunted growth or dwarfishness is concerned. In Baryta iodata we do not see dwarfishness as such but rather a general cachexia and emaciation.

When we talk about the characteristics of a remedy it means that these characteristics are the first thing you will notice in the case. These are the main features in its pathology.

Baryta iodata feeds and greatly enlarges the lymphatic system, while undernourishing the patient. You should consider Baryta iodata in cases where the glands are **hard and painful to touch**, and most particularly where the patient tells you that his leucocytes are always on a high level.

Baryta iodata, as mentioned above, will infiltrate, enlarge and indurate glands, especially the tonsils and breasts (**mastitis**). It also has a marked effect on **new growths** and **tumors** such as cancer of the breast, in cases where the whole organism is undernourished or suffering from arrested development.

The general impression received from such cases is that of a severely damaged immune system.

The thyroid is primarily affected in adults, presenting us with symptoms of **hyperthyroidism** with tremblings and fainting spells and protrusion of the eyes.

As the lymphatic system is heavily involved, the leucocytes are frequently increased. **Hodgkin's disease**, **infectious mononucleosis**, and **glandular fever** are within the sphere of action of this remedy. Other conditions requiring Baryta iodata are **staphyloma** and phlyctenular **keratoconjunctivitis** accompanied by swelling of the lymphatic glands in children who do not seem to grow.

The hardening action of this remedy on the physical organs is mirrored in a similar process of hardening and growing **"opacity" of the mind and emotions**. The emotions become hardened and dead, the patient exhibits indifference and apathy, and the mind becomes indolent and dull. The patient feels confused, and has

difficulty in concentrating his mind and in getting it to function. Mental weakness is marked in this remedy. The patient finds it impossible to come to any decision. The *Baryta iodata* child will strike you as looking almost stupid. It is incapable of any mental effort and has a weak memory. These children are timid, but not as much as the *Baryta carbonica* child; they are however much more restless than the latter. When faced with a child whose mentality resembles *Baryta carbonica*, with hugely swollen tonsils, but restless and ameliorated by fresh air like *Pulsatilla*, think of *Baryta iodata*.

These children are afraid of people. They are not communicative or social and prefer to stay by themselves. When offended they like to sit and brood, recalling the hurtful events, with more pleasure than pain. The action of *Baryta iodata* is sometimes complemented by *Natrum muriaticum* if the patient has previously suffered great loss or grief.

The adults needing this remedy are people with chronic mental and physical fatigue, whose glands - especially the submaxillary - are chronically swollen, and who feel that they have lost their interest in life.

They are in a constant hurry but without effect in what they do. They are incapable of concentration and application; they cannot do anything properly as there is this hurried feeling inside, accompanied by mental dullness. These patients are easily angered, and quick to fly into a temper and express their anger. In general however they are timid and anti-social, with a tendency toward hysterical behaviour and impatience.

Baryta iodata has frequent mood changes. As the pathology progresses you will find cases of depression with occasional outbursts of anger and weeping. At this stage the symptoms resemble *Pulsatilla*, but the swollen lymphatic glands should make you think of *Baryta iodata*. Further symptoms include great anxiety, delusions in which the patient thinks he sees dead people, fear of evil, of ghosts. The head feels cold and at other times hot. Heat and flashes occur in different parts of the body but especially in face and stomach.

A final point to mention concerning *Baryta iodata* is the number of **contradictions** among the symptoms. The patient finds that lying in bed increases the anxiety while it ameliorates the pains. He desires cold open air, but feels dizzy while walking which also increases the physical suffering. At times the patient has aversion to company, while at other times he desires it. Lassitude is better by continued lying, but lying in bed increases some of the symptoms. Eating ameliorates at times, while at other times it aggravates.

Generalities

Strong desire for open air and better in cold air is a strong characteristic of this remedy.

Takes cold easily; worse in cold, wet weather.

Convulsive action of muscles.

Emaciation.

Fainting spells.

General sensation of fullness.

Easy hemorrhage.

Induration in many parts especially in glands. Inflammation or congestion in internal organs; in glands. **Swelling and inflammation of affected parts and of glands.**

Pain in bones and glands. Tension all over body.

Weakness during menses.

Pulsation all over body. Pulse fast and full.

Very sensitive to pain; glands sensitive to touch.

Leucocytosis.

Worse: before eating and when fasting; after eating sometimes; before and during menses; lying on back; from warmth in general; in a warm room; on becoming warm; from pressure. Exertion, motion and especially **walking** aggravate very much.

Better: in cold open air, after eating.

Vertigo

Vertigo while lying, stooping; **walking**

Head

Heat and hyperaemia of head evening and night.

Heaviness of head.

Pain in head in the morning on rising; **better in open air**; worse binding up the hair; from noise; while walking; in warm room.

Bruised pain in head.

Pressing, shooting, stunning pains in head.

Tearing in vertex.

Perspiration of scalp.

Pulsation in forehead and temples.

Eyes

Opacity of the cornea.

Inflammation of conjunctiva.

Tubercular iritis.

Staphyloma. Phlyctenular **keratoconjunctivitis.**

Itching of eyes.

Pain in eyes worse from light; burning pain; pain as from sand; tender feeling.

Photophobia.

Protrusion of eyes; pupils dilated.

Redness of eyes and lids.

Vision dim, foggy; weak.

Diplopia.

Swollen lids.

Ear

Suppurative inflammation of the middle ear.

Sensation of flapping in ears.

Noises in ears when chewing.

Stopped feeling in ears.

Hearing impaired.

Nose

Catarrh of nose; discharge bloody; copious; hard mucus; thick; yellow; post nasal.

Dryness in nose.

Fluent coryza with cough.

Epistaxis on blowing nose.

Obstruction of nose at night.

Pain in nose; in root of nose.

Frequent sneezing.

The nose is swollen and red. Redness of nose.

Face

Coldness of face.

The face is congested and red; the lips are blue; face sometimes pale and sometimes circumambient redness.

Face looks drawn and shrunken. Emaciated.

Eruption on face and nose; boils and pimples.

Pain in face; in submaxillary gland.

Swelling of glands of lower jaw; parotid gland; submaxillary gland.

Mouth

Bleeding gums, cracked tongue.

Swollen gums.

The gums are detached from the teeth and the teeth become loose.

Drawing and tearing in teeth.

Dry mouth in morning; dry tongue.

Mucus in mouth which is offensive, even putrid.

Burning tongue; sore gums.

Salivation.

Taste bad; bitter; sour.

Throat

Throat dry and constricted.

The tonsils are enlarged. Inflammation with marked swelling of tonsils. Membranous exudation in throat.

Pain in throat on empty swallowing; burning.

Swallowing difficult.

Swollen and indurated glands of neck.

Stomach

Appetite diminished; increased, even ravenous with emaciation; without relish of food; wanting, aversion to food.

Thirst extreme; unquenchable.

Emptiness.

Eructations; empty; sour; waterbrash; ameliorate.

Fullness and heartburn.

Flashes of heat in stomach.

Heaviness after eating.

Indigestion with hiccough.

Nausea and loathing of food.

Inflammation of stomach.

Pain in stomach after eating; cramping; gnawing; pressing; soreness; stitching.

Retching.

Feeling of tension in stomach.

Vomiting bile; watery.

Abdomen

Distension of abdomen; **enlarged mesenteric glands**.

Flatulence; rumbling.

Different kinds of pain in abdomen; **after eating**; before and **during menses**.

Stitching in hypochondria and sides of abdomen.

Rectum

Constipation; difficult stool; inactivity of rectum; insufficient stool; hard, knotty stool.

Diarrhea with yellow, watery stools, much flatus, external piles.

Itching anus.

Pain in rectum; burning after stool; tenesmus.

Ineffectual urging to stool.

Urinary organs

Urine copious.

Retention of urine; constant; frequent.

Urination frequent at night; involuntary.

Enlarged prostate gland.

Genitalia - male

Enlarged prostate gland.

Induration of testes.

Erections wanting.

Seminal emissions.

Genitalia - female

In the female the desire is increased.

Leucorrhœa bloody; before menses.

Menses copious; frequent; painful; short; suppressed.

Chest

Bronchitis and bronchopneumonia are within the sphere of this remedy.

Mucus in the trachea.

Voice hoarse; lost; rough, weak.

Respiration fast; asthmatic; difficult at night and on ascending; rattling; short; suffocative.

Cough morning; evening; asthmatic; dry in morning; from irritation in larynx or trachea; rattling; spasmodic; suffocative; as talking; from tickling in larynx and trachea.

Expectoration in morning and evening; difficult; mucous; purulent; salty; viscid; yellow.

Catarrh of chest.

Constriction of chest. Oppression of chest.

Inflammation of bronchial tubes; of lungs.

Pain in chest; stitching in chest and in mammae.

Palpitation of heart; night; tumultuous.

Paralysis of lungs.

Swollen axillary glands.

Back

Pain in sacrum; stitching pain in back and in lumbar region.

Extremities

Cold hands, legs and feet.

Hot hands.

Heaviness of limbs.

Itching limbs.

Numbness of arms and fingers.

Pain in joints; gouty; in hip; thigh; knees.

Stitching in knees; tearing in knees and legs.

Perspiration of hands; palms; feet.

Weariness of knees.

Sleep

Dreams: amorous; anxious; vivid.

Clinical

Cancer; cancer of breast. Enlargement of glands. Tumors.

Relations

Compare: *Acon-lycotonum* (swelling of cervical, axillary, and mammary glands). *Lapis*; *Con.*; *Merc-iod.*; *Carbo an.*

Dosage

From 6x to the highest.

2

Chloride of Barium

Baryta muriatica

Ba Cl₂ 2H₂O

The essential features

This remedy, though presenting many similarities in its gross symptomatology with *Baryta carbonica*, yet has features of its own. It has all the main symptoms of *Baryta carbonica* including the difficulty in concentration, the dulness of mind, the confusion, the indecision and the immaturity. The *Baryta muriatica* patient is confused in her mind. She does not answer properly, as if she were thinking of something else at the moment. She has great difficulty in concentration while studying or reading, and difficulty in learning, comprehension, and memory. She is irresolute and indecisive, and very similar to *Baryta carbonica* in her immaturity. There is anxiety about the future, and a rapid progression to a state of idiocy.

The primary action of *Baryta muriatica*, which presents us with the unique picture of this remedy and on which I shall now focus, is concentrated on three particular areas: the **nervous system**, the **vascular system** and the **glands**.

The effect on the central and peripheral nervous system

This is primarily a "**convulsive remedy**" in the broadest sense of the word. When the nervous system is affected we see a hysterical person with a tendency to convulsions, twitchings or choreic movements. The picture one gets from this remedy is of a build-up of unexpressed energy that suddenly erupts in the form of hysterical fits, epileptic fits, convulsions or twitchings. During such a hysterical fit the patient feels a **tremendous anxiety that almost prevents her from breathing and her tendency is to fall down on the ground** and roll there in agony. Another condition can be great anxiety, with pressure in stomach, nausea and retching, where the patient must bend double in order to feel better.

Baryta muriatica patients experience the strange feeling that the legs are non-existent, and have the illusion of **walking on their knees** without legs. This is accompanied by the tendency to bend over and roll on the ground.

As an example of such a case you may see a woman who suspects that her husband is not interested in her any more, or who believes that her husband is having an affair with another woman. On the least provocation, following the mildest remark from her husband, she goes into a hysterical state. She falls to the ground in a semiconvulsive state of anxiety. The idea underlying this behaviour is that she falls to her knees, totally helpless in front of the all-powerful master, as she is incapable of a better reaction.

A feature of this remedy is the lack of a sense of humiliation, prevalent in *Natrum muriaticum*. On the contrary, the *Baryta muriatica* patient is essentially humble without any egotistic element whatsoever. *Baryta muriatica* is weak-willed and weak-minded, and therefore does not have the courage to voice an argument or to carry a discussion to demand her due. She feels better when she stoops down or bends over physically - but also when she yields and submits mentally. The anxiety is better when stooping, the stomach and abdominal pains are better when stooping. She must "lean over" in order to feel better, and, most remarkably, has an aggravation of symptoms when "rising up".

It should not be forgotten that this behaviour is exhibited by a person whose mind is confused, whose understanding is restricted and who is timid and cowardly, needing protection to face the challenges of life. These patients easily develop fears of people and of evil; they indulge in few social contacts and little conversation, being by nature suspicious and averse to company. The insecurity that dominates the patient causes her to cultivate excessive sexual excitement in

her imagination, should she fall in love with somebody, with the result that the excess of excitement can lead to explosions of apparent **acute insanity**. In fact the patient is suffering from manic-depression, with the mania state manifesting every time she falls in love when the sexual excitement that is generated cannot be fulfilled.

The Baryta muriatica woman characteristically shows an exaggerated attachment to the loved one, with a tendency to suffocate him. A typical result will be an increase in sexual desire and excitement on her part, with a corresponding decrease of interest on the part of her husband. It is this state of conflict that brings about the syndrome of "**acute insanity from sexual excitement**" that is one of the main characteristics of this remedy.

The imagination turns to sexual matters and produces a frenzied desire for sexual intercourse, so much so that it will lead women to nymphomania and men to satyriasis. The sexual element is particularly strong in this remedy, and a great deal of its symptomatology originates from this feature, quite unlike *Baryta carbonica* where the sexual element is by no means so important.

The prevalent symptoms during the Baryta muriatica state of insanity are confusion, disorientation, and **idiotic** or **childish** behaviour. There are delusions where familiar things seem strange, and where the locality around the patient seems changed. Out of all the Baryta's, this remedy is the fastest to bring about a state of **idiocy**, of imbecility, with all the characteristics of the disease. The facial expression is idiotic, with drooping jaw and drooling saliva, the eyes are vacant. This state can be accompanied by epileptic fits, chorea or swollen glands. It is similar to *Cicuta* in this respect.

The **convulsive tendency**, as mentioned, is a very important feature for this remedy. The convulsions characteristic of Baryta muriatica are as follows: convulsions with headache, deafness, vomiting and burning in the the stomach; convulsions with full consciousness, with electric shocks; clonic spasms. Periodical attacks of convulsions, with **excessive jactitation** of the limbs. Convulsions, accompanied by shocks which shake the whole body. Convulsive tremor and twitches. Epileptic convulsions. Convulsions from worms. Convulsive trembling. Further important symptoms include:

Violent chorea, the arms and legs are in constant jerking so that she cannot feed herself nor walk. The face is spasmodically twitched, and the the speech is unintelligible. All the spasmodic movements cease during sleep.

Voluntary muscular power gone but perfectly sensible.

Multiple sclerosis and other neuro-muscular disorders will fit its picture, as do **icy coldness of the the body, with paralysis**, paresis after influenza and diphtheria, paralytic weakness and left sided paralysis.

The effect on the vascular system

Both elements in this remedy have a strong action on the heart and arteries. Baryta muriatica has a great reputation for improving aneurysms, especially of the descending aorta, and also abdominal aneurysm. It causes **hypertension** with high systolic pressure, and comparatively low diastolic tension.

Other conditions for which you will need Baryta muriatica are: arterio-sclerosis; tachycardia from excitement; increased tension of pulse; pulse fast, 120; full, hard, small. Rising up from bed brings on many symptoms.

The effect on the glands

The diseases most amenable to this remedy are those which affect the glands in general, and most particularly the **lymphatic glands**, the parotid glands and the

pancreas. The conditions which benefit from *Baryta muriatica* include: enormously swollen and indurated lymphatic glands around the neck. Swelling in glands and along nerves. Painful swelling of glands. Parotid glands hard and swollen. Swelling of salivary glands. Attacks of tonsillitis occurring in spring and autumn. Enlargement of the glands and induration of tonsils and pancreas. Inflammation of glands, adenitis and infectious mononucleosis. It is the natural complement of *Conium* in glandular affections and bears many similarities to it, though much deeper acting.

The children

Baryta muriatica children present a similar picture to *Baryta carbonica* children. They do not want to play like other children, but are isolated, sitting in corners and giving confused answers. They may be hard of hearing. They are dull and have difficulties in learning, being unable to remember what they study. They suffer from a retarded development, and in serious conditions present a picture of imbecility. *Baryta muriatica* is suited to scrofulous children, who go around with their mouth open and talk through the nose. Such a child may lie on its abdomen to shun the light. An example from a case may serve to illustrate this condition: The whole neck was covered with indurated glands of the size of an egg; the abdomen was much distended and hard; the seventh and eighth dorsal vertebrae projected posteriorly in a lump. Both ears discharged an offensive pus; tongue coated; stool produced only by enemata; faeces small in quantity, white in color, and hard as a stone; the urine yellowish and very offensive; the feet swollen.

Generalities

The patient desires open air, yet open air often increases the symptoms.
General physical anxiety is a strong feature.
Heaviness externally and internally as from weakness and relaxation.
Extreme lassitude, compelled to lie down. General feeling of lassitude in the morning, especially weakness of the legs, with muscular stiffness.
Weakness in whole body, can hardly move a limb; general muscular weakness while walking; paralytic weakness; weariness. General malaise, faintings. Heaviness and prostration, must lie down. Weakness from ascending stairs.
Dread of bathing like *Sulphur*.
Bleeding from mucous membranes and from ulcers.
Symptoms come before and during menses.
Neither motion nor pressure is painful
Painless symptoms predominant and pain is the exception.
Many parts are tender to pressure.
Formication all over the body.
Sensation of internal fulness.
External numbness of whole body.

Perspiration staining the linen.

Complaints from suppression of foot perspiration.

Better lying on right side; riding in a car.

Some symptoms are better from motion.

The earache is better by sipping cold water.

Head bent forward ameliorates the breathing.

Worse rising from bed.

Complaints such as dyspnea, palpitation and weakness are worse ascending stairs.

Complaints are prominent in the **morning**, forenoon, afternoon, evening, **night** and after midnight.

The symptoms are often worse in cold air and from becoming cold, worse in wet weather. They are worse in fall and spring.

Complaints left-sided - worse while sitting; must lie down.

Symptoms come on during sleep - worse while standing.

Lying on painful side: earache worse.

Vertigo

Fainting; vertigo when walking; objects seem to turn in a circle.

Vertigo due to cerebral anemia with noises in ears.

Vertigo in old people.

Head

Head drawn forwards.

Headaches, but without acute crisis, occurring in old people; heaviness rather than pain. Heaviness of head so that he cannot keep it up.

Headache with angina.

Headache with vomiting.

Headache when moving eyes.

External headache aggravated by pressure.

Tinea capitis extending to sides and posterior portion of neck.

Tinea, with abundant discharge of pus. The whole scalp covered by a thick, offensive crust.

Itchlike eruption on scalp and neck.

Eczema; moist eruption; offensive eruption.

Suppurating eruption.

Eyes

Pupils dilated and immovable.

Eyes sunken.

Eyeballs much inflamed.

Eyes stiff, cannot move them.

Lids on both eyes swollen and inflamed.

Ophthalmia scrofulosa. Child lies on its face in order to avoid light.

Staphyloma on inner edge of left cornea.

Ulceration of lids.

Paralysis of left lid.

Ears

Offensive otorrhea (especially right). It has cured whizzing and buzzing in ears; noises on chewing and swallowing. Deafness.

Earache right side; worse lying on painful side; better by **sipping cold water**.

Discharge from both ears of an **odor like rotten cheese**.

Postscarlatinal otorrhea.

Otorrhea after frequent otitis.

Abscess behind both ears, discharging offensive pus.

Parotid on right side swollen, with a swelling of submaxillary and cervical glands.

Both parotids, especially right side, swell after scarlatina.

Nose

Sneezing in sleep, four, five times before midnight, not wakening.

Catarrh of nose.

Coryza, with fever heat.

Nodular eruptions on nose. Broad, red nodule on side of point of nose; biting, tickling soreness and with fine stitches in it when touched. Red pimple on side of tip of nose.

Pain in nose on touch; on biting.

Stitching pain in nose.

Rawness in nose.

Nasal speech

Face pale, with **anxious expression**.

Red face, with fever.

Tension in whole face, with nausea and diarrhea.

Sensitive drawing, twitchings and spasmodic contractions in facial muscles.

Enlarged, indurated and painful submaxillary glands.

Inflammation, hard swelling and induration of (right) parotid gland.

Crusty, scabby eruptions.

Mouth

After fine stitching a pulselike jerking and throbbing toothache; worse **after midnight**; worse after sleep; is compelled to sit up in bed.

Putrid taste in mouth, even food has a putrid taste; tongue and mouth dry.

Ulcers on tongue.

Tongue furred; covered with mucus; collection of slime on tongue.

Salivation, with looseness of teeth, **swelling of salivary glands** and palate, odor like from mercurialism.

Salivation with convulsions.

Offensive breath during menses.

Paralysis of tongue.

Bleeding.

Throat

Valuable in loss of power, paresis of the pharynx and Eustachian tube, with clacking sounds on swallowing or sneezing; air is forced into the tympanum too easily.

Chronic hypertrophy of tonsils.

Tonsils **enlarged**.

Recurrent inflammation of tonsils.

Disposition to tonsillitis, with suppuration each time after taking cold.

Chronic scrofulous enlargement and induration of tonsils.

Hard swelling of cervical glands, that can become enormous in size. Swelling of uvula and **palate**.

Elongation of uvula, with hyperaemia.

Varicose veins in throat and tonsils.

Pharynx and esophagus inflamed.

Difficult swallowing.

Catarrh extends over tonsils, epiglottis, glottis, into tubes.

Angina tonsillaris, with suppuration, after every cold.

Severe pain in right side of throat and ear; with every paroxysm saliva in large quantities of a deep red color runs out of mouth and fauces, especially on right side; tonsils but little swollen.

Discoloration and redness of uvula.

The **whole neck and throat full of hard glandular swellings.**

Stomach

Desires **dry bread, white bread; dry food**, bread and butter.

Indurated and **narrowing of the cardiac orifice with pain** immediately after eating, and epigastric tenderness.

There is **great indigestion**.

Below stomach to left a hardness from which paroxysms of dyspnea come.

Nausea, with vomiting and violent colic

Vomiting with pain in abdomen; of everything taken, with stringy mucus.

Violent vomiting and purging, with anxiety.

During six hours he vomits small quantities of a disgusting matter.

Burning pain when vomiting.

Incessant vomiting.

Ineffectual retching.

Stomach feels heavy; a pressure in stomach, most after eating solid food.

Cramps in stomach.

Warm sensation rises up to chest and head. Flushes of heat extending over chest and to head.

Abdomen

Abdominal **aneurysm**.

Hardness of mesenteric glands.

Liver and spleen full of thick black blood; gall-bladder filled with pale yellow, watery bile.

Tumefaction of liver.

Induration of pancreas.

Aching, dull pain in region of navel; worse in morning; dry cough.

Pain in abdomen, rising from lying ameliorates.

Sore pain in abdomen in inguinal region.

Distressing throbbing in abdomen (abdominal aneurysm).

Borborygmus.

Abdomen much swollen, distended and hard.

Swelling and induration of abdominal glands, mesenteric glands and lower limbs.

Swelling of liver.

Inguinal glands swollen and painful. Suppuration of inguinal glands.

Fetid, ichorous ulcers in inguinal region.

Worms

Bubo after suppressed gonorrhoea.

Rectum

Obstinate constipation. Stool only after injections, excrement white and hard as stones.

Hemorrhoids protrude during urination.

Stools of a jellylike appearance, with blood, no pain at all, discharges every 15 or 20 minutes, covered with mucus.

Dysentery in emaciated undersized children.

Yellow, slimy stools; vomiting and exhaustion.

Stools green, thin, watery, chopped and very fetid.

Paralysis of sphincter ani.

Passage of ascarides and slime.

Fistula.

Urinary organs

Micturition painful, constant.

Cystitis.

Frequent urination during perspiration.

Continual violent urging to urinate; sometimes involuntary.

Pain in urethra during urination.

Urine yellowish, of a very offensive odor, whitish sediment.

Great increase in uric acid.

Genitalia - male

Sexual desire tremendously increased leading to satyriasis. **Violent** sexual passion.

Nightly seminal emissions.

Gonorrhoea and gleet.

Hypertrophied testicles after suppressed gonorrhoea.

Testicles increased in size, hard and painful stitches.

Swelling of testicles and scrotum, painless.

Buboes after suppressed gonorrhoea.

Genitalia - female

Menstruation induced.

Sterility.

Leucorrhoea.

Induration, tumor, or atrophy of ovaries.

Nymphomania

Violent desire leading to acute insanity.

Squeezing pains in pelvis.

Chest

Aneurysm of the descending aorta.

Bronchial affections of old people with cardiac dilation. Facilitates expectoration.

Mucous expectoration. Catarrh in chest.

Weak, husky voice.

Attacks of anxious dyspnea; rolls on floor, several attacks a day, also at night.

Dyspnea and oppression.

Respiration difficult, impossible when lying; upright ameliorates.

Has to sit up, head bent forward; slime and saliva run from mouth, without cough.

Chronic cough of scrofulous children.

Inner heat in upper chest.

Heart beats irregularly, pulse scarcely perceptible.

Phthisis scrofulosa, with herpetic eruption and indurated testicle.

Palpitation.

Pulse rapid, full.

Pulse soft and irregular.

Pulse 120.

Back

Enlargement and induration of cervical glands.

Submaxillary and cervical glands swollen to size of pigeon eggs, two like hen's eggs, very hard, and painful on slight pressure.

Inflammation of cord.

Curvature of spine.

Itching eruptions.

Tinea from scalp to neck.

Extremities

Inflammation of knee.

Heat of knee.

Painless jerking in arms, principally at night. **Convulsive jerkings of hands and feet.**

Twitching of arm, worse at night. Twitching of foot.

Eruption like millet seed on hands.

Brownish scurfs. **Scurfs on lower limbs; on thigh.**

Tension in thighs.

Emaciation of thighs and nates.

When kneeling, a violent stitch, followed by a peculiar tension in right patella, making it difficult to walk.

Tension and increased warmth in knee.

Feet swollen. Swelling of lower limbs after dropsical fever. Swelling of hands and feet.

Cramps in toes.

Trembling of limbs.

Pulsation of shoulder.

Paralysis of upper and lower limbs. Paralysis of left hemiplegia.

Suppressed perspiration of foot.

Weariness of muscles of extremities.

Fever

Fever: thirst; loss of appetite; dry mouth and tongue; dysphagia; frequent, full pulse; flushed face; catarrhal; with chilliness; prostration generally lasting seven days, occasionally accompanied by catarrh of eye, ear or nose, or inflammatory action of skin.

Chill with thirst in evening.

Chills with heat, alternately with angina tonsillaris.

Dry heat all day; pulse excitable; head affected.

Heat, with coryza.

During fever increased suppuration of ulcers with boys, and enlargement of swollen cervical glands with girls.

All day dry heat; pulse irritated; head affected.

Cold sweat.

Perspiration has offensive odor.

Perspiration staining the linen.

Skin

Spasmodic contraction of skin.

Discoloration; bluish spots.

Itchlike pimples on head, nape of neck, abdomen and thighs.
Herpes on various parts. Herpes favinosus all over body, face excepted.
Ecchymoses.
Eczema.
Tetter.

Scrofulous eruptions

Yellowish, scaly eruptions.
Fetid ichorous ulcers in inguinal region.
Scurf, profusely suppurating, on scalp.
Biting pain in skin.
Cold surface; cold extremities.
Whole body covered with ulcers.

Clinical

Aneurysm. Abscess of anus. Asthma. **Convulsions.** Epilepsy. Deafness. Fistula. **Glandular swellings.** **Idiocy.** **Mania.** Acute insanity. **Nymphomania.** Leucorrhoea. Mumps. Otorrhoea. **Pancreatitis.** Paralysis. Scrofula. Sterility. Affections of testicles. Tinea capitis. **Tonsillitis.**

Relations

Useful after *Arnica*, in extravasations of blood.
Similar to *Conium* in indurations of abdominal glands.
Compare: *Con.* (indurations of abdominal glands); *Iod.*, *Kali iod.* and *Iris* (pancreas); *Selen.* (pulsations in abdomen).
Compare in sclerotic degenerations, especially of spinal cord, liver, and heart. *Plumbum met.* and *Plumb-iod.* Also *Aurum mur.* which will often accomplish more in sclerotic and exudative degenerations than other remedies. Multiple sclerosis, fulgurating pains, tremors, Morvan's disease, hypertrophy of fingers.

Dosage

From 6x to the highest.

Baryta sulphurica

The essential features

Barium sulphuricum is the remedy to try in a *Sulphur* case that does not respond, where the patient looks timid, confused, and is closed in on himself, with an amelioration in the open air. This remedy should also be thought of in a case that looks like *Baryta*, where the patient is much more critical than you would expect a *Baryta* patient to be, though the criticism is internal - the patient is averse to discussing such matters, so does not voice her criticism.

Barium sulphuricum derives very few of its symptoms from the *Barytas*; many of its characteristics come from its other component: *Sulphur*. We do of course see the aversion to mental work, the confusion of mind particularly in the morning or evening, the weak memory, especially for **words** while speaking, the difficulty in concentration and the general tendency towards imbecility which we recognise from the *Barytas*. But these elements do not suffice to give the true picture of this remedy. The keynote is the withdrawal and sense of being closed in, the **aversion to or even fear of communication**, although inwardly we see the tendency to be **very critical of others**.

The Barium sulphuricum patient is utterly withdrawn into herself, with an internal life of her own which she is unwilling to share with anyone. She can be fearful when in the presence of many people, have aversion to others keeping her company, and may be anthropophobic. The nervous system appears to be in a constant state of stress. In the early stages this stress may manifest as a **slight involuntary motion of the head**; the head feels loose and falls to the side leant on. Later stages can bring convulsions and epileptic fits.

It is quite understandable that such a closed in person who is unable to express herself will suffer from **hysterical fits** after a deep disappointment or grief. The patient cannot express her emotions in a normal way, and the loaded feelings eventually explode in an uncontrollable, hysterical outburst, without however showing aggression towards others.

This remedy is suitable in cases of epilepsy where the patient looks **totally withdrawn into herself**, avoiding people, avoiding society, with fear of starting a conversation or **fear of being involved in any conversation**. She is not stupid, and does not lack opinions of her own, but she simply does not want any contact, she is fearful and shy, much like *Bryonia*.

Other particular characteristics of Barium sulphuricum are a strong tendency to fainting spells, a fearful sensation after siesta as if she had not entirely come back from sleep, which is a keynote, and a sense of insecurity which always makes her want more than she needs. The patient is **suspicious**, suffers from anxiety before midnight, anxiety during heat or **with fever**, anxiety about the future. She has fear of death and evil in the evening, and talks in her sleep.

Impatience and irritability are very marked. Barium sulphuricum is always in a hurry, and irritable, worse in the evening. They can also be indifferent, indolent, bashful, with loss of will power. All mental symptoms are ameliorated in the open air.

Other symptoms include skin eruptions, especially on the head, with swelling of lymphatic glands, especially the submaxillary. The glands in general are inflamed, swollen and indurated. You may see exophthalmic goitre with **trembling of the whole body, of head and hands**. It is useful in cataract when the general symptoms agree, and has cured opacity of the cornea. There is painless paralysis, one-sided, mostly right, and paralysis of organs.

Generalities

The symptoms of this remedy appear mostly in the morning and at night, after midnight. Symptoms come on during and **after eating**. There is a general **amelioration from the open air**.

Emaciation, **marasmus**.

There is a marked physical anxiety.

Flabby feeling in hard parts. Relaxation of muscles. Faintness and the muscles become flabby.

Single parts become numb and prickle.

Sensation of external constriction.

Jerking in muscles.

Tension felt all over body.

Pulsation all over the body. Pulse feeble on motion.

Distension of blood vessels.

Tearing pain in glands.

Stiffness of muscles and joints.

Complaints from suppression of foot perspiration.

Takes cold easily; there is a lack of vital heat.

Symptoms come on before and during menses.

Weakness after eating; during menses; while walking.

Aversion to motion.

Heaviness and lassitude. **Desire to lie down**.

Desire for open air and walking in open air ameliorates.

Many symptoms show themselves or are **worse on exertion and ascending stairs**. Motion, walking, physical exertion aggravate.

Generally worse from bathing; in a close room.

Ailments **after eating to satiety**; from cold air; from becoming cold; from cold wet weather.

Pressure aggravates the pain and many symptoms.

Rising up aggravates; **ascending** aggravates; standing aggravates.

Vertigo

Vertigo; objects turn in a circle; when standing; when walking.

Head

Pain in the evening; **better in the open air**; better while walking in the open air. Pain in the head **worse** from coughing; after eating; from becoming heated; from a jar; when lying; moving head and eyes; from pressure; shaking the head; after sleep; from sneezing; **when stooping**; in the summer; from heat of the sun; violent; when walking; worse in a warm room.

Pain in forehead in the evening; **worse on the right side; in the sides of the head**; in the temples; boring in forehead and temples.

Jerking pain in head.

Sore-bruised pain in head.

Stitching pains in head.

Electric shocks in head.

The head is sometimes cold; there is marked hyperaemia with cold feet.

Empty feeling in the head.

A feeling of looseness of the brain.

A sensation of motions in the head.

Eruptions on the scalp; **crusts**; moist; pimples.

Itching of the scalp. Formication of the scalp and the hair falls out.

Perspiration on scalp.

Eye

Inflammation of the conjunctiva, of the lids.

The eyelids are stuck together in the morning.

Swollen lids.

Dryness of eyes.

Redness of eyes.

Protrusion of eyes.

Pupils dilated and insensible to light.

Itching and lachrymation.

Pain in eyes on exertion of vision; **worse from light**; aching; burning on using eyes; burning in canthi; pressing; pain as from sand; tearing. Paralysis of optic nerve.

Photophobia

Black spots; specks and flies before the eyes.

Dim vision.

Cataract.

Ear

Bloody discharge from ear.

Eruption behind ears.

Formication of ears.

Itching in ear, stitching in ear; twitching of ears. Noises in ears; ringing; **roaring**.

Pain in right ear; behind ear.

Pulsation in ear.

Hearing impaired.

Nose

Constant inclination to blow the nose.

Fluent coryza with cough.

Catarrh of the nose with discharge bloody; thick; yellow, offensive.

Epistaxis on blowing the nose.

Dryness in the nose.

The nose is often obstructed.

Much sneezing.

The nose is swollen.

Smell is acute.

Face

The face is cold, pale or red.

The face is red and hot while the extremities are cold.

Drawing **pain** in face; in **submaxillary gland**.

Convulsive twitching of face.

Swelling of face; of parotid gland; **of submaxillary gland; painful swelling.**

Eruptions on the face: acne; boils; crusty; eczema; herpes; pimples.

The lips are **dry and cracked**.

Mouth

The gums are detached from the teeth, bleeding, swollen.

Cracked tongue.

The tongue is coated white.

The tongue burns.

Salivation.

Burning vesicles in mouth and on tongue.

Offensive, even putrid odor from mouth.

Taste is bad, bitter or sour.

Pain in teeth worse from cold things; cold drinks; after eating; from warm things.

Speech difficult.

Throat

Constriction in throat.

Dryness and roughness in the throat.

Sensation of a lump in throat.

Enlarged, swollen tonsils with suppuration.

Liquids are forced into nose.

The membrane of throat is covered with exudate and throat is full of viscid mucus.

Pain in throat on empty swallowing.

Spasms of the esophagus on swallowing.

Stomach

Appetite is variable; wanting; diminished; ravenous; easy satiety. Aversion to food.

Craves **sweets**.

Thirst in the evening; unquenchable.

Heat felt in stomach.

Sensation of coldness in stomach.

A sensation of emptiness.

Pressing pain after eating; tenderness.

Eructations; after eating; bitter; empty; sour; watery; **waterbrash.**

Fullness in stomach even after eating a little.

Weak and slow digestion.

Nausea in the morning.

Vomiting; bile, mucus, sour, watery.

Abdomen

The abdomen is distended with flatulence and feels full.

Abdomen large and hard; the mesenteric glands are enlarged.

Pain in abdomen in the morning, after eating; during menses; on motion; on pressure; after stool.

Pain in inguinal region; cramping; cutting; before stool.

Rectum

Constipation; inactivity of rectum; difficult stool; unsatisfactory stool; hard, knotty stool.

Involuntary stool.

Constant or frequent ineffectual urging to stool.

Pain during and after stool; pressure; soreness; stitching; tenesmus.

Diarrhea; worse at night from taking cold; yellow watery stools.

Offensive flatus.

Crawling and itching in rectum and anus.

External piles.

Constant moisture at anus.

Urinary organs

Retention of urine.

Dysuria.

Urging to urinate; constant; frequent; sudden, must hasten to urinate or lose it.

Urination frequent at night.

Involuntary during the night, copious.

Discharge from urethra gleety; purulent.

Genitalia - male

In the male there is no sexual desire and erections are wanting. Induration of testes.

Sweat on the scrotum.

Seminal emissions nightly.

Genitalia - female

In the female desire is also absent.

Leucorrhoea: smarting; copious; acrid, excoriating.

Menses **scanty**; suppressed.

Burning of the vulva.

Chest

Catarrh of the trachea with copious mucus.

Voice is hoarse; rough; lost; weak.

Respiration is accelerated; asthmatic; difficult at night and on ascending; rattling.

Cough in the morning after rising; in cold air, in damp cold air; asthmatic; worse talking; from tickling in larynx and trachea; tormenting; whooping cough.

Expectoration in the morning and evening; difficult.

Catarrh of chest with marked constriction and oppression.

Pustules on the chest.

Itching of chest; of mammae.

Palpitation: at night; anxious; tumultuous.

Back

Itching of the back.

Feeling of weight in the back.

Pain in the back, before and during menses; while sitting.

Pain in lumbar region in evening and before and during menses. Drawing pain in lumbar region; in the sacrum.

Pulsation in lumbar region.

Weakness in lumbar region.

Burning in spine and in lumbar region. Stitching in back, in cervical and lumbar regions.

Stiffness in the back; in cervical regions.

Tension in back.

Extremities

Cold hands and feet.

Cracked hands and fingers. The hands are very dry.

Perspiration of hands, of palms.

Offensive sweat of feet; suppressed foot sweat.

Painful eruptions on the limbs; pimples.

Heaviness of limbs.

Itching limbs; thighs.

Jerking of the lower limbs.

Numbness of the upper limbs; hands; fingers.

Tearing pain in all the limbs.

Bruised limbs and joints.

Stitching: in **knees**; forearm; wrist; lower limbs; thighs; legs; feet.

Painless paralysis of upper limbs.

Tension of thighs.

Cramps in the calf.

Ulcers on legs; weakness of lower limbs.

Sleep

Deep sleep.

Falling asleep late.

Restless sleep.

Sleepiness after dinner.

Dreams; anxious; frightful; of misfortune; vivid.

Fever

Fever evening and night; alternating with chilliness; burning heat; flushes of heat.

Shaking chills; **one-sided chill**; generally left-sided.

Chilliness in the open air; in the least draft.

Coldness in bed; external coldness; daily **spells of coldness**.

Perspiration after midnight; cold; while eating; offensive; on single parts; during sleep; on waking.

Skin

The skin is very sensitive.

Tension.

Burning skin at times; otherwise coldness; cracked skin, dry.

Pale skin; red spots.

Eruptions: burning, with yellow moisture; **dry**; worse after scratching, place bare after scratching; eating; scabby; smarting; stinging; suppurating; nodular.

Tubercles; herpes; ringworm; pimples; rash.

Urticaria

Vesicular eruptions; vesicles after scratching.

Moisture of the skin after scratching.

Stitching in the skin after scratching.

Excoriation of the skin.

Formication.

Itching at night; itching, stinging; in a warm bed.

Small wounds slow to heal and often fester.

Small stinging warts.

Clinical

Skin eruptions. Swelling and induration of lymphatic, submaxillary, parotid and prostate glands. Exophthalmic goitre. Paralysis, **one-sided, mostly right**; of organs.
Painless paralysis of upper limbs. Cataract. Opacity of the cornea. Hysterical fits.

Dosage

From 6x to the highest.

Belladonna

Atropa belladonna
Deadly Nightshade
Solanaceae

Tincture of whole plant when beginning to flower

The essential features

When one "clearly perceives what it is in medicines which heals," as Hahnemann enjoins, then one no longer thinks of a medicine in narrow terms. That is to say, when one understands the essence of a remedy, one can envision the possible applications of that remedy in their broadest context.

Many of our medicines are spoken of as "acute remedies" or "constitutional remedies", but no such artificial boundaries exist in homeopathy. In the course of my personal experience I have observed that belladonna, a medicine generally considered as an acute remedy, is among the most frequently used polychrests for chronic conditions as well.

belladonna is a remedy characterized by great **intensity and vividness**. Both belladonna patients and belladonna disease processes are impressive because of the great energy they manifest. Thus, belladonna pathology can be among the most extravagant produced by any remedy in our entire materia medica. Great forcefulness seems to characterize the pathological processes of belladonna. Similarly, the constitutional belladonna individual generally appears **vital and intense**. He seems to possess a great amount of well-balanced energy. One rarely finds a use for this remedy in depleted, apathetic individuals. Rather, belladonna people look healthy and robust. They seem to be people without deep miasmatic illness, without many layers of sickness. Consequently, there is frequently a paucity of mental and emotional symptoms in the first stages of pathology of these patients. Furthermore, they almost invariably have clear aggravations after taking the remedy and generally

require little long-term management.

In most homeopathic materia medicas great emphasis is placed on the "**suddenness**" of belladonna conditions. This "sudden" quality certainly pertains to acute conditions and also to some of the individual crises of chronic conditions, but in the typical chronic cases one very frequently sees a slow steady intensification of symptomatology over the years. Thus, it is usual to find a history where the symptoms began rather innocuously but have been progressing steadily, such that within the last year or so the condition has become unbearable, driving the patient to seek treatment. The pathology of the constitutional belladonna patient generally confines itself to the physical level; this contrasts with the usual patient course seen in other remedies. Typically, a patient will initially manifest only physical symptoms, but, with added stress or suppressive medical therapies, the disease penetrates to involve deeper levels of the organism, i.e. , the mental-emotional sphere. Consequently, in most cases, one sees a mixture of both psychological and physical symptoms. belladonna constitutions, however, seem to "quarantine" the pathology to but some specific physical disorder, perhaps because of their relatively higher vitality. In these patients one usually encounters a history of a progressive intensification of the physical disorder and little evidence of mental or emotional affections. For example, one often hears a patient relate a history of migraine headaches which originally were infrequent and rather mild but which have in the past two years increased in frequency to several times a week and which consist of an almost maddening pain.

As a consequence of the above observations, one can say that the diagnosis and prescription of belladonna is generally made on the basis of physical disorders. However, a characteristic belladonna personality does exist.

The external appearance

The belladonna external appearance is one of vitality. These people are full of life and may appear plethoric. Their faces are often red and flushed, and their eyes seem to glisten. As mentioned below, they are not easily ignored or passed by, but tend to stand out in the crowd.

The mental emotional picture

belladonna individuals are **vivid**; they have a type of presence

which is not easily ignored. They are the kind of people who stand out in a group; they may even tend to find themselves the center of attention at parties as a result of their bright eyes and great vitality. However, they are not people who seek out company. The belladonna personality possesses substance and richness. They are intellectuals with a high I.Q. and a great number of vividly expressed ideas. They have strong, vivid emotions and sentiments, vivid thoughts and imaginations. More than anything they are **excitable**. Although they do not avoid company, it appears that their thoughts and imaginations are so vivid that they do not need extra stimulation from outside sources. In fact, they seem to avoid strong stimuli and have an aversion to noisy, bright places. Furthermore, their strong characters do not need support from others. They do not like to reveal their suffering (although in a crisis they are usually unable to hide it). They do not require consolation, and they tend to keep their problems to themselves.

The irritability and anger

In our materia medicas the belladonna pathology is presented in such a manner as to make you think that unless somebody is totally mad, or convulsed or in a delirium you cannot prescribe this remedy. My experience with the chronic patients of belladonna, with those I call the constitutional type, is quite different. I have seen a lot of belladonna cases that had no mental pathology at all. As stated, the pathology in constitutional belladonna is generally confined to the physical plane. But, of course, when the patients' defenses are extensively harrassed, there can be **deterioration to deeper levels and then we see a sudden appearance of mental pathology**. We do not see a progressive psychopathological state. The mental-emotional pathology that does finally appear in belladonna can be seen as an accentuation of the described personality type. The same "intensity" that characterizes the belladonna physical pathology applies to the mental-emotional pathology: they both come on like a storm.

Irritability, anger, and finally violent impulses and violent mania can be witnessed. Irritability is the one symptom which is consistently present even in the early stages of pathology. One very often finds a history of impatience and **sudden flares of temper**. These patients may literally explode with anger. There are paroxysms of anger and shouting, and a patient may say that when he is angry, "the whole building hears me shout!" The anger is such that it can bring about coughing while the face becomes extremely red. The patient becomes angry even at his own mistakes and then wants to break things. Sometimes the anger alternates with weeping in a state beyond his control.

The anger is, however, equally rapidly forgotten, like a storm that rages and quickly subsides. But beware, should anyone try to give advice to a belladonna patient while in this temper, however kindly one may try, the result will be to make him mad and explode in an even worse manner.

The anxieties and fears

Because the belladonna individual is generally strong of character, he is not prone to suffer fears and anxieties. One does find anxiety about health in some cases, especially fear of cancer, but this fear is easily overcome by the reassurance of a physician and soon forgotten. Anxiety is not generally marked in belladonna cases, though it may appear sometimes alternating with rage, or in a crowd, or during menses. There can also infrequently occur fear of death or fear of the dark. Of course, the most famous fear of belladonna is the fear of dogs and fear of animals in general. As belladonna is a remedy with a vivid imagination it is natural that there should be a fear of imaginary things.

The destructiveness

*There is also an element of violence running throughout belladonna. When the patient does begin to show signs of mental-emotional pathology, he may mention a desire to perform violent acts. In the earlier stages the patient may struggle to control various compulsions to violence; e.g. , a **temptation to bite** or to pull someone's hair. He may even feel compelled to grab the hair of an unknown bystander, but he restrains himself. In a state of rage or delirium he may lose control however, and actually strike those around him, biting people or objects, such as a spoon.*

belladonna can become very destructive in its insanity or delirium. There is a desire to tear one's clothes, to kill people, or to be killed. A belladonna patient can become very destructive under the influence of alcohol. The belladonna mental pathology is very much aggravated by drinking spirituous liquors.

The rage and the mania

Finally, when all control is lost, one sees the occurrence of one of the **most violent manias** produced by any remedy. As stated, the belladonna constitution is generally resistant to psychological impairments, but it may suddenly deteriorate into advanced mental pathology. The belladonna rage can appear during headaches, or, alternatively, during the excited state a fit can be brought on by simply touching the patient. The belladonna patient can become frighteningly destructive and wildly violent, wanting to strike people or bite them as previously described. There is a **wildness in him, a wild look** on his face, and his strength may be greatly increased. He may turn to barking and growling like a dog in his delirium. During an interval from the enraged state he may want to die, and may try to commit suicide. belladonna is indicated in cases of manic-depression where the state of mania that we have just described is succeeded by long periods of depression with a desire for death, where the patient wishes to commit suicide by hanging or stabbing himself, or in any other kind of violent way.

These violent episodes may also occur during febrile deliriums. One may see such a case in utter delirium, groping around the room and literally trying to climb the walls or trying to gather objects off the wall. In this state the patient sees black animals on the walls and furniture, he spits around and makes grimaces while his strength is tremendously increased. It is truly frightening to observe such a case. At other times the patient hallucinates and sees all manner of phantoms, evil spectres and faces with vicious fangs. He may talk about devils, saying that he will be taken away by the devil. In the midst of these vicious hallucinations the patient may laugh in a sardonic and almost evil manner. Further symptoms that may be found during a belladonna state of mania include bouts of knocking the head against a wall, attempts to strike out at imaginary objects, or at people imagined to be on their abdomen or face. Sometimes there are convulsions during the mania state and the fury. In epileptics we see the fury and rage with the full intensity of the remedy and frightful distortions of the face.

The insanity

In a belladonna case a state of insanity may arise due to a number of factors in which the natural outlets for the emotions are suppressed. For example, an individual may suffer from excessive anger, whatever the cause, and be unable to find a proper outlet for this anger. Alternatively, a person may be unable to fulfill his ambitions, or may have to suppress them. Other factors include an eruption which may have been suppressed, or a terrible fright, grief or mortification suffered by the patient. These situations may all lead to an insanity state. The form of the insanity may be different, depending mostly on the cause, but the common characteristics are the glistening of the eyes, the heat of the face, the inner excitability, the senseless restlessness and the increased strength. belladonna should also be thought of in conditions like **pyromania and kleptomania**.

In a case where the ambitions have been affected the resulting insanity will show excessive pomposity. The person for instance may say that he has made a great discovery from which he stands to gain a lot of money. He signs cheques for vast amounts to overpay people for buying things that he cannot afford or does not need. He brags a lot and talks in an excited and intense manner. He sleeps but a few hours at night and roams about in an aimless way all day. Should anybody try to contradict him he flies off in a temper and becomes very aggressive, with an impulse to kill.

If the reason for madness is a love disappointment the form of the insanity may take a on very different aspect. Here you will have a patient who may strip down to only his shirt and run out into the streets in broad daylight, gesticulating and uttering many absurd things. He may start a sort of wild dancing, with shrieking, singing, clapping of the hands. The dancing may alternate with sighing. He jumps over chairs and tables, tears his own hair, indulges in obscene talk and cursing. He

may spit and bite at those around him.

The madness may alternatively result from grief, and here you may see a different picture again, though the basic characteristics should be present as already mentioned. This patient has a tendency to sit and break pins or sticks, making gestures as if he were drinking. He may go to hide with fear in his eyes. He has a feeling of being possessed by the devil or pursued by the police, or he may feel that he is divided into two parts. He may have the illusion that he is a dog and start growling and barking. He is impelled to touch everything, and aimlessly walks round and round in a circle.

The delusions, hallucinations and visions

During the belladonna insanity and febrile states the patient experiences vivid delusions, hallucinations and visions. The **vivid imagination** of belladonna and its **excitability** have been mentioned. In certain circumstances this imagination may suddenly burst forth giving rise to **hallucinations or visions**. Most often this occurs in febrile states, but it also arises in mental disorders. These visions **may occur with the eyes wide open**; furthermore, the hallucinations are not of pale ghostly images but rather sharp, vivid pictures. If the patient mentions that he has a tendency to be delirious and to see visions as soon as he suffers a fever, this can be a strong confirmation of the diagnosis for belladonna.

The delusions of belladonna can be triggered by **fever**, by injuries to the head, by suppressed menstruation and by hysteria, and they are almost always accompanied by **dilated pupils and a red face**.

A typical belladonna delirium is described here: "*In the evening he was seized with such violent delirium that it required three men to confine him; his face was livid; his eyes injected and protruding, pupils strongly dilated; carotid arteries pulsating most violently; a full, hard pulse, with loss of power to swallow. **Violent delirium; broke into fits of laughter, then gnashed teeth disposed to bite and strike those around.***"

The following examples may serve to illustrate the almost unlimited delusions of the belladonna delirium: The patient throws his arms about, moves his lips as if talking, urinates outside the pot. He has delusions of fire on distant home; of someone trying to take away the bed clothes; of body sinking down between the thighs; of cockroaches swarming about the room. He believes that he sees cucumbers on the bed, or dead persons, or black dogs. He imagines himself dreaming when awake; sees giants, a friend's head sticking out of a bottle, a transparent and speckled head. He thinks himself a juggler, thinks that he has a transparent nose. He sees brilliantly colored, glittering objects. He thinks that a physician is a policeman, that he is riding on an ox. He misrepresents his sensations. He sees spectres, ghosts, spirits in fire. His head and nose seemed to be transparent; trees seem to be people in fantastic costume. He sees large turtles in room.

Kent summarises the whole picture beautifully: "*The mental symptoms of belladonna are **delightful to study, but dreadful to look upon**. The mental symptoms are such as come on in intense fevers, such as are observed in maniacal excitement, in delirium. Excitement runs all through. Violence runs all through the mental symptoms. It is a wild state. He is wild; striking, biting, tearing things, doing unusual things; doing strange things; doing unexpected things. He is in a state of excitability. These mental symptoms that come on during fevers, the delirium and excitement, are very commonly ameliorated by eating a little light food.*"

The sleep

The intensity that characterizes the mental-emotional pathology of belladonna is mirrored by the intensity of the sleep, which in this remedy is of exceptional interest. Patients may **talk loudly** during sleep, even in a **quarrelsome manner**. They confess things they have done during the day in a very vivid manner. They sing

or croak during sleep. They turn around restlessly in bed in a kind of fury and stretch and kick the sleeping partner. They grind their teeth and in general those who sleep with them will tell you of the intense activity that characterises their sleep. They may be prone to somnambulism, or may suffer from sleeplessness the whole night, with starting at the least noise, burning skin, constipation and headache.

The child

The belladonna vitality and vividness are nowhere more apparent than in the child, who is full of energy and restlessness. His appearance is characterised by red cheeks, hot skin and glistening eyes. He jumps around all over the room, from the chair to the table to the bed. In the consultation room he will not stay in one place. This is a lively child, full of imagination and very impressionable. Whatever the child experiences during the day seems to be re-lived during sleep. The mother will tell you about his sleep and the intensity with which this child sleeps, the restlessness, talking or screaming during sleep, even getting up and walking around. The child is difficult to wake and has nightly enuresis, particularly after sugar or sweet things. He is aggressive and fights with other children, but is not malicious like the *Stramonium* child.

While studying the child's history you will learn that the child is prone to convulsions with high fever. When suffering from abdominal pain there is vomiting of all food, and a violent thirst develops, coupled with great prostration. Lying flat on the abdomen ameliorates the pain. The convulsions are brought on from light, from a draft of cold air, from the infant becoming cooled. They are more likely to occur in nervous, brainy children, with a good sized head.

In the case of an inflammation of the meninges the child becomes wild and beside himself. The aggressiveness increases tremendously, he strikes those around him, makes terrible grimaces, has contorsions of the limbs and becomes tremendously restless. In delirium the child talks a great deal, and this is followed by laughing; he does not recognize his parents. The convulsions can be so strong that the child may fly off the bed to the floor from the sudden convulsion. While the child is unconscious and convulsed, he bores in to the nose with his fore-finger, so hard and with such force that he bores a hole there. If the nurse tries to prevent the child's hand from doing such damage to himself a severe convulsion supervenes. Special attention should be placed here on this strange symptom for belladonna: boring with the finger in the nose and cheek ameliorates the general condition of the child.

Kent writes: *"In Bell. the infant also commonly remains in a profound stupor, the profound stupor that goes with congestion of the brain; pupils dilated; skin hot and dry; face red, throbbing carotids. Finally the child becomes pale as the stupor increases and the neck is drawn back, because as it progresses the base of the brain and spine become involved, and the muscles of the neck contract, drawing the head backwards, and he rolls the head; eyes staring, pupils dilated. This mental state is associated with scarlet fever and with cerebro-spinal meningitis."*

belladonna is one of the remedies that fits most closely the symptomatology of the terrible disease that hits the young age: the **Gilles de la Tourette's** syndrome. The child makes terrible tics and grimaces, and is so restless that he cannot be restrained to sit quietly for five seconds. He makes terrible sounds with his nose and larynx, groans, coughs, barks, looks retarded, sometimes is destructive and other times tender. He seems impulsive, doing everything and anything that comes to his mind.

Crying seems to ameliorate the belladonna symptoms, even in adults. A tearful mood in children and even babies is characteristic, but they do not want consolation, which only aggravates their condition. They cry for the sake of crying and this seems to do them good. Eating ameliorates most of the conditions in belladonna. It has been observed in hydrocephaloid children that they cry until they get something to eat. **Restlessness during stool** is another characteristic in belladonna children. When children are sick in bed with congestion of the brain, they have an intensely hot head while throbbing is apparent. The temporal arteries and the

carotids **pulsate, with great violence.**

During fever, belladonna children can also behave like *Chamomilla* or *Cina*. They are capricious, cannot stand being talked to in a nice pacifying voice, fly into a temper on being given good advice for anything, complain that everything tastes bitter, desire things which when offered are refused, and cry with the least provocation.

Lastly,

belladonna should be considered in cases of worms in children.

The sexuality

The sexuality of belladonna is usually well-balanced, but when this sphere is affected the result can be a tremendous increase in desire leading to excessive practices such as nymphomania and frequent masturbation. This heightened sexual excitement cannot be satisfied easily. Thus we find cases of belladonna who are shameless in their sexual conduct and sometimes practice exhibitionism. The excitement is so great that interrupted coition can cause a general upset of the organism leading to the appearance of a headache or even a fever. In women the increase in desire can lead to an obsession with the idea of marriage.

The speech

The belladonna speech is characterized by a number of difficulties and impediments. There seems to be a weakness of the organ of speech, leading to stammering like one who is intoxicated. Speech may be confused, hasty, incoherent, even unintelligible. Temporary speechlessness may occur, where the patient cannot utter a sound.

The causative factors

The symptomatology in this remedy may be brought on by a number of different factors, the main one of which concerns the circulation which, when affected by a stressor, especially **heat** or **cold** or **excitement**, may cause symptoms to appear. **Unfulfilled ambition** is another factor, when one expects that he will become rich or famous from a project and this does not come true. **Injuries to the head**, disappointed love, reverses of fortune, grief, anger and **fright** are further factors to be considered in a belladonna case.

General remarks

The belladonna pathology tends to be carried to extremes. For example, when irritability appears, it tends to be extreme irritability. Similarly one may note the greatly heightened intensity of the physical complaints; for example, the headaches are rarely mild and nagging but severe, **throbbing and bursting**, indeed they are among the most violent in all of our materia medica. Again, when the fever rises, it rises fast and is very high. It seems that the expression of the symptomatology cannot be restrained by the organism; it breaks out, rages wildly and then passes suddenly leaving the patient exhausted. As stated, the individual crises may occur with suddenness, but the chronic conditions tend to slowly mount in intensity, gradually approaching the extremes described.

As previously stated, the vast majority of belladonna cases involve predominantly physical pathology. The pathological processes of belladonna tend to be concentrated on the vascular system. Flushing and vascular congestion are the hallmarks of this remedy, with engorgement of blood vessels and throbbing, pulsating pains. In acute conditions the congestions may be truly violent, characteristically involving intense heat and a sensation as if the part were burning. The patient is compelled to use cold compresses, even ice, to find relief. This heat can be so intense that one can literally see steam emanating from the compress. In the chronic conditions, however, milder conditions can be seen. Flushing of the face is a well-known characteristic of belladonna, but one may also see flushing in other regions such as the back or the extremities. For example, episodic congestions of the legs can occur where the feet become hot and have to be uncovered for several days until the congestion subsides. belladonna also has marked **dryness of the skin** and of all the mucous membranes, yet when this dryness involves the mouth, there is generally little thirst.

Anything that markedly alters the circulation can provoke or aggravate the belladonna state. Generally, overheating and abrupt exposure to cold can provoke or aggravate the symptoms, not just in the immediate sense but also chronically. One often hears a history of chronic headaches or vertigo, etc., which began after a patient washed his hair and immediately went out into the cold air. belladonna patients can be either warm-blooded or chilly or sensitive to both heat and cold. Rarely does one find in the constitutional belladonna extreme chilliness or warm-bloodedness. The consistent theme is that **abrupt temperature changes provoke symptoms** by altering the circulation. belladonna can be adversely affected by exposure to the sun, to overheating from sitting in the sun. It is curious that such apparently vital patients can be so easily discomfited by so mild a stress as entering the cold when overheated. It is as if the intense energetic state of belladonna is but precariously held in balance, vulnerable to the slightest bit of extra stimulation.

Also, **hormonal disturbances** may bring about these circulatory changes; consequently, many of the complaints of belladonna occur around the time of menstruation -- before, during, or after. Symptoms may also follow childbirth or hysterectomy.

Generalities

The complaints of belladonna usually **come on suddenly and subside suddenly**. This is a general rule but not, of course, without exceptions.

Burning heat, bright redness especially of the head and **dryness of the skin** are very marked in almost all the acute cases. **Hot head with cold extremities** in all kinds of acute or chronic ailments, whether there is a fever or not, constitutes the main keynote for belladonna. Hot body, hot parts - especially the head - and **hot discharges** are keynotes.

Stupor interrupted by screaming is a keynote as also stupor with twitching of limbs.

Pulsations are felt all over, in the head, chest, throat etc. The whole body throbs.

Any kind of **sudden jar** can be unbearable to these patients, in both acute and chronic conditions. belladonna **is the main remedy** in conditions which are **aggravated from a jar**. Every **jar**, turning or movement of body increases the pain; the patient therefore lies immovably on his back.

Another general characteristic of belladonna **is worse on lying down. This refers to headache and all kinds of inflammatory affections.**

belladonna symptoms are frequently right-sided: right-sided headaches, sinusitis, ovarian pains and even right-sided convulsions. Once the pathology begins, any kind of strong stimulus can disturb these patients. They often want to lie down in a dark, quiet room, usually lying on the abdomen. Light bothers them.

The belladonna convulsions come on from a reflected light, from a mirror, from water, after mental exertion. The convulsions are accompanied by coldness of feet and hot head, and by stretching out parts of limbs before and during convulsions. The patient throws his body forward and backward while lying, with constant change

from emprostotonos to opisthotonos. Tetanus, trismus, and **eclampsia**.

Restlessness during stool, restlessness at night; grinding of the teeth, and now and then convulsions.

Twitchings more in arms and face; difficult articulation; throws head back, rolling head.

Starting on falling asleep; the feet are jerked upward and the head forward.

Semiconsciousness and loss of speech; convulsive movement in limbs and muscles of face; paralysis of right side of tongue.

Paroxysms of stiffness, and immobility of all limbs, or of single limbs only.

Noises can cause an aggravation not only of the headache but also the sciatica, the gastritis, the convulsions etc.

In **tetanus** a sudden noise, a slight touch, a jar, an attempt to speak or to move or to drink will induce a spasm. Teeth are clenched with such force that they cannot be opened.

Great irritability and impressionableness of the senses is another belladonna symptom; he tastes and smells everything more acutely; cannot tolerate any touch, the skin is supersensitive. Spasms and convulsions of limbs renewed by least contact.

A lot of the symptomatology of this remedy appears around the time of menses. **Weakness and headaches** mostly come on before, **during** and after **menses**, with desire to lie down.

belladonna has a **liability to take cold, with great sensitiveness to draughts of air, especially when uncovering head, or after cutting hair.**

Sensitive to changes from warm to cold, to damp weather, to chilling from having the head uncovered; better from being wrapped up warmly in a room.

Feels very chilly, wants warmth of a stove.

Cool hands and forehead, with much thirst, but no fever.

Shuddering, or violent chill in back, epigastrium, or arms.

Several attacks of fever in one day, during which hot stage followed cold within a few minutes to half an hour, always without thirst in either stage, and mostly with confusion of head.

Heat of forehead, with cold cheeks. **Coldness of limbs, with heat of head.** Temperature of head very much increased, of rest of body diminished.

Unconsciousness from working in hot sun.

belladonna has nervous shuddering on going to sleep, and on falling asleep an electric-like shock. There are **pulsations on waking in the morning.**

In general sweat occurs suddenly and quickly disappears. It has a smoky odor, and stains the linen. **There is cold sweat after urination.**

belladonna has congestion of the liver with jaundice, the liver **burns.**

In general the inflamed parts swell **rapidly, throb,** are **extremely sensitive to touch,** are very painful, with the sensation as if they would burst.

The inflamed parts, and very commonly the skin, are **very red,** but as the inflammation advances they become dusky.

belladonna can have inflammations anywhere: inflammation of nerves [neuritis]; inflammation of the marrow of bones [osteomyelitis]; inflammation of bursae [bursitis]; inflammation of cartilages [chondritis, perichondritis]; inflammation of muscles [myositis]

and all these inflammations come on suddenly.

Worse in all complaints from motion. Motion brings on convulsions, motion brings on pain, motion increases the action of the heart and brings on throbbing, motion brings on many complaints and increases the suffering.

Walking in the wind aggravates.

Better wrapped up warmly in a room.

Holding the breath ameliorates.

Boring in ear and nose with fingers ameliorates.

belladonna's influence is felt more in intelligent and plethoric persons who are jovial and entertaining when well, but violent when sick. It is therefore a great children's remedy.

- *Some pathological conditions for which belladonna must be considered:*

The clinical application of belladonna is so broad that one can say that it encompasses all disease-conditions and can be prescribed in all of them once the main characteristics of the remedy are present.

This remedy is considered to be useful primarily in **chronic headaches**.

It should be thought of in cases of **high blood pressure** with redness of the face and flushes, where the patients look as if they are about to have an apoplectic attack. Patients with **high blood pressure and diabetes melitus**.

It should also be thought of in **brain affections**, delirium, delirium tremens, meningitis, **convulsions**. **One-sided paralysis**, with convulsions, spasms or twitching of the well side.

Other conditions for which belladonna is considered useful are:

Epileptic spasms followed by nausea and vomiting; **epilepsy**, with violent congestion to head; **epileptic convulsions**, followed by an apoplectic condition; **epilepsy**; patient clutches wildly at throat; eyes roll back in their sockets, he froths at the mouth.

Chorea during pregnancy.

Manic-depression.

Puerperal mania.

Insanity.

Ear affections, especially otitis media on the right side with excruciating pain, throbbing and redness of the face.

Peritonitis where the patient cannot endure the slightest pressure, even the pressure from the bed covers or a cloth compress is not tolerated.

Pneumonia when the main characteristics of the remedy are present.

Cholecystitis where the pain is aggravated very much on lying on the right side, even touching the area is painful.

Sore throat as if there is a coal there, or an area where the mucous membrane is raw.

Vertigo especially on turning in bed.

Exophthalmic goitre, with extreme thyroid toxaemia.

Hydrophobia.

Catalepsy after fright.

The belladonna **fever is very high**, you will seldom see a patient running a low fever, and it is **remittent**, not continued.

belladonna is almost a specific for the following conditions: scarlet fever; traumatic erysipelas.

Vertigo

belladonna is one of the main remedies in Menière's disease. Vertigo when **stooping**, or when **rising after stooping**, in the act of lying down. Vertigo while lying, as if feet were going up, or as if feet were sinking down through or with the bed.

The vertigo is frequently aggravated by moving the head or, even more often, by **turning from one side to the other in bed**; patients may even become fearful of turning over in bed because of this aggravation.

Sometimes vertigo is seen which comes on quite suddenly even though the patient is sitting still. He may feel that he is about to fall over and is only relieved by jumping up and moving around vigorously. This type of attack is often attended by heat throughout the body and tachycardia. belladonna is also indicated in patients who are prone to motion sickness when riding in a car.

Vertigo, mostly at night on **turning over in bed**, or when getting up in the morning, also when walking, and on every change of position.

Vertigo that makes him feel as if he were bouncing up and down in bed.

Vertigo **with dilated pupils**.

Vertigo **from motion of eyes**.

Sensation as if rocking.

Vertigo in sunlight and heat.

Vertigo, with perceptible pulsation in the head, with dilated pupils and nausea.

To summarize we can say that belladonna produces all varieties of vertigo; perhaps as many as one-fourth of all cases of vertigo will require belladonna.

Head

The headaches are like many of the other pains; it feels as if the brain was going up and down, tearing and burning at every step he takes, and from every motion of the eyes, or turning of eyeballs, or going up-stairs, rising from his seat, or sitting down; all motion creates violent pains; feels as if the head would burst, as if the eyes would be pressed out.

Very frequently the symptomatology of belladonna is focussed from the cervical region upwards. Perhaps fifty percent of all belladonna chronic cases involve long-term headaches. Some statistics suggest that a great number of migraine headaches may require belladonna as a constitutional prescription. Generally, belladonna produces headaches of vascular origin, but one frequently sees a hormonal component as well, such as migraines occurring in relation to the menstrual cycle or after an abortion or hysterectomy-oophorectomy. Headaches may also arise from abnormal cervical spine curvatures or malalignments. The headaches are of various types and may vary even in one individual case. For example, a patient may complain of frequent, minor headaches which are punctuated once a month by severe headaches which drive her to bed.

Classically the headaches begin at three p.m. ; however, it is even more common to find headaches which originate at eleven a.m. to noon and which then peak at three p.m. or between two and three p.m. Very frequently the headaches may last for long periods of time; e.g. , twelve or even twenty-four to forty-eight hours.

Probably the most common headache is pulsating and pounding in quality, but one also sees headaches which are felt "as if a knife were being driven into the head." The patient may describe a sensation as if he were being struck by a hammer in one single spot. The common element is the severity of the pain, for belladonna headaches are the most intense in the whole of our materia medica. The patient may say that the pain is "maddening", as if the pain will drive him mad, or he may say that the pain is so intense that, "I don't feel my head anymore." Frequently the pain is severe enough to provoke nausea and vomiting. When the headache finally subsides, it

leaves the patient exhausted.

Another type of belladonna headache can be related to high blood pressure. Here the patient may describe a sense of pressure arising from inside the head, as if the head would burst open or as if the eyes would "pop out". The patient presents with a red, congested face, engorged blood vessels and headache. This presentation may occur during a full-blown hypertensive crisis, accompanied by hypertensive retinopathy and papilledema; consequently, it is imperative to monitor the blood pressure in such cases. The headaches often originate in the cervical region or the occiput. Though not mentioned in the Repertory, there are headaches starting in the occiput and radiating anteriorly which are provoked by changes in the weather. These headaches may also be located in the temples or the forehead, especially the right temple or just above the right eyebrow.

As previously stated, with the headache the patient usually wants to lie down, usually on his abdomen, in a dark, quiet room. Loud noises, light and sudden jars cause a marked aggravation of the pain. Even the jar of each step while walking can be unbearable. Also, any kind of excitement or emotional stress may precipitate or aggravate the crisis. There can also be an aggravation from stooping forward. The headaches are worse from the sun and from the heat. Sometimes during the headaches the congestion in the head is so intense that the patient may feel that he actually has a fever. He wants cold applications or even ice on the head for relief. He may also find relief from hard pressure and from binding the head very tightly. In general, the patient is better during cloudy or rainy weather; he has far fewer headaches in such weather.

Finally, belladonna headaches may be triggered by the following: eating acid food; suppressing a catarrh; during dentition; after nursing; smoking tobacco. The headache may be accompanied by a desire for lemonade.

Other head symptoms for belladonna include:

Sensation as if skull were as thin as paper; as if the skull were transparent.

Boring of head into pillow.

Children tear their hair.

Brittleness of hair.

Eyes

The eyes of the belladonna patient easily become red and bloodshot, often without any inflammation and with little or no irritation. During a fever the eyes are glistening, sparkling or may become almost dark red. There may be ecchymosis from coughing. Redness of eye during headache or during menses is characteristic of belladonna.

Erysipelatous inflammation of eye.

belladonna is especially indicated in hyperaemia of optic nerve and retina, if dependent upon cerebral congestion and accompanied by aching pain in eye, aggravated by any light.

Scrofulous ophthalmia: cannot bear artificial light; abundant flow of hot tears.

Blueness of conjunctiva.

Conjunctivitis with dryness of eyes, thickened red lids, and burning pains in eye.

Chronic keratitis, when suddenly the eye becomes intensely congested, with heat, photophobia; pains often sharp, shooting through ball to back of head.

Apoplexy of retina, with suppression of menstruation.

Ciliary **neuralgia** appearing and disappearing suddenly.

Violent pain deep in eyes aggravated by movement, but particularly by light.

Severe pains of glaucoma.

belladonna may be indicated in cases of **strabismus** due to spasmodic action of muscles, or when resulting from brain affections.

belladonna is one of our most important remedies for **photophobia**, possibly because of the well-known effect of mydriasis. Photophobia during chill; during rage.

Wild look during meningeal inflammation.

Staring look during headache.

Looking steadily upward aggravates.

Eye turned inwards; turned outwards.

Pulsation in eyes.

Sensation of eyes being smaller.

Sensation of rough cornea on winking.

Visions on closing eyes.

On closing eyes for sleep a sudden shock runs through body from below up.

Lachrymation with pain in face. Lachrymation on side affected by headache.

Very salty tears.

Sensitiveness of the eye.

Pupils dilated during headache, during heat, during epilepsy, during perspiration and in general in many disturbances requiring this remedy. Pupils dilated and immovable.

Protruded eyes with dilated pupils.

Pupils contracted with headache, during chill, during heat, during perspiration.

Spasmodic motion of eyes.

Eyes are in constant motion, pupils extremely dilated. **Constant, convulsive movement of eyeballs**, aggravated by light. **Nystagmus**.

Vision - Triplopia. Diplopia with convulsions. **Diplopia** during pregnancy, after vertigo.

Amblyopia caused by stoppage of menses; veil before sight; chromopsia; dilated pupils and stitching in right eye.

Everything he looks at seems red.

Flickering before eyes; sparks, or dimness of vision.

Outlines of objects are blurred and indistinct.

Vision of snow flakes.

Distorted vision.

When reading lines appear crooked.

Weakness of sight in the light.

Partial blindness, cannot read anything printed.

Vision obscured as from a white vapor.

Dimness of vision, or actual blindness. Dim vision after dinner.

Loss of vision in the evening at sunset, on waking in the morning.

Blindness following severe congestive headaches, after scarlet fever.

Complete amaurosis caused by a severe nervous fever, or from large amounts of quinine.

Amaurosis from a cold, with much vertigo; pressing pain and feeling of fulness in eyeballs; black spots before eyes; increased pain by candlelight, and much congestion of vessels.

Amaurosis of four years' duration, occurring after suppression of rash in scarlatina; only a perception of light remained; pupils dilated.

Falling of lids in the morning after waking.

Styes on upper lid.

Ulceration of lids under surfaces.

Painful quivering of lids.

In blepharitis, lids are painful and swollen like erysipelas.

There is a tendency for **edema and swelling** of the lower **eyelids**, and one frequently sees this swelling as part of the aggravation response to the administration of the remedy.

Ears

The almost absolute deafness seen in cases of belladonna poisoning is indicative of the ability of this remedy to cure similar conditions.

belladonna is frequently indicated in acute or recurrent **otitis media**, especially right-sided otitis media. Here one finds a sudden onset of the infection with pulsating, throbbing pain or tearing stitching pains with the general modalities of the remedy. A peculiarity is that the pain from the ears extends everywhere: to chest, to face, to forehead, to occiput, to teeth but mostly downwards to neck. The infection can be accompanied by ringing or roaring in the ears. The earache is worse from least noise.

As mentioned, belladonna can be indicated in Menière's syndrome with vertigo and tinnitus, with or without a middle ear infection.

Ear sensitive to wind - sensation of wind in ear.

Heat inside ear. Heat of ear during chill.

Discharges of blood from ear during cough.

Sensation of distension of ear.

belladonna has a great variety of noises in ear. These include:

Roaring, ringing, tingling, murmuring; fluttering sounds in the morning; humming noises in ear aggravated while sitting; humming in ear with vertigo; warbling of birds in ear.

The noises in ear are heard while sitting and on waking; they are ameliorated while lying, while standing, while walking.

Hearing is impaired after hiccough, after scarlet fever.

Deafness as if a skin were drawn over ears.

Hardness of hearing, owing to having taken cold.

Partial deafness.

Acute hearing during heat.

Acute hearing during perspiration.

Nose

belladonna is an important remedy in sinusitis. The sinusitis can involve either the frontal or maxillary sinuses. In belladonna one finds a very troublesome maxillary or frontal sinusitis with heaviness and marked tenderness to light touch but relief from hard pressure. Every time the patient stoops forward the pain intensifies, and the patient experiences a sense of stuffiness of the sinuses.

In belladonna there is dryness of all the mucous membranes and great dryness of the nose. Frequent dry sneezing, with tickling, especially in left nostril.

There is a tendency for epistaxis, especially nosebleeds which occur at night while asleep. Nosebleed with congestion to head; in children at night.

At other times the nosebleeds occur as part of a typical syndrome - red face, injected eyes and hypertension.

Epistaxis may also occur with vertigo; **with numbness** of nose.

Sneezing after coughing.

After suppressed catarrh, maddening headache.

Inflammatory swelling and redness of internal and external nose.

Inflammation of nose in drunkards.

Pain as if bruised, when touching nose.

Cramp at root of nose.

Sudden redness of tip of nose, with burning sensation.

Tip of nose red, swollen and shining, feels that with every step the tip of the nose will fall off.

Tip of nose red and **hot, particularly in warm weather.**

Swelling of tip of nose in warm weather.

Perspiration on nose.

Oversensitiveness to odors. Extreme sensibility of smell; odor of tobacco is intolerable.

Smell in nose as from herring brine or sour beer.

Putrid smell from nose.

Face

The typical belladonna face is **red, shiny, glowing, dry and hot**. The expression is often one of astonishment or fright and may sometimes be wild or fierce. The face may equally be pale with sudden alternations to a red hue. There may be bluish discoloration during maniacal rage, or mottled discoloration with **pale spots in face**.

belladonna is one of the main remedies for flushing of the face. This symptom can appear independently or it may be associated with other complaints such as headache, vertigo, toothaches, hypertension, etc. Of course, one of the most famous symptoms of belladonna is a hot, flushed face with cold extremities.

The flushing can cause confusion with other remedies such as *Pulsatilla*, especially with the timid type of belladonna patient sometimes encountered. Also, it may resemble *Lachesis*, especially because belladonna may also have an intolerance to tight clothing around the neck and because both remedies can have complaints around the time of the menses.

In general, one can see great sensitivity of the face in the belladonna patient. In some cases one finds a marked aversion to having the face touched, not from a specific inflammation but simply because of a general sensitiveness, much like *Chamomilla*.

Abscesses, **acne** and **erysipelas** are the most frequent skin conditions on the face. belladonna produces a **malignant type of acne** of the face and sometimes of the back. The skin becomes very red, and the pimples themselves are huge, almost small boils. When the lesions heal, they frequently leave scars on the face. The whole condition can be aggravated by heat, but an even more pronounced aggravation is caused by sunlight.

The belladonna small pox eruption on the face is characterized by intense pricking like a thousand needles, ameliorated by compresses dipped in boiling hot water and changed every few minutes.

Eruptions may appear at the right hand corner of the mouth and inside the left side of the nose. There may be **boils at margins of hair, or abscesses on upper lip**. The face may have unusually **thick skin**.

Other conditions which may require belladonna are:

Chronic atrophic polychondritis, a degenerative disease involving the cartilages of the nose and ears. In these cases one can see sudden, violent inflammations of the face with redness and marked swelling of the cartilagenous tissues of nose and ears.

Right sided trigeminal neuralgia with aggravation from cold applications; the condition increases gradually and ceases suddenly, or comes and goes suddenly.

Pains that cause redness of face and eyes.

Violent shooting in right maxillary joint, extending to ear, when chewing.

Extraordinary mobility of facial muscles, especially on left side.

Convulsive movement of facial muscles, with distortion of mouth.

Continual winking and trembling of eyelids, alternating with cramps of hands and feet.

Sensation as if lower jaw was drawn backward.

Clenched jaw.

Convulsive closing of jaws, and contraction of muscles of face and extremities.

Trembling of upper lip.

Numbness of affected side of face.

Paralysis of right side of face.

Hard painful swelling of jaw and glands in general.

Painful swelling of submaxillary glands.

Swelling and aching of right parotid gland.

Inflammation and swelling of submaxillary and cervical glands.

Inflammation of parotid glands with metastasis to testes.

Swelling of lips, mostly of the upper lip.

Mouth

The lips and mucous membrane of mouth, fauces and nose are very hot and dry.

The mouth is exceedingly dry without thirst. The dryness is almost beyond relief.

Dryness of mouth and pharynx, with a sense of constriction of the throat.

Troublesome, continued dryness of the mouth, lips, and throat, with a violent longing for drink, but not satisfied by drink. **Mouth feels scalded**; feels hot.

Bloody frothy foam from mouth. **Frothy foam from mouth with odor of rotten eggs.**

Sensation as if mouth were enlarged.

Gums - Extremely troublesome itching of gums, with pain in throat.

Vesicle in gum below one of front teeth, with a pain as if burnt.

Pulsating pain in gums.

Swelling of gums on lower left side with stitches up to left temple.

Bleeding of gums around decayed tooth during menses.

Heat in gums.

Taste - salty; sour; bitter; offensive.

Bread tastes sour.

Putrid taste rising out of throat; also **when eating or drinking**, although food and drink have proper taste.

Putrid, disagreeable taste in mouth, with a clean tongue.

Acute sense of taste.

Bad taste ameliorated after eating apples. Apples taste bitter.

Bitter taste at noon.

Bitterish-sour taste of milk.

Food tastes saltish.

Meat tastes spoiled.

Odor as of stool.

Speech - Hasty speech; often inarticulate, confused sounds.

Stammering speech.

Inarticulate speech from hindered mobility of tongue.

Tongue dry and dislike to talk.

Loss of speech.

Paralytic weakness of organs of speech.

Paralysis of tongue which is drawn to the left.

Tongue - Paralytic weakness of internal parts of mouth.

The tongue and palate dark-red; she complains of dryness of the throat, and of difficult swallowing.

Tongue: inflamed and much swollen; papillae of deep red color; tip and edges light red.

Papillae on tongue erect.

The papillae on tongue are of a deep red color, **inflamed** and much swollen.

Trembling of tongue when protruded.

Smacking with tongue.

Stiff tongue.

Feeling of coldness and dryness of **forepart of tongue**.

Dryness of tongue and throat becoming so great as to interfere with speech.

Tongue dry, cracked and difficult to move. Tongue adheres to roof of mouth.

Hot tongue.

Tip of tongue burns, aggravated by touch.

Red streak in middle of tongue.

Fiery-red tongue.

Milky white tongue.

White stripes on tongue.

Painful pimples on tongue.

Saliva - Salivation succeeding dryness of mouth.

Increased flow of saliva.

Salivation at night, aggravated by lying down.

Salivation with cough.

Mucus and slime in morning.

Thick whitish mucus accumulates in the mouth and throat, with constant inclination to hawk and swallow.

Collection of slimy mucus on tongue. Saliva thickened, tenacious, clings to tongue like glue.

Teeth - Grinding of teeth. Grinding of **teeth during sleep**.

Grinding of teeth, with foam at mouth.

Convulsive grinding of teeth. Teeth clinched firmly.

Grinding of teeth during maniacal rage.

Sensation as if her teeth would be forced out of her head.

Numbness of teeth.

The teeth feel elongated.

Sensation of elongation of incisors.

Toothache from excitement.
Pain aggravated from jarring.
Toothache immediately after lying.
Toothache, with red, hot face and throbbing in head.
Toothache with otalgia.
Rheumatic toothache, particularly in females, especially when pregnant.
Throbbing in teeth.

Throat

There is great dryness of the mouth; sometimes there is dryness without thirst (*Bry.*, *Nux m.*, *Puls.*).
Dryness of esophagus.
Troublesome continued dryness of mouth, lips and throat with a violent longing for drink, but not satisfied by it.
Great dryness of mouth and throat; desires drink but cannot swallow.
Dryness of fauces, causing excessive difficulty of swallowing; and alteration of voice.
Painful narrowing and contraction of gullet.
Dryness of mouth and pharynx, with sense of constriction of throat.
belladonna has all manner of pharyngeal and tonsillar inflammations, often as a consequence of exposure to cold or to drafts. In fact, belladonna is probably the most frequently indicated remedy for acute suppurative tonsillitis; perhaps thirty percent of these cases require belladonna.
The throat becomes red and inflamed and sensitive to air.
The fauces, uvula and tonsils are scarlet and shiny.
Follicular inflammation; erysipelatous inflammation.
Inflammation on right side of throat.
Tonsillitis worse right side; parts bright red, worse swallowing liquids.
Burning pains in the throat are very common. There can be a burning pain in the pharynx from the passage of air during inspiration.
Sudden and rapid onset of cervical adenitis. The glands soon swell and become hard.
There can be a sensation as of a foreign body in the throat: sensation of foreign body in esophagus; sensation as of a lump, which cannot be removed; sensation as if a large tumor were growing in the throat and stopped it up.
In belladonna there is also constriction of the larynx which occurs from being touched at the throat. There is an aversion to being touched at the throat or on the face.
Pain in the throat from cold air, from motion, while lying down, from speaking, ameliorated from swallowing.
Constant pressing and burning in throat.
Felt great soreness in throat, which looked very red about tonsils and palate; soreness extended to ears.

Sore throat, which increases every hour.

Spasmodic constriction of throat.

Spasms in esophagus. Spasms of esophagus on swallowing liquids.

Only with difficulty and by constantly taking liquids is he able to swallow solid food.

Difficult swallowing due to convulsion.

Constant urging and desire to swallow; seemed as if he would choke if he did not swallow.

During deglutition, feeling in throat as if it was too narrow, or drawn together, as if nothing would pass properly.

On attempting to pour down liquid, tetanic closure of mouth, and regurgitation of liquid.

He swallows water with greatest difficulty, and can only get smallest quantity of it down.

Chokes easily; things go down wrong way.

Choking on going to sleep.

Aversion to all fluids, so that she behaves frightfully at sight of them.

Aphthae on tonsils.

Pulsation of glands.

Cervical glands inflame suddenly.

Mucus like false membrane.

Glazed appearance of throat.

The intolerance to tight collars of belladonna has been mentioned; a subtle distinction between this intolerance and that of *Lachesis* is that *Lachesis* has a sense of constriction that is largely of psychological origin. belladonna patients have this aversion to tight collars because of the increased heat and congestion of the head which they induce. However, belladonna does not have a sensitivity to tight clothes in other parts of the body such as the waist as does *Lachesis*.

Stomach

The pains of the stomach often **radiate to the back**, especially between the shoulder blades. The pain is aggravated by touch or local pressure; however, bending forward gives some relief. There may be stomach pain around the time of the menses.

The food cravings of belladonna are for vegetables, sour things and sweets, but most characteristically for **lemons and lemonade**. Desire for lemons is perhaps the most important food preference; even in acute cases one can witness a craving for lemonade. One sees aversion to fat, fruit, fish, and beans or peas but strong desire for bread and butter. Also, one may see an aversion to sour, sweets and vegetables as opposed to a desire for these substances. Generally belladonna is considered a thirstless remedy; one can, though, see very great thirst. There is also an aversion to warm drinks.

During the crises, belladonna pains can be so severe as to cause vomiting. Thus, one frequently sees violent right-sided migraine headaches with vomiting (*Sang.*). The differentiation from *Sanguinaria* rests in the fact that vomiting affords no relief in belladonna while marked relief from vomiting occurs in *Sanguinaria*.

Food and Drink - belladonna is sensitive to food intake and patients often find their condition ameliorated by eating. The following particularities can be found:

Desire for gruel which aggravates.

Desire for bread and butter, sweets and cakes.

Desire for **lemons, cider and lemonade** which ameliorate.

Desire for slate pencils, earth, chalk, clay, indigestible things.

Desire for snuff.

Aversion to liquid food, to smell of milk, to smell of food, to solid food, to vegetables, eggs, broth, beer, acids, coffee and fat.

Aversion to food, particularly meat.

Ailments from eating **sausages**, shell-fish, sugar, from drinking coffee or liquor.

Thirst for large quantities often. Can drink all the time, anything that is liquid. Excessive thirst for cold water.

Desire for drinks, but refuses when offered.

Desire for drinks without thirst.

Thirst during menses.

Thirst after midnight.

Violent burning, suffocative, unquenchable thirst, with inability to swallow least drop, or with great aversion to drinks.

Thirst during and after convulsions.

Gulping of food.

Complete loss of appetite. Appetite wanting before menses.

Diminished appetite after perspiration

Hiccough, Eructations, Nausea and Vomiting - Crying on account of pain from hiccough. **Hiccough after perspiration which causes crying.**

Hiccoughing eructations; spasm composed partly of eructation, partly of hiccough.

Convulsive hiccough.

Hiccough while vomiting.

Half suppressed, incomplete eructations.

Bitter, frequent eructations, with want of appetite and giddiness.

Sudden vomiting, vomiting mucus in the afternoon.

Vomiting after eating or drinking.

Nausea, with loathing of food.

Nausea and bitter eructations

Anxiety with and after nausea.

Passing flatus ameliorates nausea.

Unsuccessful inclination to vomit. Vomiting impossible.

Vomiting: of mucus; of bile and mucus, or undigested food; watery, sour, bloody mucus.

Vomiting after convulsions.

Vomiting **during suppressed menses**. Vomiting blood during suppressed menses.

Urging to vomit after stool.

Faecal vomiting in **intussusception**.

Faecal vomiting in strangulated hernia.

Tensive pressing pain in pit of stomach, particularly after eating.

Pressure in stomach after eating.

Excruciating pains about pit of stomach.

Chilliness in pit of stomach.

Feeling as if stomach would fall out.

Spasm in stomach like cramp.

Chronic spasm of stomach, always occurring during a meal.

Pain in stomach extending through to spine, between shoulders.

Sensation of burning ball in stomach.

Sensation of a hand clutching intestines.

Region of stomach sensitive to touch.

Gastritis and duodenal ulcer: the pain is aggravated before and after menses, aggravated by breathing, by jar of walking, by jolting in a vehicle, from motion, etc.

Distension of epigastrium, with tensive pain in stomach.

Distension in evening in bed.

Epileptic aura starts from the stomach.

Abdomen

It would appear that belladonna is indicated in perhaps five percent of cases of acute **appendicitis**. The attacks begin abruptly. As in most belladonna complaints, there is aggravation from touch (local pressure) and/or from a jar. However, generalized pressure on the abdomen may often ameliorate the pain; consequently, lying on the abdomen or bending forward will relieve, but local pressure will aggravate. The patient is unable to even lie on his right side during the attack of appendicitis or cholecystitis.

belladonna will be the remedy to be thought of in the following cases:

Peritonitis, inflammation of liver or gall bladder, spastic colitis,

intussusception, inflammation of inguinal hernia with vomiting, strangulated inguinal hernia, inflammation of inguinal glands, typhlitis, acute and chronic hepatitis.

Of course, belladonna is well-known as a remedy for colitis. In colitis there is a striking tendency for complaints to affect the transverse colon, and sometimes spasms in this region will be visibly reflected in motions of the abdominal wall. I once saw a striking example of this phenomenon in an infant with intussusception.

There was complete bowel obstruction, and upright abdominal x-rays showed air-fluid levels. I examined the child and saw that the face was hot and flushed. The hands, however, were quite cold. Then I noticed spasms travelling in ripples (that were visible in the abdomen) across the transverse colon. We scrambled to find a dose of belladonna. Meanwhile the child was being prepared for immediate surgery. We gave a dose of belladonna 10M, and within forty minutes the child passed some stool and repeat x-rays showed resolution of the condition. Of course, the colitis pains are ameliorated by bending forward or lying on the abdomen.

The modalities of the pains in the abdomen have all the general characteristics of the remedy. They are violent, aggravated by slightest pressure, by touch, even the touch from clothes, by a jar, by sneezing, by lying on painful side, by motion. They come quickly and disappear suddenly or sometimes may come gradually and go away gradually.

There is a strong **dragging, bearing** down sensation in lower abdomen before menses as if everything would be pushed out, much like *Sepia*. The general picture of the belladonna patient is quite different from the *Sepia* one of course, the first being full of life and energy and the other lifeless. The local symptoms however seem to be quite similar: Pressing downward as if contents of abdomen would issue through vulva, worse mornings; often associated with pain in back as if it would break. In the morning, immediately after getting out of bed, a violent, tensive, pressing pain in the whole of the hypogastrium.

Severe pain in abdomen in cases of colitis, appendicitis or peritonitis where the patient cannot endure the slightest pressure, even the pressure from the bed covers or a cloth compress is not tolerated. Strikes the two legs together in peritonitis so the inside of the knees are blue.

Flexing the limbs or lying on abdomen ameliorates the pain; sitting bent forwards or bending backwards makes him feel better.

In women we have amelioration of the pain once the full flow of menses has started.

There are pains from constipation and from straining for stool.

Pains like clutching with nails

Pain in right hypogastrium worse any jarring or **even breathing**.

Acute pain in region of liver; pains go to the shoulder and neck.

Long-lasting painfulness of the whole abdomen, as if it were all sore and raw with chronic constipation.

Colic, as if a spot in the abdomen were seized with the nails, a griping, clutching, clawing.

Pain in inguinal region which causes urging to urinate.

Distension of transverse colon.

Sense of fullness in hypogastrium in evening.

Heat in abdomen ascending to chest.

When the belladonna abdomen is distended it becomes very sensitive, even to **touch**.

Heaviness in hypochondria as from a load when walking.

Sensation of a lump in abdomen - spleen.

On standing the intestines seem to press outward below umbilicus; the patient feels better by pressing them back towards the genitals.

Rectum

Although it is not mentioned anywhere in the Repertory, belladonna is one of our best remedies for chronic, obstinate constipation. belladonna, in my experience, cures more cases of constipation than *Silica* or *Alumina*, although the belladonna constipation is of a much milder variety than the other two. It seems that there is a dryness of the rectum, as in all of the mucous membranes, which may cause this constipation. There is no urge for stool and the rectum is stopped-up -- both constant features of the chronic cases. Patients suffer with pains in abdomen, especially on straining. The constipation may be associated with headaches and congestions of the head which are aggravated if there is no defecation. The passage is perceptibly retarded.

belladonna is also a very useful remedy for treating hemorrhoids. The veins are red, swollen, bleeding and very sensitive to touch. In these patients one can see a marked irritability after stool.

The symptoms are similar to those of *Aesculus*: bleeding piles, back pains associated with them as if the back were breaking.

Strangulated hemorrhoids.

Hemorrhoids so sensitive to touch that he must lie with nates separated.

Touch aggravates hemorrhoids.

Diarrhea after hair cutting, from bright light, from sudden noise.

Involuntary hard stool in bed at night.

Involuntary stool on coughing or sneezing. Involuntary evacuation, temporary paralysis of the sphincter.

Stool in lumps like chalk.

Slimy, mucous stool.

Slimy and bloody diarrhetic stools.

White, chalk-like stool.

Yellow granular stool.

Pressure alternating with contraction.

Spasmodic contraction of anus.

Constriction of rectum alternation with itching - with pressure.

Straining to stool; the evacuation is undoubtedly diarrhetic, but very little is voided, and immediately after follows much-increased straining.

Impossible straining.

Painful itch in rectum

Prolapsus of rectum in children

Urinary organs

belladonna is indicated in children with enuresis. Most of the urine seems to be produced at night in bed during deep sleep. As a consequence, the belladonna child is unaware of his incontinence and cannot be made to wake up. The parents will often explain how they wake up before the child loses his urine and try to waken the child to go to the toilet. When this proves to be impossible, the child has to be carried half asleep in their arms where they manage to make him urinate but without really waking the child.

Retention of urine in children

belladonna is indicated in acute prostatitis where there is long hesitation before urination. It is also indicated in cases where there is very frequent desire to urinate, even if only a few drops have accumulated. Urination is difficult and retarded, must wait for urine to start, then press. Emission of prostatic fluid without erections.

Pain in prostate gland aggravated by jar.

belladonna is useful in pyelitis or pyelonephritis. Urine becomes turbid like yeast, with a reddish sediment.

Pain in kidneys on coughing.

Tearing pain in kidneys extending down ureters, aggravated by motion, touch, jar, sneezing and inspiration.

It is also indicated in cases of cystitis where there is pain in neck of bladder on urging to urination.

Burning pain in bladder at night.

Sore, tender pain in bladder **aggravated by motion and jar.**

Twisting sensation in bladder. Sensation of worm in bladder.

Paralytic weakness of sphincter.

Weakness of sphincter.

Copious urine **at beginning of menses.**

Scanty urine alternating with copious flow.

Scanty urine with brain affection.

Urine watery during fever.

Genitalia - male

One must not be fooled by the great vitality and plethora of belladonna into assuming that the sexual drive in this remedy is very strong. Instead belladonna patients generally have average or medium-range desire -- healthy and balanced. Yet when this sphere has been affected or if they are in a manic state the desire can be tremendously increased and leads to frequent masturbation, exhibitionism and copious seminal emissions.

Involuntary erections.

Handles genitals.

Pimples on penis.

Vesicles on scrotum.

Genital hair falling off.

Heat of penis.

Cutting or drawing pain in spermatic cord during urination.

Pressing pain in male genitalia alternating with contraction of anus.

Genitalia - female

In the belladonna female the desire for sexual contact may be greatly increased, and there is often an obsession with being married. Desire is increased before menses and during pregnancy.

As has been mentioned, many of the complaints of belladonna are aggravated around the time of the menses.

Inflammations and abscesses of ovaries, especially of right ovary.

Enlarged ovaries.

The pains in the ovaries have the tendency to extend backwards and present the general modalities of the remedy: aggravated by jarring, by stepping, by motion, by sneezing etc.; they occur mostly before menses.

Intermittent pain in ovaries.

Endometriosis with a feeling of congestion of uterus. At every step violent shootings in the genital region.

Pain in uterus ameliorated during menses.

Pain in uterus aggravated by motion; by walking.

Paroxysmal pain in uterus.

Pulsating pain in uterus.

Pain in uterus comes and goes suddenly.

Wandering pain in uterus

Pain in uterus extending to back

Prolapsus of uterus in the morning, after confinement.

Bearing down pain in uterus and region of uterus as if everything would come out. Bearing down pain during stool, during menses, aggravated by walking, ameliorated by pressing on vulva or by supporting the abdomen with hands.

Bearing down pain in uterus and region of uterus while sitting, she feels as if pushing something up, ameliorated when standing erect.

belladonna is indicated in cases of **menorrhagia** that start suddenly with a hot flow of dark blood with black clots.

Menses too soon and very profuse, of thick, decomposed, dark-red blood.

Offensive, acrid menses.

Fluid blood of menses contains clots.

Metrorrhagia appears suddenly and ceases suddenly.

Metrorrhagia with convulsions.

Metrorrhagia after fright.

Gushing metrorrhagia in labor.

Hot metrorrhagia in labor.

Metrorrhagia from polypus.

Vagina open and dry.

Heat of vagina during labor.

Pressing pain in vagina before and/or during **menses.**

Labor pains ceasing and convulsions come on.

The belladonna pulsating can be felt also in ovaries or in the uterus.

Chest

belladonna patients may complain of pulsation in the chest in the morning on waking. At other times there can be a sense of constriction in the heart area which may worry the patient and make him want to press his chest and bend forward. In belladonna the cough aggravates the whole condition; the headache and all pains are bothered by the cough. The head feels as if it would break open with each cough. Lastly, one finds inflammations of the breast where the pain is aggravated by lying down.

Larynx and Trachea - Constriction of larynx during cough.

Painful dryness of larynx with aversion to drink.

Constriction of larynx from touch.

Dryness of larynx at night.

Dryness of larynx on coughing.

Pain in larynx during heat, **on motion**, by respiration, on touch.

Larynx sensitive to slightest pressure.

Violent scraping in larynx excites a dry cough.

Sensation as if someone constricted his larynx.

Sensation of foreign substance in larynx.

Barking voice.

Hissing voice.

Painful hoarseness. Hoarseness, which was **especially noticed when crying**. Sudden hoarseness.

Sudden loss of voice.

Now and then, while speaking, the voice, which had been weak, becomes suddenly loud and clear.

Respiration - Anxious respiration with oppression during heat.

Asthmatic respiration in the evening, in warm wet weather.

Respiration difficult after rising in the morning, ameliorated in cold air.

Respiration difficult **when bending head backwards**, from coffee, with constriction of larynx, when drinking, with epistaxis, after sleep, when swallowing, **on touching larynx**.

Respiration intermittent during sleep.

Respiration rapid and somewhat oppressed.

Moaning expiration.

Cough and Expectoration - The barking cough of belladonna is well known, with aggravation after 3p.m. until almost midnight. **Barking cough, like a dog.**

Cramps in chest from cough.

Dry cough at night aggravated by motion, on inspiration, on talking.

Cough from fright.

Grasping throat during cough.

Cough from lump in throat.

Paroxysmal cough consisting of few coughs.

Empty swallowing ameliorates cough.

Violent cough during sleep, with grinding of the teeth.

Before each attack of coughing the child is quiet, and immediately before the cough comes on, she begins to cry.

Expectoration blackish.

Bloody expectoration in the morning on coughing.

Expectoration after eating.

Expectoration with taste like that of putrid meat.

Expectoration with taste like that of wine.

Anxiety in heart region in the evening, after dinner, aggravated by lying on left side.

Anxiety in heart region during menses.

Constriction of chest in the evening in bed.

Convulsive constriction of chest.

Gurgling of heart when breathing.

Hemorrhage of hot blood.

Chest hot and glowing.

Pain in chest when lying on left side - lying on painful side aggravates.

Pain in right side of chest.

Pain in chest while lying on painful side.

Sore, bruised pain in chest during non-menstrual periods going up and down stairs.

Aching pain while sitting.

Crampy pain in chest during sleep.

Gnawing pain in costal cartilages of short ribs.

Stitching pain aggravated by sneezing and yawning.

Violent palpitation of heart.

Bubbling palpitation of heart.

Pulse much increased in force and frequency.

Spasms of diaphragm.

Sensation as if heart were swelling.

Trembling of heart in forenoon.

Perspiration of chest during menses.

Redness of chest.

Erysipelas of mammae.

Hypertrophy of mammae. Pain in mammae **while lying**.

Sensation of lumps under sternum.

Back

belladonna produces a peculiar type of lumbago with pain that radiates up to the head. In this condition, and indeed in many of the complaints of the lower half of the body, the patient wants and is ameliorated by warm applications.

There is a characteristic **coldness of the back** and of the extremities - especially legs - **during menses**. Pain in back from suppressed menses. Pain as though the back would break during suppressed menses.

The coldness of the back can **extend over the whole body**.

The pains in back have all the modalities of the remedy: aggravated by coughing, by jarring, while walking; ameliorated when bending backward, lying on something hard, by gentle motion, by sitting up, by standing.

The pain from the back **extends** to groin, to bladder, to **stomach**,

to lower extremities. Pain with chill in lumbar region extending to bladder and groins. Drawing pain in lumbar region extending into arms and thighs during labor.

Pain from left side goes to the right, from left scapula to the right.

Pain in lumbar region with hemorrhoids.

Pain in coccyx while lying on back.

Swelling of glands of nape.

Boils in scapular region.

Eruption of pustules in cervical region.

Red eruptions.

Extremities

Coldness of extremities with hot head should be considered a universal symptom for this remedy.

In belladonna we find all kinds of convulsions and cramps: convulsion of extremities after hiccough; convulsion of flexor muscles; convulsion of upper limbs at night; convulsion of thumb.

Cramps in hand during stool alternating with dim vision; in thumb while writing; in nates **while stooping**; **in the thigh** etc.

Upper Limbs - Eruption of boils on shoulder.

Eruption of red spots on back of hand.

Pustules about finger nails.

Cracked skin **at tips of fingers**.

Dark, hot, pale or shining swelling of hand.

Erysipelatous inflammation of upper arm.

Drawing pain in upper limbs ameliorated by motion.

Painful drawing in the posterior joint of the left middle finger, as if in the periosteum.

Pulsation in forearm.

Pulsation in tips of fingers.

Hasty motion of hands.

Paralytic tearing pressure in the anterior surface of the left upper arm.

Paralytic pressure in the left upper arm, with paralytic feeling and weakness of the whole of the left arm.

Paralytic tearing in the middle joint of the right index finger.

Sensation of paralysis in upper arm.

Paralytic weakness of upper arm.

Sensation as if upper limbs were too short.

Lower Limbs - Bubbling sensations are felt in the extremities, in lower limbs, **moving downward** towards the knee, or the foot.

Formication of foot extending upward over body.

Formication of heel extending to toes.

Redness of extremities.

Red eruption on extremities.

Ulcers in lower limbs, elevating limb ameliorates.

Pain in hip ameliorated by lying on painful side.

Pain in thigh ameliorated by walking.

Pain in foot feeling as if it were dislocated.

Gnawing pain in lower limbs ameliorated by walking.

Pressing pain on sole of foot ameliorated by pressure.

Shooting pain in lower limbs ameliorated by walking.

Perspiration of foot while sitting.

Restlessness of extremities at night.

Swelling of joints.

Tension in nates when stooping.

Trembling of knee while sitting.

Twitching in one side, paralysis of the other.

Painful twitching of leg.

Paralysis of the lower extremities, together with neck of the bladder, and the sphincter ani.

Sensation as if cold water were running from clavicle down to toes along a narrow line.

Hip seems bathed in warm water, with cold water running down to toes.

Weakness of extremities **alternating with dim vision.**

Paralytic weakness of leg.

Ascending weakness in calf.

Whizzing sensation in thigh.

Fever

belladonna can produce convulsions, mainly febrile. The convulsion frequently localizes to the right side of the body, often beginning in the right arm.

Feet ice-cold; can scarcely be warmed.

Chill in the evening when undressing.

Anticipating chill.

Chill from bathing.

Chill beginning in and extending from both arms at once; from sacrum; from scrobiculis cordis.

Chilliness in the afternoon; after dinner; during stool.

Drinking warm drinks aggravates chill; eating warm things aggravates chill.

Chill after eating.

Chill after exposure: during the rains, to the heat of the sun, from becoming wet.

Chill in hot summer weather.

Periodicity of chill regular and distinct - not marked.

Pernicious chill with red face, delirium and bursting headache, pale face when lying down, red when sitting up.

Chill after perspiration.

Double quotidian chill.

Several chills in a day.

Shaking from chills, with heat of face and head.

Shaking with chill during stool.

Violent chill with delirium.

Violent chill with unconsciousness.

Chill ameliorated by external warmth.

Fever with dry burning heat at night.

Fever at night with perspiration.

Fever with dry heat and delirium at night.

Fever at noon.

Fever in affected parts.

Fever ameliorated in bed.

Fever without chill in the afternoon; evening; night.

Fever with febrile heat only during the day.

Fever during dentition; when drinking beer; with shivering from drinking cold water; after eating dinner.

Dry, burning heat alternating with chilliness.

Burning heat with distended blood vessels.

Excessive heat, distended veins, insatiable thirst, with anxiety and trembling.

Burning heat in the afternoon; evening; night.

Burning heat with furious delirium.

Burning internal heat.

Burning hot fever within and without, body turning hot.

Fever with intense heat of the head and face, while body remains cold.

Heat and pulsation in the head, with burning of the eyes.

The head and face hot, the latter somewhat puffy.

Head hot; face red; eyes protruding; pupils dilated, look staring.

Fever with intense heat, with stupefaction and unconsciousness; with convulsions; with delirium.

Continued fever at night, temperature running very high.

Cerebro-spinal fever.

Burning hot fever with unquenchable thirst.

Exanthematic fevers - measles, scarlatina; exanthematic continued fever.

Fever with external heat in the morning.

Inflammatory fever.

Fever after mental exertion.

Remittent fever in the afternoon; evening.

Infantile remittent fever.

Shuddering fever with the heat.

Standing ameliorates fever.

Succession of stages of fever: chill, then sweat, then heat.

Succession of stages of fever: chill followed by heat with sweat.

Succession of stages of fever: chill then heat.

Several attacks of fever in one day, during which the hot stage followed the cold within a few minutes to half an hour after, always without thirst in either stage, and mostly with confusion of the head.

Fever in heat of sun.

Fever with aversion to uncovering.

The skin hot, dry, scarlet, especially intense on the face and ears.

Temperature of skin increased, face red, pulse accelerated, with senseless talking, and tottering about as if drunk.

Profuse perspiration on covered parts.

Perspiration on uncovered parts.

Perspiration ameliorated on uncovering.

Perspiration during daytime sleep.

Perspiration in the afternoon, from 4 p.m. to midnight.

Perspiration at night before menses; during menses.

Perspiration at midnight on waking; **after waking.**

Perspiration ascends.

Getting out of bed ameliorates perspiration.

Cold perspiration after urination.

Perspiration during convulsions.

Perspiration from fright.

General sweat except on head.

Intermittent perspiration.

Perspiration before menses.

Smoky odor of perspiration.

Burnt odor of perspiration.

Perspiration on right side.

Perspiration on single parts when lain on.

Perspiration ameliorated during sleep.

Perspiration staining the linen brownish-yellow.

Sudden perspiration, and disappearing suddenly.

Complaints from suppressed perspiration.

Sleep

During the belladonna sleep one often sees evidence of the same intensity and emotional vividness which was earlier described. The sleep is usually very deep with heavy snoring, and the patient is aroused with difficulty. These patients may talk in their sleep, or, at other times, there may be bruxism or grinding of the teeth during sleep. belladonna patients characteristically sleep on the abdomen, and many of their complaints are ameliorated when lying on the abdomen. Furthermore, they may find it impossible to sleep while lying on the back. Frequently one finds in these patients a history of recurrent dreams of falling (*Thuja*). They may see

themselves jumping from a height or see themselves walking up a flight of stairs and missing a step and plummeting downward. Then, as if striking the ground, they wake up with a jerk. Thus, belladonna is listed in capitals in the Repertory under the rubric "starting from sleep".

Sleep disturbed by frightful visions on closing eyes.

Delusions with sleeplessness.

Sleeplessness during climacteric period.

Sleeplessness during dentition.

Sleeplessness in insane people.

Sleeplessness from thoughts of business.

Frequent waking at about midnight.

She awakes in the night full of fright and fear.

In the evening, frequent starting as in a fright, when just on the point of falling asleep; the feet were jerked upwards and the head forwards.

She started as in affright, in otherwise quiet sleep, feeling as if she were falling deep down, which caused her to shudder violently.

Waking is impossible in the morning.

Waking by jerks.

Yawning during menses.

Dreams of battles, of danger of death, of flying, of falling, of **giants**, of being shot, of swimming, of urinating.

Frightful visionary dreams.

Anxious and frightful dreams.

Skin

The skin of the belladonna patient can be quite sensitive. It may become raw and red. The skin is exquisitely sensitive to the sun, direct sunlight being possibly very painful on the skin. The eruptions can be markedly aggravated by the sun, even more than the eruptions of *Natrum muriaticum*.

The skin can also be prone to a type of contact dermatitis. There is frequently a sensitivity to detergents or soaps, and the skin becomes irritated from washing.

Sometimes even bathing in salt water can produce this eruption. Large, red patches of skin may rapidly swell up and rapidly disappear in this dermatitis.

belladonna can be useful in skin infections. It produces erysipelas with glistening, red, dry skin. Also, belladonna can be indicated in rapidly developing boils. The boils swell and throb with the pulse.

Finally, one can see in the skin the development of erythema nodosum. Large, intensely red nodules appear which give the impression that the disease is of great intensity.

The characteristic skin of belladonna is: "Uniform, smooth, shining, scarlet red, so hot that it imparts a burning sensation to the hand of one who feels it."

Redness of the whole body with quick pulse.

Redness, like scarlatina, of the entire surface of the body.

Scarlet redness of the surface of the whole body, especially of the face, with marked action of the brain.

A scarlet redness suddenly spread over the body, especially the face and limbs, with which appeared heat and exaltation of all the faculties.

Scarlet redness of skin of face and neck, followed, on the second day, by peeling off of the cuticle.

Inflamed red patches of the skin, and irregularly-shaped scarlet spots over the body.

Red skin with heat.

Bluish-red spots on skin; fiery red spots; scarlet spots.

Violet skin.

Erythema of skin.

Eruption of blisters as from a burn.

Eruption of boils in the spring.

Carbuncle.

Eruptions; confluent; crusty black; flat.

Eruption of smarting pimples; of titillating pimples; of black pocks.

Suppurating pocks

Eruption of humid pustules; of malignant pustules; of pustules after scratching.

Bluish rash; fiery red rash; scarlet rash.

Red eruption like insect stings.

Scarlatina; smooth scarlatina.

Smooth erysipelas

Erysipelas with swelling.

The face, upper extremities, and trunk exhibited a diffuse scarlet efflorescence, studded with innumerable papillae, very closely resembling the rash of scarlatina. The

eruption terminated abruptly at the wrists and flexure of the thighs, the rest of the body retaining the natural color. The skin was hot and dry.

Eruptions like roseola and scarlatina, with fever, sore throat, cough, headache, etc.

Sensitive eruptions.

Black small-pox.

Eruption of painful tubercles; of painless tubercles; **of soft tubercles.**

Urticaria in the morning.

Drinking cold water aggravates urticaria.

Eruption of urticaria during menses.

Bluish vesicular eruption.

Gangrenous vesicular eruption.

Inflamed vesicular eruption.

Painful vesicular eruption.

Erratic erysipelas.

Erysipelas in new born babies.

Medullary excrescences - fungus or cauliflower.

Pustules break out on the cheek and nose, which rapidly fill with pus, become covered with a crust.

Hot gangrene from burns or gangrenous sores.

Cutting.

Tearing itching of skin.

Tearing itching of skin after scratching.

Sensation as if the skin were hanging loose.

Miliaris purpura.

Shining skin.

Swelling on affected parts.

Cold swelling.

Swollen sensation.

Aching ulcers.

Burning ulcers at night; ulcers burn when touched.

Burrowing ulcers.

Ulcer with crusty black scab.

Ulcers with cutting.

Indurated ulcers.

Painful ulcers.

Ulcer tears on motion.

Tingling ulcers.

Ulcer surrounded by vesicles.

Clinical

Abscess. Acne. Amaurosis. Apoplexy. Bladder weakness. Boils. Affections of brain. Disease of bronchial glands. Carbuncle. Colic. Constipation. Convulsions.

Cough. Croup. Delirium tremens. Depression. Diarrhea. Dysentery. Affections of ear. Enteric fever. Epilepsy. Erysipelas. Erythema. Excitement.

Affections of eye. Effects of fear. Glandular swellings. Goitre. Gout. Hemorrhoids. Headache. Affections of heart. Hydrocephalus. Hydrophobia.

Hyperemia. Influenza. Affections of kidney. Affections of lung. Malignant pustule. Mania. Measles. Meningitis. Menstruation. Mouth affections. Mumps.

Neuralgia. Affections of nose. Nyctalopia. Nymphomania. Paralysis. Parametritis. Perichondritis. Perimetritis. Peritonitis. Phlegmasia alba dolens. Pleurisy.

Pneumogastric paralysis. Pneumonia. **Disorders of pregnancy.** Puerperal mania. Rheumatism. **Roseola.** **Scarlatina.** **Sensitiveness.** **Disorders of sleep.** **Disordered smell.** **Strangury.** **Disordered taste.** **Tenesmus.** **Affections of testicles.** **Thirst.** **Sore throat.** **Affections of tongue.** **Tuberculosis.** **Ulcers.** **Uterine affections.** **Vaccinia.** **Vertigo.** **Whooping-cough.** **Worm fever.**

Relations

Bell. must be compared with the other Solanaceae: *Caps., Dulc., Lycopers., Hyos., Stramonium* and the alkaloids *Atropia* and *Solania.*

It follows well: *Ars., Calc-c., Cham., Lach., Merc., Nit-ac.*

It is followed well by: *Arn., Chi., Cham., Con., Dulc., Hep., Hyo., Lach., Rhus, Seneg., Stram., Tereb., Valer., Verat.*

Complementary: *Calc-c.*

Incompatible: Vinegar.

Dosage

From 3x to the highest.

3

Bellis perennis

The Daisy.

N.O. Compositae.

Tincture of whole fresh plant.

The essential features

Bellis is an important remedy for **deep traumas**, whether they be of the **physical** body or of the **psyche**. It is a remedy that should be considered whenever a mistreatment or hurt has been suffered in deep parts: when the physical body has been cut up in an operation or hurt in an accident, or when the emotional body has been mistreated in an emotional conflict.

It is important for the student of homeopathy to understand that different constitutions have different predispositions. In this remedy there seems to be a predisposition for the tissues of the muscular system and the tendons to be in a precariously weak or tired state. The imposition of an injury on such an organism will **almost inevitably** result in a deep trauma, a chronic condition that will take a certain form. A different organism, with a different predisposition, will be much

less likely to have such a reaction. For instance a *Graphites* or a *Sulphur* predisposition will not develop a similar condition after an injury.

Another condition that can generate symptoms in a Bellis patient arises when the body has been **overworked** and stretched beyond its capacity. **Strained muscles or tendons** from weight lifting or in long distance athletes such as marathon runners come into this category, as do the stiff and sore bodies of old people working as labourers or gardeners after comparatively little work. Workmen who by their profession are forced to stand and walk a lot find this remedy of use, as do those who subject their muscular system to constant **physical exertion**. Bellis is a better prescription in all these cases than *Arnica* or *Rhus tox.*

The Bellis perennis personality is characterized by a deep **tumor in the feelings**. When studying the Bellis psychology one finds bruised and sore emotions which have been mistreated and hurt by others to such an extent that a painful and hard spot has developed in the deep recesses of the patient's feelings. The patient will never reveal this to those around him, presenting instead a happy face. In this context it is interesting to consider Clark's apt comment on this remedy: "*The daisy is a flower which is repeatedly trodden upon and always comes up smiling afterwards.*"

Thus we have a person whom everybody considers to be strong, resilient, with no great sensitivities; he himself knows the truth to be different however. He knows that there is an **area in his emotions that is tremendously bruised** and painful. All the hurts and shocks that the person has received in his life seem to be absorbed by this area and contained there. These patients display a kind of inelasticity or inflexibility of the emotions which does not allow them to adapt fast enough to inner shocks and which is evident in their tendency to stubbornness and rigidity of ideas and emotions. Such a patient will have a fear of falling in love and will resist it, for this would involve opening up and showing their emotions, which they feel may overwhelm and destroy them. Along similar lines, the uterus may be rigid. During pregnancy a Bellis patient may find that the need for the uterus to expand causes great pains.

The Bellis woman has a deep fear of anyone showing an erotic interest in her. She feels that this would penetrate her defences and may touch the painful area she knows to be there, hidden under a show of great resilience. If this painful spot is opened up by chance (or due to a sensitive contact by another person) an excruciating psychic soreness spreads all over her existence. The 'bruise' which had been kept inside for many years is now felt all over in such an intense way that the person feels she cannot stand it any more and indeed that she will not survive very long. I have treated such cases with *Rhus tox.* and *Bryonia* for several years with doubtful results but the remedy that really helped in the end was Bellis.

A Bellis pathology may also develop in another way. A man may have a very warm heart and intense feelings. While expressing these feelings he is given a cold reception by others, causing some area inside him to freeze. This feature of Bellis is particularly interesting when compared to the Bellis physical pathology: **bad effects from being exposed to cold and wet when overheated**. Effects of **cold or ice drinks** while heated. A cold drink can suppress menses, causes a stomach ache, diarrhea, backache or all of these. Yet the peculiarity of this remedy is the **amelioration with local application of cold** if there is an inflammation. An inflamed eruption of the skin is made worse by the heat of summer, while there is amelioration if the patient moves to a cooler climate.

When the Bellis patient suffers a hurt he may not show it to others, but inwardly a deep wound or scar develops. It is well enclosed like an encysted tumor and will never open up again or discharge, but the excruciating pain it causes will definitely be felt. The patient does not confess his trauma to anyone, he does not seek help, but tries to contain all the pain and suffering within himself without showing it. He is suffering from a "psychic tumor".

A point which facilitates the differentiation of Bellis perennis with other remedies is this tendency to hide the feelings. In *Natrum-muriaticum*, *Ignatia* and *Phosphoric acid*, among others, the whole person is affected after suffering a shock, and the difference after the stress is evident to all, even though these remedies are reluctant to show their feelings. Bellis however, as mentioned above, contains the pain in an area within and is able to exhibit a happy face.

This determination to show a happy face is a result of the Bellis patient's fear that, should this pain be left to spread all over his existence, he would not be able to survive. When such a thing actually happens the pain is really unbearable: "*Unbearable pain that drives to distraction.*"

A Bellis state can also be created when a person feels unloved, ignored by others, especially by parents or a lover. In such a case no complaints will be voiced openly,

but inwardly the need to give and to take affection is there. They need security, they need to feel truly loved, and only then can they open up and bloom. There is a superficial resemblance to *Natrum muriaticum* here but the real situation is quite different.

A similar reaction to hurt or mistreatment is exhibited by the physical body. If a woman receives a physical blow on her breast and a tumor develops, this tumor will remain **enclosed** for years, painful but without tendency to open or discharge. **The tendency of the remedy is to entrench the painful spot.** Accordingly, Bellis will be indicated in an **entrenched** inflammation of an organ with **no outlet** - an inflammation that does not have the power or the force to open up an outlet and release the pressure within. Examples include inflammation of the gall-bladder where the biliary duct is obstructed and there is excruciating pain from the built-up inside pressure; enormous swelling of the teste after an injury with severe pain; cystitis where the urine can hardly pass. A keynote for this remedy is a debilitating bruised feeling which spreads all over the body from such inflamed areas. If in such a situation you can trace back to an injury you will have extra confirmation of the remedy.

The Bellis patient is prone to rheumatic affections. He suffers from stiffness and soreness of the muscles, similarly to *Rhus tox.* or *Eup-per.* He cannot find rest in bed, wakes up very early, has little sleep and is always tired. These patients feel debilitated, and worse when rising. The **thighs feel especially weak** even when lying in bed.

There is a **constant tiredness and weakness, and an anxiety** that will show by the patient **waking at around 3 a.m.** or later and **staying awake for several hours.** But as far as I have known there is no anxiety about health in the Bellis patient. On the contrary there is an indifference towards health matters and he is scornful of death.

Mentally Bellis perennis presents us

Mentally Bellis perennis presents us with a dullness and slowness of perception. Sometimes there is a peculiar failure to recognise known localities, and the patient loses his sense of orientation when travelling from place to place. The desire for sexual contact is seldom inhibited, even though a Bellis patient's feelings may be easily hurt. **Sexual excitement** is easily aroused and difficult to satisfy in a normal way, driving the patient to repeated **masturbation.** Such an act brings about a great **tiredness** and an inner discontent and restlessness. The tiredness of the brain is similar to *Picric acid.*

Another characteristic of Bellis perennis is to produce eruptions. We find boils all over the body, **acne on face especially during menses,** eruptions whenever the skin is scratched against something hard. Psoriasis erupts where the skin has been wounded or forced against a blunt instrument: a farmer working with his hand tractor will be prone to develop an eruption, usually psoriasis, at the points where his hands make contact with the tractor handles.

Other conditions for which Bellis perennis has been of service include: septic wounds of abdominal and pelvic organs after surgical operation, injuries of nerves with extreme pain much like *Hypericum*, **injuries of the deeper tissues.** It affects the **muscular fibers** of the blood-vessels and causes venous congestion. It is useful after injuries with extravasation of blood, much like *Arnica*, but *Arnica* is indicated with superficial injuries while Bellis should be thought of when the hurt tissues are at a deeper level and the tendency is to produce a kind of tumor.

Generalities

Ailments from exposure to cold and wet when overheated is a keynote but the peculiarity is that once the inflammation has set in, a **local application of cold is beneficial** to the patient.

Ill effects of cold drinks, when overheated. Can cause dyspepsia, amenorrhea, rheumatic pains etc.

Ailments from injuries.

It removes the exudations due to injury.

Tumors originating from a blow.

It must be thought of in cases of cystic tumors, keloid tumors, naevus tumors, inflammation of bursae (bursitis), chronic appendicitis, neuritis, fractures of bones if the symptoms agree.

Hemorrhages after exertion.

It affects **blood vessels** causing venous stasis and varicose veins.

Burnett suggests it for **debility following acute attacks** of gout.

It causes a tired feeling with desire to lie down. Weariness during climacteric period. Lassitude.

Sore, bruised pain of muscles, internally, aggravated on motion.

Excessive physical irritability.

Complaints from suppression of perspiration.

Irregular pulse.

Trembling internally.

Aversion to washing and bathing.

Faint spells with cold sweat [*Carb-v.*].

Left sided remedy.

Worse around **3 p.m.** or **3 a.m.** and for a few hours after that time is another characteristic.

Worse from cold baths, food or drinks; becoming chilled when hot; hot bath; warmth of bed; **before storms;** interrupted coition; **physical exertion;** ailments from ice, from cold wet weather.

Better from continued motion. Cold application locally ameliorates in inflamed parts. Better after eating; lying on abdomen; rubbing. Hard pressure ameliorates the abdominal pains.

Vertigo

Vertigo in elderly persons (cerebral stasis).

Head

Headache from occiput to vertex or sinciput of a cold, aching character. Shooting pain.

Headache in occiput extending to forehead.

A little giddiness in the head at times.

Brain feels as though contracted in frontal region.
Constriction of forehead.

Eyes

It has been observed to cause dilatation of the pupil when used locally.

Face

Eruptions: herpetic, allergic, acne, cystic.

Mouth

Abscess of roots of teeth.

Stomach

Effects of cold or iced drinks when heated, dyspepsia, diarrhea.

Want of appetite.

Slight nausea.

Pain while lying.

Aversion to sweets.

Desire for: meat, **raw onions**, **vinegar**.

Abdomen

Soreness of abdominal walls.

Fulness about the spleen, swelling and stitches.

Foul, painless yellow diarrhea worse at night.

Pain in abdomen after ice cream.

Pain in abdomen during inspiration.

Urinary organs

Urination difficult, involuntary while lying.

Genitalia - male

Erections wanting.

Masturbation in children. Masturbation causes great weariness.

Excess of masturbation.

Genitalia - female

Severe dysmenorrhea, worse at around 3 p.m. and at 3-4 am.; ameliorated by **hard pressure to the hypogastrium** and by cold applications, not relieved by heat; accompanied with nausea and vomiting and throbbing in the pelvis.

General muscular aching.

Shooting from the uterus to the rectum.

Uterine colic **ameliorated by flexing the thighs tightly**; intense every few minutes with throbbing and streaking pains.

Breasts and uterus engorged; uterus **feels squeezed, sore**. Small uterus.

Inability to walk during pregnancy due to venous stasis.

Varicose veins during pregnancy.

Sore, tender pain in uterus; during pregnancy.

Leucorrhoea - acrid, excoriating; constant, chronic; ropy, stringy, tenacious, stains the underclothes yellow.

Ailments from interrupted coitus.

Disposition to masturbate even in little girls.

Atony of uterus. Small uterus, very painful during pregnancy. Amenorrhoea.

Itching in uterus.

Menses clotted. Menses copious; much worse with **exertion**.

Menses can be easily suppressed by exposure to cold weather, cold bathing and then followed by terrible backache.

When the menses are scanty or suppressed acne or an eruption appears on the face.

Menses suppressed from cold.

Menses suppressed from having a shower.

Chest

Cancer of mammae; **cancer of mammae from contusion.**

Induration of mammae after contusion.

Inflammation of mammae.

Sensitive nodules in mammae.

Burning pain in chest.

Back

Injuries of the spine - coccyx.

Pain in back as from a fall on coccyx.

Pain in back on lying on abdomen.

Extremities

Pain down anterior of thigh.

Wrists feel contracted as if from elastic band. Bursae - cysts in wrist.

Pain as if sprained.

Pain inner side right (also left) forearm, as if a boil were developing.

Varices of lower limbs during pregnancy.

Weakness after gout.

Sleep

Sleeps on abdomen.

Wakes up too early, 3 a.m. , and cannot get to sleep again.

Sleep bad, disturbed.

Sleeplessness after 2 or 3 hours, or after 3-5 hours.

Waking after sleeplessness.

Waking toward morning.

Exciting dreams.

Vexatious dreams, **anger in their dreams**. Situation in the dreams where anger is really expressed.

Skin

Boils all over.

Ecchymosis, swelling sensitive to touch.

Small boil.

Small boil at angle of left lower jaw.

Painful pimple a little behind angle of left lower jaw.

Large boil on back of neck, commencing with a dull, aching pain; some difficulty and bruised pain in keeping head erect; began as a slight pimple with burning pain in skin, increasing until in six days it was very large, of a dark fiery purple color, and very sore, burning and aching pain in it; accompanied with headache, extending from occiput to sinciput, of a cold, aching character.

Eruptions in summer, itching, worse from scratching, better in a cooler environment.

Sensitive skin, they enjoy a gentle touch, easily arouses them sexually, but much friction on the skin causes a skin eruption to appear.

Erysipelas. Herpetic eruptions.

Keloid.

Psoriasis.

Clinical

Diseases of arteries. Varicosis. **Exudations. Fatigue. Gout. Masturbation** in little children also. Mydriasis. **Overwork.** Acne. Psoriasis. **Boils. Rheumatism.** Sleeplessness. Stasis. Traumatism. Tumors. Fatigued uterus.

Relations

Some authors class it with *Vanadium*, of which it is a complement in degenerative states, as brain softening and atheroma of arteries.

Compare: *Arn.*, *Rhus t.*, *Hyperic.*, *Con.*, *Ars.*, *Hamam.*, *Vanad.* In effects of fag, *Pic-ac.*

Dosage

From 6x to the highest.

Benzoicum acidum

C6 H5 CO. OH.

Obtained, by sublimation, from Gum benzoin; or artificially from several aromatic hydrocarbons.

Tincture or trituration.

The essential features

Benzoic acid is one of the main sycotic remedies and particularly concerns cases with an inherited sycosis from the parents. The main seat of **weakness seems to be located in the kidneys**, although the joints and the heart are also sensitive areas. Benzoic acid is equally valuable in cases where the patient develops kidney problems or rheumatic, arthritic or gouty manifestations soon after **suppressed gonorrhoea**.

The great keynote for prescribing this remedy is **strong smelling, highly colored urine**, which occasionally has an appearance resembling brandy. The odor of the urine is strongly ammoniacal, or like that of a horse, and very pungent. It is said in our literature that this strong odor of urine is a constant concomitant to almost any Benzoic acid disease condition, whereas the very dark color of the urine is not always present. In my experience this is not always the case, as there are conditions under which the strong odor is **not** present and you may trace it only in the past history of the patient. Yet it is true that the main characteristic of this remedy is the strong odor of the urine. It is also said that the whole patient smells of urine, especially children with enuresis. But with the present sanitary possibilities that are available in our Western world, you will seldom trace this as a symptom.

Another keynote in this remedy is trembling in the left side of the lumbar region or in the loins.

Some conditions for which you may think of this remedy:

1. Fluctuation of symptoms according to the odor of the urine.

Due to an irregularity in the action of the kidneys, an increase in the pungency of the urine is accompanied by an amelioration of symptoms, and vice versa. The kidneys appear to function for a while, eliminating freely, in which case the urine is **loaded** with plenty of uric acid, full of deposits, dark in color, **profuse** and **strong smelling**; these conditions are accompanied by minimised symptoms and an increase in the patient's comfort. At other times the kidneys seem not to be able to perform their eliminating processes and the urine is scanty or of light specific gravity, coming out like clear water. In such a case the complaints of the patient are almost always aggravated.

This is **not always the case** however. Symptoms may appear and be aggravated with **scanty, suppressed**, and at the same time **highly odorous** urine.

2. Benzoic acid should be considered as well as *Medorrhinum* in cases with a pre-history of suppressed gonorrhoea, with complaints now mostly in **the joints** but **with a tendency to affect the heart** as well. In most of these cases where there is an aggravation from weather changes, from cold drafts and cold air, and amelioration from heat and warm covering, the usual prescription of *Rhus tox.* seldom does any good, and *Medorrhinum* also often fails. Benzoic acid should be thought of especially if the pains change place **suddenly and constantly**, from the extremities to the heart and vice-versa, while staying mainly about the heart. It is interesting to note here that the pains of Benzoic acid have a tendency to migrate in a peculiar way: arthritic pains in the joints may move to the muscles and

appear as rheumatic ones, and vice versa. Pains in the right hand can later travel to the left arm down into the elbow and thence to the heart region; later they reappear in the right thigh and ankle. Pains in different parts of the body may **alternate with heart symptoms**. In some of these cases you will see that when the rheumatic pains in the extremities are really severe the pains in the heart are completely relieved. Pains in the heart often alternate with urinary symptoms.

The heart symptoms include intermittent heart beats, palpitation of heart with trembling, palpitation while sitting; worse after drinking; at night.

Awakens after midnight with violent palpitation and hard beating of temporal arteries. Slow pulse.

3. Benzoic acid may be useful in treating cases where there is a tendency to develop **gout** with high **uric acid**. Such cases may have the following symptoms: pains worse during the night in right great toe, gout moves from left to right. Gout and rheumatism, with **swelling of joints**, joints **crack and feel dry**. Rheumatic gout of the fingers, **nodes are very painful**. Gouty deposits in both wrists, between metacarpal bones. Swellings of the wrist, swelling of elbow joints. Swelling of the right knee, with pain as of ulceration of the whole leg, together with pains in the kidneys.

The symptoms tend to fluctuate according to the fluctuation of urine. All such cases have relief when the urine is copious and heavily loaded with deposits, but are full of pains if the urine is light in specific gravity.

4. Constitutions with a **predisposition to develop kidney stones (lithaemic constitutions.)** Benzoic acid should be considered for people who are careful with their diet yet develop stones in the kidneys all the time, accompanied by frequent kidney colics. There is frequent vomiting during the kidney colic which is usually left sided, but pains travel towards the right side as well.

As mentioned previously, the kidneys are affected in one way or another in this remedy. **Renal insufficiency** may occur, or **chronic nephritis** with dropsy and highly odorous urine, but more especially when the heart is also involved in which case the **intensity of the heart symptoms alternates with the intensity of the kidney symptoms**.

When the kidneys are chronically and seriously involved we see that the patient falls into a profound unrefreshing sleep. At other times he stays awake the whole night and is exhausted in the morning. In the period of wakefulness during the night, he dwells upon all the unpleasant subjects that he can think of. This state alternates with nights of stupid sleep for weeks. These fluctuations occur in accordance with the state of the kidneys.

Further symptoms include puerperal **albuminuria**, **uraemia** and convulsions.

5. Another important symptom which so far has been totally neglected in this remedy is **periodical asthma**, especially in rheumatic persons. You will need to think of this remedy if the asthma appears after suppressed gonorrhoea, where the kidneys seem to have been affected and do not function well. The asthma makes its appearance when the kidneys fail to eliminate properly and the urine is suppressed, scanty and strong smelling. Benzoic acid should also be considered in cases of: inflammation of bronchi and lungs, with great tenderness of chest, cough worse during night and lying on right side; long-continued, dry cough after suppressed gonorrhoea.

6. Benzoic acid may be thought of in **Reiter's syndrome** with primarily arthritic manifestations, urethritis and conjunctivitis.

7. **Rectal fistula and hemorrhoids after suppressed gonorrhoea** where the fistula discharges constantly and the patient has to wear a cotton cloth to absorb it. The hemorrhoids are more pronounced on the right side, and are accompanied by obstinate constipation. There may be bleeding from the anus during stool, long lasting burning after stool and a sense of awful constriction of the anus, which may last for hours and keep the patient awake all night.

8. The Benzoic acid child is cross and irritable, much like the *Chamomilla* child. The child shrieks and kicks and only calms down if you carry him in your arms. He wants to be nursed in arms and will not be laid down.

This remedy is useful in **nocturnal enuresis in children**, where the whole room smells of the urine, and the sheets are stained brown. Alternatively there may be retention of urine in children, or **diarrhoea of children** with watery, light, very offensive stools, resembling soapsuds, with strong-smelling urine. **Shivering before**

stool may be a further symptom.

9. **Menstrual** difficulties, **prolapsus of uterus**, when accompanied by the characteristic smell of the urine, are symptoms that should make you think of Benzoic acid.
10. Dribbling of urine in old men with **enlarged prostate**, arthritic nodosities and strong smelling urine are further important symptoms.
11. **Periodical headaches** of **rheumatic** origin, **alternating** with or accompanied by **rheumatic conditions** and associated with a highly intensified odor of the urine. The head is worse from: emotions; exposure to a draught of air; uncovering of head; **in morning on awaking; at rest**; periodically better by warm applications and moving about.
12. **Quinsy, diarrhea, etc.**, all when accompanied by the highly intensified odor of the urine.
13. Lastly, a feature of this remedy is the tendency to **catch cold easily**, especially if exposed to a cold draft on the head. Typically, the patient applies hot applications and the cold seems to go away. He is encouraged and goes out, and again the head is exposed to a draft and the cold returns. This process is repeated, as the patient applies the hot applications and goes out again, only to catch cold once again.

The Benzoic acid patient is a closed up individual who keeps all his problems, griefs and anxieties to himself. He will never allow his emotions freedom of expression, preferring to hide his grief or anger. Even a disagreement with others is kept hidden. This point serves to differentiate Benzoic acid from *Natrum muriaticum* or *Nitric acid*, remedies which have a lot in common. *Natrum muriaticum* or *Nitric acid* are incapable of hiding their feelings of disapproval as their facial expressions give such emotions away. The Benzoic acid personality is deeply timid and reserved, it does not allow the patient to clear up his emotions. There can be no open catharsis, no solution to be found in a fit of weeping when asking forgiveness for some deed. One could characterize such a personality by saying that the patient cannot "**eliminate the rubbish**" from his emotions. An analogy can be made here with the inability of the kidneys to eliminate useless matter; the rubbish stays inside the organism and creates uric acid, kidney stones, headaches and disease in general. So difficult is it for the patient to eliminate in any way that perspiration causes him to be overwhelmed with anxiety.

The useless matter retained in the organism concentrates in the kidneys and forms stones and excess uric acid. The arthrosis are affected and **deformities** in the extremities appear. You may find bunions, gouty concretions, nodes on joints, swellings of the knees, gouty deposits on the wrists etc. Stimulation of the emotions may bring about headaches, pains in the heart or in the joints, kidney colics or an aggravated asthma attack. The emotions are not expressed as they are really felt, and this suppression may eventually create deformations in the organism.

A peculiarity of Benzoic acid is a strong **fear of becoming deformed** or of **seeing any deformed person**. The thought of deformity, or the sight of a deformed person causes the patient to shudder. He cannot stand the idea that one day he may be deformed himself, it is beyond his endurance. Yet this remedy produces deformations like *Ammonium phosph.*, *Calcarea caustica*, *Calcarea fluorata*, *Lycopodium* and *Kali carbonicum*.

In general this remedy is inclined to dwell on unpleasant things much like *Natrum muriaticum*. The patient may lie awake the whole night, letting his mind revolve around things that bring on sadness, causing a kind of hysteria. When thinking of disagreeable things, particularly of ill health or the possibility of becoming deformed, he cannot control his emotions and a momentary physical chill or nervous shuddering may go through his body. The mind is in a state of confusion; once the patient gets hold of an idea he cannot be rid of it. He is forgetful of words while speaking, makes mistakes in writing and omits words. Sadness and depression may supervene, especially with headaches. The sadness sets in when thinking of possible illness, such as a brain tumor. The patient then loses his desire to live and experiences loathing of life. A vicious circle sets in: when the emotions are excited a headache is likely to develop, and with the headache the patient becomes depressed.

Generalities

Benzoic acid is a **chilly** medicine, the symptoms are worse in open air, from changes of weather, from **cold drafts and cold air**, worse by uncovering and **better by heat** and warm covering of the head.

Many of the symptoms are aggravated by walking in open air or uncovering head: throbbing in eyeballs becomes worse; confused sounds of voices in ear are aggravated, gastric symptoms become worse, etc.

Motion in general aggravates most of the symptoms, but headache is worse at rest, and toothache is worse lying down.

Turning in bed makes the symptoms worse.

Most of the symptoms appear on the left side, but may subsequently go to the right.

Pains **suddenly change their locality**.

Patient gives out a very strong urinous odor.

Trembling: with palpitation of heart; in loins.

Weariness, lassitude; extreme weakness.

Head and asthmatic symptoms return periodically.

Head

Symptoms in the head bring on anxiety, depression, lassitude and loss of appetite.

While sitting, pressure on whole lower part of head and whole spine, as if they were pressed like an elastic body, so that he stretched himself involuntarily and bent forward.

Fearful pain in occiput or cerebellum, which had confined the young man to bed for three weeks.

Pressure on vertex extending to spine, with anxiety.

Hammering pain in temples, has to lie down.

Cold feeling in head.

Shaking in head.

Rheumatic pains in head.

Formication in forehead.

Cold sweat on head.

Headaches worse at rest, better moving about.

Eyes

Burning heat in eyes and lids.

Throbbing in eyeballs; becomes worse while walking in open air.
Worse reading by artificial light; walking in open air.
Distress in eyes, as from want of sleep.
Irritates conjunctiva, causes pressive feeling in bulbus.

Ears

Sensation in ears like a sound of confused voices, most when swallowing or walking in open air.
Throbbing and hissing in ears synchronous with beats of heart.
Swelling behind ears, which seems to reach to periosteum.

Nose

Frequent attacks of profuse epistaxis from left nostril, blood thick, dark.
Seems to smell dust, cabbage, or something stinking.
Sense of smell diminished.
Pain in nasal bones.
Pressure on root of nose.
Epistaxis.
A cold in head readily occurs from exposure to cold, and is renewed every day.
Sensitiveness of nose.
Redness in corners of nose.

Face

Sense of pressure, as if face had gone to sleep.
Tension in one side of face.
Numb feeling in face.
Burning heat of face or of one side.
Symptoms better by external heat, by pressure, or friction.
Cold sweat on face.
Circumscribed redness on cheeks.

Copper-colored spots on face.

Face red, with little blisters.

Trembling of lips.

Involuntary biting of lower lip at dinner.

Itching on chin.

Mouth

Glossitis. Gouty inflammation of tongue.

Tongue spongy on surface with deep cracks and spreading ulcers. Extensive ulcerations of tongue, with deeply chapped or fungoid surfaces.

Tongue of a slight bluish color.

Velvety coating on tongue, with high-colored, strong smelling urine.

Tongue coated with white mucus.

Soreness of back part of tongue, felt most while swallowing.

Taste: of blood; bitter; food tastes salty; bread smoky; after taste of food.

An ulcerated tumor on left side of mouth, upon soft commissure of jaws, behind last molar.

Slightly acid mucus.

Heat around mouth.

Throat

Peritonsillar abscesses.

Sensation of lump (as of food) in pit of throat; of swelling and constriction.

Swallowing difficult, incomplete; with noise in ears; with soreness on back of tongue.

Sensation of swelling, or of constriction of throat.

Mouth and throat symptoms **relieved by eating.**

Heat in esophagus, as from acid eructations.

Tonsillitis with characteristic high-colored, strong urine.

Collection of mucus in throat.

Thyroid gland feels swollen.

Stomach

Appetite in evening; lost in morning.

Thirst with sleepiness; evening.

Sweat while eating.

Loathing sickness at stomach, pain and discomfort; with gagging.

Vomiting: of a salty substance; bitter.

Weak digestion.

Gastric symptoms increased when walking, especially ascending.

Sensation, as of a lump in pit of throat, as if some food had lodged there.

Sensation of **heat in stomach.**

Abdomen

In region of liver constant fine stitching midway in upper portion thereof, not increased by pressure.

Ascending stairs makes the gastric symptoms worse.

Pain below left short ribs.

Heat through abdomen.

Cutting about navel; relieved by stool.

Pressure of clothing makes him feel wearied.

Tearing bellyache.

Tensive pains in loins and groins.

Rectum

Diarrhea in afternoon, 5-7 p.m.

Watery clear stool.

Frothy stool.

Stitching in rectum.

Urging to stool, with ineffectual straining.

Sensation of constriction at lower end of rectum.

Horripilations, or **chilliness before stool.**

Stools: copious, watery, greyish-white, like dirty soapsuds; excessively offensive, scenting whole house; of a strong pungent smell, like that of urine; putrid, bloody;

frothy; insufficient.

White, stinking, liquid stools.

Diarrhea of children, discharge copious, watery, clear-colored, very fetid; profuse, watery, running through diaper.

Watery, light-colored, very offensive stools (in children) with unusually strong-smelling urine.

Fetid, watery, white stools, very copious and exhausting, in infants, urine being of a deep red color.

Formication at anus.

Slightly elevated, wartlike, round surfaces around anus.

Urinary organs

The odor and the color of the urine is of the greatest importance in this remedy.

Odor like **horse's urine**. **Renders urine acid; excess of hippuric acid.**

Urine dark, urinous odor highly intensified.

Dark, or highly colored, offensive urine, after suppressed syphilis or gonorrhoea.

The urinary odor is very strongly ammoniacal.

Urine dark brown, of a putrid cadaverous smell.

Odor aromatic, changeable.

Brown urine, smells sour, scalding in passing.

Urine diminished; thick; bloody.

Fetid urine, with prolapsus uteri.

Urine of a very repulsive odor, of a changeable color, brownish, cloudy, of an alkaline reaction; effervescing with hydrochloric acid; white, flocculent sediment in the urine immediately after its passage, consisting of the phosphate and carbonate of lime, without uric acid; pale, languid; weak loins.

Alkaline urine.

Color of urine brown, like beer; reddish-brown.

A granular kind of mucus mixed with phosphate in sediment; urine dark, reddish-brown; acid reaction.

Urine with concretions of urate of ammonia.

Enlargement of **prostate gland** - senile.

Dysuria in the morning in old men.

Acrid, fetid discharge from urethra.

Pain in urethra when not urinating.

Kidney colics

Sore pain in back; burning in left kidney, with drawing when stooping; dull pain in kidneys, loins stiff; right knee swollen.

Kidney pains, which penetrate chest on taking a deep breath.

Pain in kidneys when breathing deeply.

Drawing in left ureter when stooping.

Cystitis, with extremely offensive odor. Fleeting pains in bladder, not when urinating, but at other times.

Too frequent desire to evacuate bladder, urine normal.

Sensibility of bladder with muco-purulent discharge.

Hot, scalding urine, deep red, of strong odor, causing so much suffering in its passage that this was performed but once a day.

Irritability of bladder: muco-purulent discharges.

Pains in bladder.

Dysuria senilis, when the gravel is trifling and the irritable state of bladder and pains are induced by other causes.

Valuable especially for catarrh of the bladder, with offensive brown urine.

Enuresis nocturna of children up to age 16 if the urine is strongly smelling.

Genitalia - male

Pain in genitals; pressure; raw pain; splitting pains.

Gleet; urine offensive.

Gonorrhoea suppressed (by copaiva) with offensive urine.

Smarting of fraenum praeputii.

Itching in sulcus, behind corona glandis.

A thrilling, almost painful sensation left side of glans, ending in a sensation of tickling and itching.

Genitalia - female

Menstruation too early or retarded.

Weakness after menses.

Amenorrhoea.

Prolapsus uteri with fetid urine.

Gastric derangements when ascending a height.

Retention of urine with infants.

Lochia last too long.

Chest

This remedy should be thought of in cases of heart conditions that have arisen after suppressed arthritic manifestations, and more so if there is a history of suppressed gonorrhoea. Gouty heart. **Gout, or rheumatism, affecting heart.**

Pain in heart alternating with rheumatism of the extremities. Tearing rheumatic pains in extremities, relieving heart.

Pains **change place incessantly**, but are most constant about the heart.

Intermittent beats of heart.

Palpitation of heart, with trembling.

Palpitation while sitting; worse after drinking; worse at night.

Awakens after midnight with violent palpitation and hard beating of temporal arteries.

Awakens with oppression of breathing; with palpitation of heart (after midnight); with heat and hard pulse. He wakes every morning about 2 o'clock from strong internal heat, and a hard, bounding pulse.

Inflammation of the lungs.

Slight hoarseness in morning; sneezing.

Difficulty of breathing on awaking.

Asthma alternating with inflammatory rheumatic complaints or with kidney problems. **Periodic attacks of asthma.**

Oppression of lungs because of excess collection of mucus.

Cough: after a slight cold.

Dry, constant, hacking cough.

Dry, **tormenting cough with great weakness; sweat.** Last stages of pneumonia.

Cough followed by expectoration **of green mucus.**

Copious secretion of mucus.

Painful trembling in chest.

Morbid agitation and restlessness in chest.

Pressure on ribs.

Sensation in chest of swelling; of roughness.

Pains often change their place suddenly, causing a dry cough and asthma.

Stitching in right side of chest.

Asthenic pneumonia of a young man; after strength had sunk daily; difficulty of breathing increased every hour to a fearful degree.

Great weakness and difficult breathing, increasing every hour.

Back

Stiffness of neck only on one side.

Pressure in nape of neck.

Violent itching in nape of neck.

Deep penetrating pain in posterior part of left side, at about sixth rib.

Pain right side of back between tenth dorsal vertebra and side

Dull pain in region of kidneys; stiffness in loins.

Trembling in lumbar region.

Myelitis.

Sense of coldness at sacrum.

Extremities

Arthritic **nodosities** in wrists, hands, finger joints. In both wrists, between metacarpal bones, abundant gouty deposits with swelling of elbow joints.

Tearing pain in third and fourth finger joints.

Fingers swollen; tearing and fine stitching pains in various parts of limbs.

Sensation of swelling under axillae.

Paralytic pain of fingers.

Eruption of red spots on fingers.

Itching in palm of right hand.

Cracking in joints of lower limbs, sense of dryness in knee joints with cracking when moving.

Swelling of the right knee, with pain as of ulceration of the whole leg, with pains in the kidneys. Gouty knee.

Tearing and stitching pains, especially in the metatarsal joint of the right great toe. Tearing pain in gouty toes.

Pains are changing location all the time. Pain in left hip, knee and toes; thence into muscles of calf and then in knee; after it has left these parts it appears in right thigh and ankle. Pain in right knee first then in left.

Tearing pain in anterior surface of thigh.

Drawing pain in knees after drinking wine.

During night **gout commences in right great toe**. Swelling in first right toe.

Stitch passing upward through right great toe, followed by burning, which increases the stitch; afterwards it appears in left great toe, from which it vanishes with a thrill.

Pain in toes at night, joints gouty, stitching pain.

Pain in large joints of big toe, with tumefaction and redness.

Swelling in gouty right knee.

Lassitude in lower limbs.

Sensation as if lower limbs were tightly bandaged.

Discoloration of toes, then redness.

Panaritium.

Numbness in toes.

Sleep

Periods of wakefulness, alternating with periods of deep stupid sleep from which wakes up unrefreshed.

Palpitation from sleeplessness.

Heat on waking.

Sleepiness, with dulness of head.

Awakens with difficulty of breathing; with palpitation.

Starting up from sleep.

Pulsation of temporal arteries from falling asleep.

He wakes every morning about two o'clock, from strong internal heat and a hard, bounding, but not quickened pulse.

Fever

Cold hands, feet, back, knees, **as from cold wind**.

Coldness with feeling of heat.

Sense of heat in esophagus; stomach; belly.

Heat: with sweat; with cold in head; with nightly palpitation.

Awakens every morning at 2 o'clock with violent internal heat, and hard, beating pulse, compelling him to lie on back, because beating of temporal arteries causes a humming in ears, and prevents him from going to sleep.

Skin

Sweat: while eating; while walking; morning in bed, especially in face; with anxiety.

Cold sweat: on head; on face; on feet.

Sweat with itching; with aromatic odor.

Skin pale, cool, with sweat, weakness, coma.

Itching on various parts, yielding a rather agreeable sensation on being scratched, but leaving a burning.

Sweat with itching.
Syphilitic spots and marks.
Ulcers.
Slightly elevated round surfaces of a wartlike appearance.

Clinical

Gout. Deformative arthritis. Rheumatism. Kidney affections. Urine disorders. Bladder affections. Asthma. **Enuresis of children.** Tumors of eye. Gonorrhoea. Sycosis.
Ulcers.

Relations

Incompatible: wine, which aggravates pains in kidneys, knees, etc.
Compare: *Copaiva, Fer., Natr-m. Nit-ac.* (urine smelling like horse urine); *Fluor-ac., Med., Rhus t.*

Dosage

From 6x to the highest.

Benzinum

C₆H₆
A product of distillation from petroleum.
Tincture with alcohol.
Benzol, Benzoline, Benzene.

The essential features

Benzinum is a remedy which primarily affects the **circulatory system, the blood and the heart**, causing conditions such as heart infract, circulatory disturbances and blood disorganisation, so familiar in our modern civilisation.

As we shall see below, the grand key-note for this remedy is a peculiar **perspiration on the side not lain on**.

Benzinum is suitable for angina pectoris when it causes a peculiar pain that is **felt in the upper chest or in the throat and shoots upwards** towards the head. A relatively small exhaustion may bring on these pains. There may be occasional palpitations with fulness and pains in head, or **flushes of heat with redness of face** from slight exercise. Pulsations are felt in the region of the stomach. The patient sleeps very little, an hour or two only on first going to bed, then **lies awake most of the night**. This may be accompanied by cold sweat on legs and thighs at night. But, as mentioned, the most important symptom is **perspiration on parts not lain on**. The patient may have a craving for **lemons and cider**.

Benzinum is also useful in all kinds of anemia, where the patient is wasted, **pallid**, and easily **exhausted**. He suffers from strong vertigo or dizziness and when lying has a **sense of falling through the bed and floor**. On trying to **turn the eyes upward there is severe aching and throbbing**. This remedy is especially useful in the last stages of **leukemia**, particularly in cases where the stool smells of benzine. The patient has frequent stools mixed with blood or with lead-colored mucus, tenesmus, throbbing in anus and rectum and **pains from the rectum that travel upwards**.

In such cases the mind is profoundly disturbed, and the patient suffers from optical illusions without closing the eyes. For example, a great white hand may appear to him out of the darkness, coming outspread towards his face, causing him to scream in terror for the watcher. The condition is similar to a semi-comatose typhoid state.

The Benzinum patient suffers from extreme **irritability**. He is censorious, critical and fault-finding. He has disagreeable thoughts at night during sleeplessness, **weeps at trifles** and in general despairs of recovery. You will note **apprehension, fear of heart disease and fear of apoplexy**. Speech is confused and there is frequent sighing.

Generalities

The **three keynote**s of this remedy are:

- 1. Pains travel from **below upward** (headache, pain in anus, also chills.)
- 2. **Perspiration** in parts **not lain on**.
- 3. A sense of **falling through the bed and floor**.

Hemorrhage, the blood is brownish, black and thin.

Hallucinations, optical illusions.

Epileptiform attacks, coma, and anesthesia. Tetanic rigidity of convulsions, dashing cold water on face ameliorates.

Patients are tired and nervous.

Perspiration towards morning; staining the linen yellow.

Aggravation of symptoms at night with sleeplessness; in cloudy weather.

Head

Severe darting pains in occiput, from below upward, recurring in paroxysms, worse by motion, and especially by rising after sitting.

The hair is very greasy.

Eyes

Sensation of enlargement of the eye.

Glassy appearance.

Constant movement of the eyeballs under closed lids.

Rolling **nystagmus**, from side to side like a pendulum.

Could not turn eyes upward, or to one side, without severe aching and throbbing.

Optical illusions with wide-open eyes. Flashes.

Conjunctiva somewhat congested.

Face

Pale, lead-colored discoloration of the face.

Occasional sudden **puffing up of left cheek and calf of left leg**, as though filled with air, going off in a few hours and returning again.

Mouth

Stammering speech.

Teeth covered with sordes.

Soreness and sensation of looseness in upper incisors.

Tongue parched and brown.

Painful round white ulcers in the mouth, especially on inside of cheeks. Hot and very offensive breath.

Stomach

Appetite lost.

Craving **for lemons and cider**.

Extreme thirst; for ice-water, satisfied with a sip, but wanting it again directly.

Vomiting during unconsciousness.

Abdomen

Continual soreness to pressure in abdominal walls.

Heat and grinding wearing pains in lower part of bowels, worse just before stool.

Rectum

Several times an hour, a stool, smelling of benzine, of lead-colored mucus, mixed with bright blood, accompanied with some tenesmus, and followed by throbbing in anus and rectum and lancinating pains from below upward, continuing about five minutes.

Urinary organs

Pressing pain in bladder, after passing urine, throbbing and smarting in neck of bladder and urethra for several minutes.

Urine: dark, offensive; sediment like red sand.

Chest

Every few days continual dry, hacking cough.

Continual soreness and aching in clavicular region.

The pulse is wiry, intermittent and tense.

Back

Continual aching and throbbing in lumbar region, worse by a full inspiration. Extreme irritation of the kidneys.

Extremities

Continual soreness and aching in muscles of upper arm.

Hands and fingers blue and cold.

Extended, stretched out arms.

Sleep

For three nights, before the sweating began, complete insomnia, with unpleasant thoughts crowding the mind, and wide-open eyes, before which optical illusions floated continually.

Fever

Chills seized remote parts and passed toward the head, from the thumbs to the elbows, and thence to shoulders; **from small of back to shoulders and vertex**. Cold compresses came off steaming in a few minutes, smelling of benzine and stained a deep yellow, which could only be removed by long exposure to the sun. For several nights copious, general, warm sweat toward morning, very exhausting, followed on several succeeding mornings by **sweat only on breast, on side not lain upon, and in axillae**.

Clinical

Angina pectoris. Heart infract. Anemia, leukemia. Dysentery. Fever. Headache. Insomnia. Disorders of vision.

Relations

Compare: *Bryonia a.*, *Bell.*, *Benz-nit.*, *Benz-dinit.* (amblyopia and disorders of vision). *Sulph.* and *Ledum* (symptoms go from below upward).

Dosage

From 3x to 1m.

Berberis vulgaris

Barberry. (Britain)

N.O. Berberidaceae.

Tincture of the bark of the root.

The essential features

Berberis vulgaris is indicated for persons who are pallid and **sickly looking**. The Berberis patient is **pale-faced** and appears tired. **He has a dirty grayish look, with sunken cheeks, deeply seated eyes surrounded by bluish or blackish-gray circles and a sickly expression**. The mouth is dry and sticky, with painful white blisters on the tip of the tongue. He tends to be **chilly**, with a **rheumatic and gouty disposition**.

Three grand characteristics may be identified in this remedy: firstly the pains which radiate from a point, involving the joints, kidneys, liver and heart; secondly a bubbling sensation; and lastly the wandering nature of the pains. These characteristics are described in detail below. A prominent feature of this remedy are chills and fever. A common complaint will be **coldness of body with hot face**, commencing at 11 a.m. ; burning heat in afternoon and becoming worse during the night. The venous system, where Berberis vulgaris acts forcibly, is often involved. You will find **swollen varicose veins**, itching in varicose veins, **network of varicose veins in skin, producing pelvic engorgement and hemorrhoids**. This remedy acts upon the urinary organs, when there is a tendency to the formation of calculi and lithaemia. It is also of use in cases of ague with enlargement of the spleen, and spleen pains.

Dr Edward Cranch gives an interesting summary of the therapeutic uses of Berberis vulgaris. He describes the class of case calling for its use as the following: chronic gouty cases, with histories of gravel, old eczema, joint affections, pruritis, stomatitis, and ophthalmia, the special keynote being **pain over the right kidney, radiating forward over the crest of the ilium. Pains rapidly change their locality and character**.

The three major characteristics of Berberis vulgaris mentioned earlier will now be described in further detail. The prescription of this remedy does not, of course, rely on the presence of all three characteristics in one case.

The first characteristic, a great keynote for Berberis vulgaris, is "**radiating pains from a particular point**." The radiating pains are accompanied by soreness and lameness in the joints. The patient suffers from pain in a given joint, from which the pain radiates in every direction. For example if the knee joint is affected the pain moves up and down and in every direction; similarly with the finger joint. If the seat of the pain is in the kidneys or renal region, the pain will move to the ureters, into the urethra and bladder, up to the back or to the chest. Pains in the liver will travel downwards in every direction into the abdomen or up to the chest, while pains in the lumbar region will tend to shoot around the abdomen. Stitching and tearing rheumatic pain in the sides extend to arms and occiput. In dysmenorrhea, pains from the abdomen radiate in all directions and, characteristically, **down to the thighs**.

The second characteristic of note in Berberis vulgaris is a "**bubbling**" sensation that can be experienced in any part of the body. This bubbling sensation is mixed with pain; it can be experienced as if water were coming up through the skin, or as bubbling pains in joints or in the kidney region. The patient can suffer from bubbling toothache, bubbling in inguinal region, bubbling in urethra while sitting. There may be a bubbling sensation in dorsal region, in scapula, in shoulder, in upper right arm, in thigh or knees, etc. When stooping, there may be a feeling as if the brain would fall forward, with a sensation of bubbling, as if all would prolapse from forehead.

The third important characteristic in this remedy is the **wandering nature of pains in the nerves** and the nerve sheaths. Little twinges are felt one moment in one place and the next moment in another. Kent gives his own experience of this symptom: "*As you sit by the side and talk to a gouty patient - "Ow," he will say. What does he mean by it? He has had one of those twitching pains. The next thing he knows it is in his knee; then it is in his toes; then it is in his head, all over him. In Berberis these twinging, tearing, stitching, burning pains are everywhere, they never remain in one place, but are always moving, and they are not often affected by motion. Whether he moves, or keeps still, they keep coming. In a few instances we have pains aggravated by motion, but a very few in proportion to the many pains in Berberis.*"

Further characteristics to be found in this remedy include the **sensation of a skullcap**. The patient has the feeling that his whole scalp is tight, or that he is wearing

a hat. This is a rheumatic condition that can be felt in a number of ways; it may be experienced as numbness, enlargement of the skull, or a painful constriction of the whole of the skull. The patient may alternatively have "a feeling in the head as if it were becoming larger," or a peculiar puffy sensation in the head. Another symptom to be considered for Berberis vulgaris is the **extension of any pain from the abdominal area to the thighs**. Finally, mention should be made of the aggravation of mental symptoms in twilight, with apparitions and visions of **imaginary forms**.

The mental-emotional picture

In the majority of cases needing Berberis vulgaris you will find few mental-emotional symptoms. This is particularly so in those cases where the problem is centered around lumbago, sciatica, arthritic or rheumatic conditions. The mental picture in this remedy is one of a tired individual, not only physically, but also mentally and emotionally. When you encounter such a patient your impression will be of a prematurely old and worn out individual whom you want to support and help. However, the patient will not beg you for your help and support; on the contrary, with an optimistic cheerfulness and **courage**, smiling even when in pain, you will probably find him consoling you instead of you consoling him. The Berberis vulgaris individual is usually serious and reflective and prefers his own company to that of others.

I have never seen a Berberis patient suffer from anxiety about his health, or fear of death. A feeling of anxiety may arise in different positions, in bed, before stool, from motion, from rising from a seat, in the evening before sleep, while standing. This can be characteristic as long as the emphasis is on feeling the anxiety when in different body positions.

Some patients do suffer mental aberrations due to a **weak mind**. This weakness progresses during the day and is especially apparent at twilight. The patient sees terrifying apparitions at twilight, including ghosts or imaginary forms surrounding him. Objects at that time appear twice as large as normal.

Any mental labor that requires real attention becomes an arduous task for Berberis patients. The least interruption breaks their chain of thought, and they cannot remember what they were saying or thinking. Memory grows weak and they become forgetful, having great difficulty in recalling what was said earlier. Dullness of mind, especially after a deep sound sleep, is characteristic, the head feeling heavy and dizzy.

Furthermore, Berberis has an **aversion to and an aggravation from darkness**. You will find melancholy, apathy, prostration of mind, and sadness with inclination to weep. Much dizziness and faintness is very usual. The faintness and dizziness may be brought on by lying, standing, rising from bed, walking in the open air when his face becomes very pale; the faintness may be caused by asthma or heat. Women have symptoms at the time of menses which include irritability, or a feeling that they are weary of life and desire death.

Therapeutic indications

Urinary and Kidney symptoms: Berberis vulgaris causes **inflammation of the kidneys with hematuria**. Pains may be felt all over the body, emanating from the small of the back.

Lancinating, or tearing, bubbling pains in region of kidneys; worse stooping and rising again, sitting or lying; from jar; from fatigue; very sensitive to touch in renal region.

Many cases of **(especially right-sided) renal colic** have been cured by this remedy.

All the urinary organs are markedly affected.

The emission of urine is frequently accompanied by pains in thighs and loins.

Violent sticking pains in bladder, extending from kidneys into urethra, with urging to urinate.

Urine dark yellow, red, becoming turbid, copious; **mucous sediment**, or transparent, **jelly-like or reddish**, bran-like yellowish sediment. Urine slimy when passed, depositing copious foamy yellowish sediment. Greenish urine depositing mucus. During urination burning in urethra, or bladder, pressure in bladder, cutting, burning, or stitches in urethra.

Gall-stones: Sticking pain in region of liver and gall-bladder shooting up to left shoulder, worse by pressure. **Gall-stone shooting up to left scapula. Pains shoot down from tenth rib to navel.**

Very valuable for hepatic diseases; with indigestion, eructations, salivation, heartburn, vomiting of food after eating. Soreness in the region of the liver. Bilious colic, **colic from gall-stones, with jaundice.**

It cures gall-stone colic when these little twinges go in every direction from that locality.

Rectal Symptoms: Berberis produces both constipation (sheep-dung stools) and diarrhea, and a number of symptoms about the anus. Hemorrhoids, with itching or burning, particularly after stool, which frequently is hard and covered with blood. Fistula in ano with painful pressure in perineum, extending deep into pelvis. For post-operative pains and also in cases where, after an operation on fistula, there appear symptoms such as short coughing in the chest.

Genitalia: Dragging or lancinating pains in spermatic cord, extending into testes. Cold feeling in prepuce, glans, testes, and scrotum.

In the **female a marked symptom is absence of pleasurable sensation** during coition. Uterine symptoms and leucorrhoea associated with painful urinary symptoms.

Dysmenorrhoea, pains radiating in all directions down thighs, etc. Vagina intensely painful; reddened. Violent pain in back, with menses which are too scanty.

Neuralgia of spermatic cords and testicles (*Clem.*, *Cimicif.*, *Puls.*) Uterine symptoms, with leucorrhoea, associated with painful symptoms in urinary organs.

Dysmenorrhoea, with pains, radiating in every direction, down thighs, into abdomen, etc. (*Cimicif.*). Vaginismus, with inflamed kidneys, etc.

Lumbago: Berberis is a leading remedy in lumbago and slipped disc. Pains extend from back, round body, **down to the thighs and leg; red sediment in urine** is a concomitant.

Numbness, stiffness, and lameness felt in kidney region. Pains are worse from any exertion and fatigue, and therefore you will find aggravation after the morning activities at 1 or 2 p.m. Worse **from lying down** on the back, especially first thing at night, which prevents them from sleeping. Much worse **from bending forward.**

Warm coverings are pleasant but do not ameliorate the pains dramatically. This will help to differentiate Berberis from *Calc.* or *Rhus tox.*

Aching in small of back aggravated when sitting; when lying; **in the morning on awakening.**

In lumbago most cases are **better from motion.** But note that while the pains in the lumbago are better from motion, the pains that appear in the **joints are worse from motion.**

Chronic Fatigue Syndrome: Berberis could be useful in C.F. S as there is great weakness, like fainting, after a walk, with perspiration and heat on the upper part of the body; cold, pale, sunken face and oppression of breathing. Great relaxation, with disinclination to do anything. After a short distance the patient is compelled to stop from a feeling of intense weariness, heaviness, lameness, and stiffness of the legs, which feel sore as if bruised.

Polypus of the Vocal Cord: On the indication "tumors and sessile growths," Ozanam cured a case of **polypus of vocal cords, red, with a sessile base.** *Thuja* had failed. *Bear.* 200 was given at first with good effect, the attenuation being gradually reduced with increasingly good effect until the growth disappeared entirely under the 1x.

Arthritis: Stuart Close records the cure with *Berb.* 200 of a woman who had the following symptoms: cutting, **burning pains in the balls of the feet on stepping.** On standing with most of the weight on the heels she had no pain. On rising in **morning sensation in soles as if stepping on needles.** Gouty concretions in the auricle,

becoming very painful, with tearing stinging pains.

Acne: The drug has been successfully used in common acne.

Generalities

The **kidneys, liver and heart** are more or less affected.

The urinary secretion is always increased when the action of the drug is favourable.

Light urine, and heavy urine, **excessive deposits of uric acid and urates.**

Copious discharges, alternating with scanty discharges.

The burning, stinging, tearing, stitching, **wandering pains** are the main feature, the grand feature of Berberis.

There is swelling of the joints but this is not so common as the pains without swelling. Soreness, lameness in the joints, with **these radiating pains.** "**A pain in the heel as if it were ulcerating,**" and then the pain shoots off in every direction.

He moves many times, because he cannot keep still, especially at night in bed. **Worse in various attitudes,** especially standing, and lying on back.

Mucous membranes become dry - mouth, vagina etc. Increased albuminoid and gelatinous mucous secretion.

Discharges or skin are **dirty gray.**

Cold feeling in the bones, blood vessels, eyes, ears etc.

Chest affected after operations on piles, fistula, etc.

The metatarsus and metacarpus are often the seat of pain, as if sprained. Induration of glands, knotty like ropes.

Watery blood in hemorrhage.

Odor of perspiration like urine.

Perspiration on single parts of the upper part of body before sleep.

Aggravation from: change of position; spoiled fish.

Cold bathing ameliorates.

Bending over: compelled by cutting contraction in chest to abdomen; pain in hepatic region better.

Sitting: anxiety; anus very sensitive; pain in renal region is made worse; pain in left spermatic cord; vulvar itching and burning increase; backache aggravated; skin of arms painful to touch, aggravated; stitches in thighs; stitches in tendo-achillis and heels.

Rising from a seat: sensation in knees as if palsied.

Standing: anxiety; pain in groins is made worse; pain in renal region is aggravated; pain left spermatic cord; painful swelling of tendo-achillis and heels; stitches between metatarsal bones.

Lying: pain in renal region is worse; vulvar burning and itching ameliorated; backache aggravated; crawls.

Arm hanging down: numbness worse.

Raising arm: obstruction in breathing.

Raising foot: pain preventing flexion.

Exertion: heat in head; pain in wrist; uterine symptoms at first aggravated, then improved; inclination to sweat.

Walking: pain between anterior superior spine of ileum and umbilicus is made worse; pains in groins worse; vulvar itching and burning is aggravated; pain in vagina worse; stitches in thighs; stinging in knee joint; painful swelling of tendo-achillis and heels; great weakness.

Ascending: shortness of breath.

Motion: anxiety; headache; makes the pain in epigastrium and other abdominal and stomach pains worse, also the pain in bladder, genitals and eye symptoms, but the lumbago is usually much better from motion.

Lamed all over with warm feeling in lower part of back and sacrum.

Fainty feeling, with weakness and giddiness.

Exhaustion to such an extent as to cause trembling and knocking together of knees.

Rapid change of symptoms - pains change in regard to place and character; thirst alternates with thirstlessness, hunger, and loss of appetite.

Sees things at twilight.

Head

The sensation of a **skullcap** may be described in a variety of ways by the patient.

Puffy feeling in head; a sensation as if head were becoming larger.

Scalp tense; numbness of the scalp. Tension of scalp and skin, as if swollen. In skin of head and face a tension as if it was bloated, or covered with a hat, in the morning on waking.

Heat of the head after chill, after dinner, after exertion - mental or physical.

Heat in temples with cold cheeks.

A peculiar cold sensation in the right temple.

Shaking sensation of head on stooping.

Heaviness in head, when stooping, as if brain would fall forward, with a **sensation of bubbling, as if all would prolapse from forehead.**

Headache aggravated by movement or stooping, better in open air.

Headache: accompanied by hepatic or rheumatic arthritic complaints; or with affections of urinary organs; or with menstrual derangements.

Pain in temples, extending vertex and eyes across forehead.

Darting and shooting pains in head, often changing their locality.

Drawing pain in head during menses.

Shooting pain in head after menses.

Shooting pain, extending from temple to temple.

Sudden stitches from eyes to forehead.

Stitching pain during and after menses.

Pains behind the eyes worse exertion and loss of sleep.

Itching, with burning and stitches on scalp and face.

Baldness in old people.

Eyes

Shuns the light.

Illusions; in twilight objects appear twice as large as natural.

Dim sight, all objects looking dark, as if through a veil.

Loss of vision when exerting eyes in sewing.

Sensation of sand between lids.

Cold feeling in eye, **like from a cool wind**, with lachrymation when closing eyes.

Quivering of eyelids when reading in poor light. Quivering of left upper lid at night.

Itching in canthi, eyebrows and eyelids.

Violent shooting pains through eyes into brain, or **from temples to eyes**; sometimes into arms, or **from knee to eye**.

Conjunctivitis, with inflamed lachrymal caruncle.

Eye symptoms aggravated out-doors, and on moving eyes.

Ears

Coldness in ears during pregnancy.

Heat alternating with cold on external ear.

Buzzing noises in left ear.

Throbbing and roaring in ears.

Stopped up feeling in ear, with pressure.

Tearing pain in antitragus.

Tearing, alternately in ear and other parts of body.

Tearing and stitches in ears, through membrana tympani, as if a nail was thrust through, or like from sting of an insect.

Shooting and stitching pain behind right ear in attacks, worse every evening.

Stitching pain in the afternoon at 5 p.m.

Pain while sitting.

Nodosities, size of hemp seed, **on auricle**, painful to touch.

Small cystic tumor behind ear, size of a hazel-nut.

Pulsation in left ear.

Nose

The mucous membranes of the nose are usually dry, with little discharge.

Dryness of nose, succeeded by chronic catarrh with discharge.

Offensive, fetid, burnt, pungent discharge.

Chronic obstinate coryza in left side, pains extending to Highmorian cavity and frontal cavities, with moderate secretion of a yellowish or greenish mucus, more copious in morning, and having a pungent, empyreumatic smell or taste, succeeded by violent ophthalmic complaints.

Pain in nose, extending to ears.

Pricking in point of nose. **Gnawing pain in tip of nose.**

Epistaxis in the morning after rising.

Face

Face pale, a dirty grayish look, sunken cheeks, surrounded by bluish or blackish-gray circles. *Greenish face*, with blue rings and pink eyes.

Sensation as if **cold drops were spurted in face** when going into open air.

Sensation of chilliness, succeeded by deep red spots on cheek, attended with heat extending over face in afternoon.

Coldness in face extending to back.

Heat and redness and **burning of face by mental exertion.**

Stitching pain in lower jaws in the evening.

Red spots in forehead.

Pulsation of lips, quivering in lips.

Formication in upper lip, around mouth and chin.

Dryness of lips, with scaling and formation of thin brown scurf on edges.

Bright red, inflamed pimples on cheeks and lips, ulcerated in centres.

Pea-shaped vesicles on lower lip.

Cold sweats on face.

Mouth

A sticky, frothy saliva like cotton; soapy saliva.

Sour taste after drinking.

Taste: of blood; bitter; sour.

Inflammation and swelling of palate arch.

Gums bleed easily.

Sore gums during dentition.

Dirty redness of gums.

Tongue smarts when touched.

Painful white blisters on tip of tongue.

Ugly bluish-red spots in mouth.

Under lip bluish-red on internal surface.

Pimples and pustules **on inner cheeks, gums, tongue, lips, red and painful, size of a pea.**

Aphthae. Nodosities of gums.

Offensive metallic odor from mouth.

Teeth **as if too long**, sensitive to touch and to air.

Drawing and bubbling toothache.

Piercing pain in hollow teeth of lower jaw.

Pain as if gums were torn, or tooth pulled out.

Jerking pain as if tooth would be torn out.

Throat

Splinter as from awns of barley in the pharynx.

Sensation of a **plug in side of throat, with dryness**, roughness and scraping; severe pain from empty deglutition.

Polypi in larynx.

Stitching and tearing rheumatic pain in the sides, extending to arms and occiput.

Inflammation of tonsils and pharynx, with swelling and fiery redness.

Tonsils pain when speaking or swallowing; stitching like from an awn in throat.

Pain in left tonsil, as if a husk was sticking there, particularly when speaking and swallowing; interior of throat red, exterior very sensitive to touch and motion.

Expectoration of a quantity of thick, yellow, jellylike mucus; white, sticky tongue; viscid saliva resembling soapsuds.

Empty swallowing hurts in throat.

Coldness in external throat.

Indurated goitre.

Stomach

Duodenal ulcers. Indigestion.

Very slow digestion.

Pit of stomach puffed up.

Pressure in stomach as if it would burst.

Chilliness in region of stomach, ceasing after vomiting.

Chilliness before dinner.

Frequent bitter **eructations, alternating with yawning.**

Increased hunger, alternating with loss of appetite.

Great thirst, **alternating with aversion to all kinds of drinks.**

Desires **eggs, raw meat. Thirsty for cold drinks.**

Nausea before breakfast, gone after it.

After eating solids, belching for hours, and soreness continuing whole night.

Worse after spirituous drinks.

Abdomen

Pain in hypochondria, **breathing aggravates.**

Stitching pain in hypochondria, pressure aggravates.

Stitching in hypochondria extending to back.

Drawing-tearing in left hypochondrium, with sensation during inspiration as if something was torn loose.

Violent burning, like heartburn, in left hypochondrium, extending upward into esophagus.

Cramplike contraction in splenic region.

Stitching, cutting pain in liver. Pain in liver when breathing.

Paroxysmal pain in liver, extending to epigastrium.

Sticking-pressive pain in the region of the liver, increased by pressure.

Sharp, pinching pains in region of liver, which come suddenly and with great severity; at times caused him to hold his breath, to bend over and to get red in face; pink sediment in urine; feces black, or very dark, very adhesive to commode.

Colic from gall-stones.

Bilious colic, followed by jaundice.

Coldness in inguinal region becoming burning.

Pain in inguinal region on motion.

Burning pain in right inguinal region.

Stitching and pressing pain in inguinal region, paroxysmal, pulsating, extending downward.

Veins distended in inguinal region.

In the right inguinal region, near the abdominal ring, some varicose veins.

Pressure and tension in groins, as if a hernia would develop, especially when walking and standing.

Itching, or pressure in region of inguinal glands, with pain from touch as if they would swell.

In inguinal region a pressing, squeezing tension, stinging and cutting, extending towards thighs.

Bubbling sensation in inguinal region.

Pain in **crest of ilium, extending to thigh, when urinating.**

Stitching, tearing pain in crest of ilium, **extending to gluteal muscles** and upwards.

Coliclike pains, especially about navel.

Burning pain in or under skin of abdomen.

Stitching tearing or burning in skin of abdomen, mostly about navel.

Rectum

Venous stasis occurs in pelvic region, causing hemorrhoids.

Tension in rectum after stool.

Burning pain in rectum during menses.

Soreness in rectum during menses.

Burning stitching pain during, before, and after stool.

A long-continued sensation after the stool, as if one had just been to stool, or as if one had just recovered from a pain in the anus.

Constipation with hemorrhoids. Hemorrhoids, with itching or burning, particularly after stool, which frequently is hard and covered with blood.

Large hemorrhoidal tumors with itching and burning.

Frequent ineffectual urging to stool.

Painful diarrhea with rumbling.

Clay-colored stools.

Changing stool, irregular, costive or loose.

Small, indurated, intermitting stool.

Hard stool, like sheep's dung, passed only after much straining.

Stitching pain in **perineum extending to uterus.**

Violent burning pain in the anus, as if the parts around it were sore.

Tearings extending around the anus.

Smarting pain in the anus.

Hemorrhage from anus **after exertion**.

The skin for some distance around the anus feels completely raw, with severe burning.

Excoriation between nates.

Crust, eczema and herpetic eruption **about anus**.

Fistula in rectum when attended with bilious symptoms.

Itching around anus.

Formication in anus after stool.

Urinary organs

Kidneys - **Bubbling** sensation in region of kidneys.

Renal colic, from right ureter to the bladder, with stinging, tearing, digging pain. In Berberis, the pain radiates from the kidney; pain may be either side, may be below the kidney, but it is sure to be a radiating pain.

Pain from kidneys extending to abdomen and hip, **extending to calves and downward**.

Pain radiating from renal region to ureters into bladder and urethra.

Tearing pain in the region of both kidneys soon after rising in the morning, which extends sideways and forward, both upward and downward, so that the whole region of the back between the thorax and the pelvis is affected. This tearing was noticed even when sitting, more severe than when standing; was relieved in the afternoon.

Heat in region of kidneys.

Numbness and weariness in region of kidneys.

Pain in kidneys before and during urination.

Pressive or tensive pains in region of loins and kidneys, with a feeling of stiffness and lameness, or swelling, in back and lower limbs.

A sticking-digging, or digging-tearing pain in one or the other kidney regions, as if it were suppurating, aggravated by deep pressure.

Sore, bruised pain, **extending to thighs**.

Stitching pain, extending to knee and urethra, while sitting.

Motion aggravates pain.

Standing ameliorates pain.

Drawing pain in ureters, especially left side.

Tearing in ureters, after rising in the morning.

Bladder - **Burning pain in the bladder**. After urinating, a sensation in the bladder as if one must go again soon, or as if some urine remained behind.

Drawing-sticking pain in one or the other side of the bladder, extending down into the female urethra, often arising in the lumbar region, and extending along the course of the ureters.

Violent sticking pain in the bladder extending from the kidneys.

Painful cuttings in the left side of the region of the bladder extend into the urethra, coming from the left kidney along the course of the ureter.

Pulsation in bladder.

Frequent urging to urinate, the slightest motion aggravates. Violent urging to urinate after urination.

Calculi in bladder.

Urethra - **Bubbling** sensation in the urethra while sitting.

Convulsive constriction.

Pain in anterior part when not urinating.

Burning pain in urethra after ejaculation at night, urination ameliorates.

Burning pain in the female urethra during and after urinating.

Cutting pain when not urinating and after urination.

Stitching pain backward to bladder.

Tearing and twinging pain in female meatus.

Most violent burning in meatus.

Prostate Gland - Sensation of enlargement.

Fullness of prostate gland.

Urine - In Berberis we see all kinds of sediment in the urine: clay-colored, gelatinous, whitish-gray, mealy, mucous, bright red, thick, white, bran-like, granular, pink, dirty-red, renal calculi, sand gravel, yellowish-red crystals, translucent.

Color of urine like coffee, blood-red, light/dark yellow.

Milky during menses.

We have a characteristic odor which is **like coffee**.

Genitalia - male

Suppressed sexual desire.

Depressed sexual function, **excitement feeble and too short**, ejaculates too soon.

Straining during and after ejaculation of semen.

Great prostration in sexual parts after coition.

Sensation of weakness and **unexcitability in parts**, especially after urinating.

Coldness and numb feeling from glans, scrotum and prepuce of penis.

Scrotum shrunken, shrivelled, cold.

Soreness, especially on left side of scrotum.

Penis **hard and contracted all along upper part, bending it upward**.

Atrophy of penis.

Penis small and cold.

Retraction of penis.

Soft pulpy swelling of the left spermatic cord, with at times drawing, burning, or smarting, dragging, lancinating, or tearing pains, with pain extending down into the testicles, especially the epididymis, also extending up into the abdominal ring, walking aggravates.

Neuralgia and inflammation of spermatic cord, testicles and epididymis.

Drawing from right or left testicle to spermatic cord.

Testicles drawn up.

Genitalia - female

Bursting pain in ovaries and vulva.

Dryness of vagina after menses. Intensely painful vagina; burning, sore, as if excoriated.

Insensibility of vagina during coition.

Tearing pain in vagina, extending about the meatus.

Pain in vagina when touching and before menses.

Sensation of burning and soreness in the vagina, frequently very sensitive, especially in the anterior portion, even extending to the labiae.

Grey leucorrhoea.

Vulva itching and burning; aggravated while walking or sitting, better when lying.

Sunken uterus.

Menstruation - Berberis has a lot of problems with menstruation extending all over the body.

At beginning of menstruation: violent pain in kidneys.

During menses: pain in back; pressure and tension in upper arm and shoulders, extending to neck; vehement tearing through whole body, particularly left side; pain in kidneys; stitches in breast; pressing headache; painful distended abdomen; exhaustion, faintness, shivering, and weariness of life.

After menses: great lassitude with tearing and stitching in head; pain in small of back and loins; pressure in mammae, especially at nipple, with sensation as if mamma was swollen; stitches in left mamma.

Menses very scanty.

Menses **only in the evening** while lying.

Offensive clotted menses.

Menses too frequent.

Suppressed menstruation.

Chest

Obstructed respiration, **pains take away the breath**. Lancinations from lower dorsal vertebrae through chest, arresting breathing.

Pain in chest when raising arms, stretching the arm ameliorates.

Respiration difficult on raising arms.

Oppression, with fluent coryza, mostly at night.

Oppression **before sleep**.

Shortness of breath when going up-stairs.

Pulsating, stitching pain in region of right clavicle.

Stitches in sides, extending to hypochondrium.

Stitches in anterior and middle of breast, particularly when inspiring deeply, attended with a dry, hacking cough.

Cutting pain in the middle **of chest extending to abdomen**.

Shooting pain deep in front of middle chest.

Violent, sudden, incisive, contractive pain, in front part of chest, extending down to abdomen, obliging him to bend double.

Pressing pain in mammae, behind left nipple after menses.

Stitching pain in mammae during menses.

Stitching pain in left nipple.

Painful dragging-sticking in region of heart, outward and downward.

Very painful contracting urging-shooting in region of heart, working from in out and up down; next day palpitation.

Squeezing and stinging about heart.

Stitches about heart.

Frequent palpitation.

Pulse slow and weak, or full, hard and rapid.

Pimples on chest and scapulae.

Back

Sciatica aggravated from changes of weather.

Bubbling sensation in dorsal region or the scapula, **aggravated when lying** and rising from a seat.

Sore pain before menses, worse at night.

Pain extending to arms.

Aching pain in back in the morning on waking.

Pains in the back are generally **worse when lying**.

Aching pain after menses.

Pressure in back, as if bones would be pressed asunder, with heaviness, numbness, vibration and warmth, **disappearing after expulsion of wind.**

Pain in back with efforts to stool.

Stitching pain in scapulae between inspirations.

Lancinating **pain in lower dorsal vertebrae through chest.**

Sudden stitch darting from side of neck into upper arm.

Stiffness in neck half-sided, with a sensation of inward swelling.

Pain as if bruised or swollen, from right scapula to shoulder joint.

Lumbar region - Sticking or pressing pain, at times slight, at times very sensitive, in one or the other lumbar region, now in a small spot when it is a simple sticking, now in a larger place, when it is chiefly pressing, either exactly in the region of the kidneys, or at times extending above or below, **but especially outward, so that it extends around the side of the abdomen in front, or to the region of the hips**, sometimes also in the spine and extending down to the small of the back, **and the region of the bladder and groins**; sometimes fine, sometimes dull; the sticking sometimes extends from the region of the kidneys straight forward into the abdomen, at times with a **numb, paralyzed, bruised sensation**; frequently returning and lasting a long time.

Numbness.

Postoperative pains.

Pain on appearance of the menses.

Fluttering pain.

Burning pain when rising from sitting or stooping.

Tearing pain while lying, while standing.

Sore pain on awakening from sleep.

Weakness when riding.

Sacral region - Pain while sitting and while lying.

Amelioration after stool.

Pain as if the back would break.

A feeling of warmth in the lower part of the back and in the small of the back, as if the lumbar region were asleep, extending down into the sacrum, the hips, and the posterior portion of the thighs.

Pressive-tensive or pressing sensation in the sacrum, deep, internal, when severe, with a feeling as if the bone would be forced asunder, **worse when sitting and lying.**

Great soreness and pain through entire back from sacrum to shoulders, greatly increased whenever patient performed any labour.

Boils in groups.

Pimples in dorsal region.

Extremities

Limbs - Pain in lower limbs, in changing weather.

Pain in lower limbs while walking, aggravated after walking.

Upper limbs and shoulder, when scratching, ulcerative, vibrating.

Stiffness in lower limbs when walking in open air.

Sensation as if sprained in muscles and bones of lower limbs.

Tension in upper limbs, extending to neck.

Arms and Shoulders - Ulcerative pain in shoulder, in upper arm when lifting, during menses, extending to neck.

Gurgling feeling in shoulder, with sensation as of something alive in joint, especially about midnight.

Gurgling (bubbling) feeling in muscles of right upper arm.

Cold arms.

Sensation of heaviness in axilla.

Bubbling sensation of shoulder, upper right arm, thighs, knee.

Tension in shoulder during menses.

Tension in elbow, bending aggravates.

Hands and Fingers - Pain in wrist after exertion.

Sensation as if **drops of cold water were sprinkled** on back of hand on going into open air.

Pulsating pain in palm of hand.

Vibrating, ulcerative pain in joints of middle finger, fingernail and tip of first finger.

Heaviness in fingers, lower limbs as if beaten, with heaviness in knee after rising from a seat and after walking.

Pulsation of fourth finger.

Sensation of swelling of thumb.

Neuralgia under fingernails with swelling of finger-joints.

Knees - Stinging in joint of knee, particularly on inner side, when walking.

Tension in bend of knee, as if tendons were too short.

Swollen veins in bend of knee.

Rheumatic pain in left knee, in hollow of right knee, while sitting.

Pain in patella while walking.

Sensation in knees **as if palsied**, weary and beaten, after walking, and when arising from seat.

Tension in knee, stretching aggravates.

Thighs, Tibia and Calves - Pain in thigh on motion; during menses.

Pain in thigh, change of weather aggravates.

Pain in thigh by urination, before a heavy wind, extending downward during menses.

Pain in thighs, aggravated by changes of weather, mostly before heavy wind.

Pain in tibia on motion.

Pain in calf during menses.

Calf is sensitive.

A peculiar, spongy sensation, as if feeling was lost in left thigh, from hip to knee; cupping brought no blood; has to limp in walking on account of pain in left thigh.

Sensation of icy coldness on small spots on thigh.

Feet - Burning ankle in anterior part.

Pain in foot while lifting.

Pain of foot sole in the evening, while standing.

Pain in heel while standing.

Pain in tip of first toe.

Ulcerative pain in third toe.

Pain in fourth toe as if it were sprained.

Sensation of coldness on ankle joint.

Tension in heel when standing.

Itching pain - Biting, crawling, sticking, burning in upper limbs and upper arm.

Biting in hand and wrist.

Crawling in hand, rubbing ameliorates.

Crawling in the metacarpal joint of the first finger.

Biting, sticking and burning in thigh, ankle, foot, back of foot, sole of foot, toes.

Numbness of upper limbs and forearm when hanging down.

Tearing pains - Wandering in the same hand; wrist; fingers.

Tearing **under thumb nail**, extending upward.

Pinching pain - in posterior part of forearm.

- in calf when sitting and lying.

Burning pain in spots.

Drawing pain in **forearm on exertion and after exertion**.

The pains of Berberis are mainly stitching pains or twinges and have the characteristics already mentioned:

Stitches at intervals in sitting or while walking, either through, across thighs, or from hip down to foot.

- in shoulder, burning in achromic, on inspiration, on expiration.

- acute and burning in forearm, while writing.

- in ulnar side of wrist and hand.

- in back of hand.

- in fingers, extending to tips, in joints.

- in skin of first finger.

- in thigh, extending outward, inner side when stepping.

- pulsating on posterior part of thigh.

- **in tendons of knee while standing and walking.**

- in ankle while standing and running.

- **in anterior part of ankle.**

- **in foot sole while standing.**

- tingling stitches in heel after walking.

Crawling, pulse-like, twitching and twinging stitches in first and fourth toe, especially when stepping.

Lymphatic swelling of upper and lower limbs and leg.

Lymphatic swelling in flexors of arm, with petechia-like spots, and burning.

Eruptions - Warts on second finger.

Small warts on balls of hand and on middle finger.

Small, flat, semitransparent pimples, or rudimentary warts on fingers.

Blotches like nettlerash on upper arm, scaling off.

Dingy red marbled spots on arms, with bruised pain.

Pimple on point of each elbow, much inflamed after rubbing.

Petechiae, small and red, with white spots on forearm and backs of hands.

Redness of points and backs of fingers, with itching; after chilblains.

Pain under nails, with tenderness to touch.

Sleep

Anxious feeling in bed.

Anxious dreams.

Sleepiness early in evening.

Faint when going to bed.

When lying down, crawls.

Sleep disturbed by shuddering.

Takes strange position in sleep.

Waking after midnight, **between 2-4 a.m.**

Yawning while walking, open air ameliorates.

Restless, dreamful sleep, with frequent waking and congestion of blood to head.

During night awakened by violent thirst, profuse sweat, or itching-burning stitches.

Difficult awaking in morning, succeeded by pains in head and back, exhaustion and want of recollection.

Sleep unrefreshing.

Mind and body relaxed after sleep.

Fever

Chill, beginning in face and extending from face to the back and rest of the body.

Internal chill, as if coldness in the bones.

Chill before menses.

Chill before dinner, with icy cold feet.

Suffering parts chilly, in region of kidneys; accompanied by gooseflesh.

Chilliness in region of stomach, ceasing after thirst.

Chill as if in bones, with warmth of skin.

Chills in back and backs of arms, as from cold water, evening before going to bed, afterwards warm.

Chills in back, extending to hips, as if produced by an icy cold wet handkerchief, in twenty minutes succeeded by warmth; after a second attack swelling of tendo-achillis.

Chill followed by heat with or without thirst.

Short crawl and shudder from up down through back and chest, followed by heat.

Chill in forenoon with cold feet, heat in afternoon and sweating evening or night.

Cold feeling in eye, like from a cool wind, with lachrymation when closing eyes.

Fever in the evening after chill.

Fever at 6 p.m.

Burning heat in the afternoon.

Febrile heat only during the day.

Sensation of coldness on isolated spots, as if from cold metal, cold substances, or as if cold drops were sprinkled.

Running cold, and crawls in skin.

Heat in face, extending over whole body, which is cool, without thirst.

Transient sensation of warmth at different places.

With heat, anxiety, oppression of chest, shooting in head, thirst.

Inclination to sweat with least exercise.

Typhoid and putrid fevers.

Ague with enlargement of spleen or pains in region of spleen.

Perspiration during occupation.

Odor like urine.

Perspiration of single upper parts of the body before sleep.

Skin

Crusty, brown eruptions.

Painful pustules.

Stinging pustules.

Discoloration, white spots.

Itching spots.

Old yellow spots around navel peeling off.

In skin much itching, biting, pricking and burning, with minute stitches, sometimes with increased sensation of warmth and with eruption.

Rasping and pricking in skin, increased by friction, and frequently succeeded by a red spot.

Red spot on left eyelid, feels like a mosquito-bite, but swelling nearly closes eye; next day other spots on face, behind ear, on neck; third day on chin and nose, with itching and burning; in evening covered with small vesicles, oozing watery fluid.

Specks resembling nettlerash and patches on shoulders, arms and hands.

Pimples, usually isolated, sometimes in groups.

Single, red pimples burning, itching, leaving brown liver spots.

Inflamed pimples, sensitive to touch.

Clinical

Rheumatic conditions, gout, lumbago, sciatica. Joint affections. Knee affections. Biliary colic. Gall-stones. Bladder affections. Kidney affections. Calculus. Gravel.

Oxaluria. Renal colic. Dysmenorrhea. Leucorrhoea. Vaginismus. Fevers. Fistula. Herpes. Tumors. Acne. Liver disorder. Affections of spleen. Ophthalmia. Polypus.

Neuralgia of spermatic cords.

Relations

Compare: *Alo.*, *Ant-t.*, *Arsen.*, *Calc.*, *Calc-ph.* (fistula in ano; chest symptoms, especially after surgical operation); *Canth.*, *Carb-v.*, *Cham.*, *Chi.*, *Lyc.*, *Nat-m.*, *Nit-ac.*, *Nux v.*, *Pul.*, *Rheum.* In burning and pricking pains in anus: *Lyc.*, *Thu.* In duodenal catarrh: *Chi.*, *Lyc.*, *Hydrast.*, *Pod.*, *Ric-com.*, *Merc.* In aversion to darkness: *Stram.*, *Am-m.*, *Calc.*, *Carb-an.*, *Stro.*, *Val.* In pains in feet on stepping: *Cycl.* Botanical relations: *Podo.*, *Caulo.*, *bear-aq.*

Antidoted by: *Camph.*, *Bell.*

Antidote to: *Acon.* An occasional dose of *Lyc.* helped action of *Berb.* Follows well: *Bry.*, *Kali bi.*, *Rhus*, *Sul.*

Dosage

From 3x to the highest.

BISMUTH

$\text{Bi}_2\text{O}_3\cdot\text{OH}_2$.

Hydrated oxide of Bismuth and the precipitated subnitrate of Bismuth are not differentiated.

THE ESSENTIAL FEATURES

Bismuth is a remedy which should be thought of in cases where the focus of the problem lies in the stomach region. Severe stomach pains of whatever origin are a strong indicator for this remedy, particularly in cases of pure gastritis, and inflammation of the mucous lining of the stomach. The Bismuth patient's face is earthy, pale, with blue rings around eyes; there is great thirst for cold drinks in evening, nausea and pressure in stomach after eating with great drowsiness in forenoon. He may experience flushes of heat over head and chest and feel prostrated. Any derangement in the health of the individual has repercussions on the stomach. Thus Bismuth may be classed with the group of remedies whose common factor is a weakness in the stomach region, such as: Nat-carb., Ant-c., Nux v., Robinia, Kali-c. and Kreosotum.

The characteristics of the Bismuth gastritis are the following: severe burning, pinching, cramping or lancinating pains with violent vomiting of enormous quantities of food. The epigastric pains usually extend to the spine. The pains are temporarily relieved by drinking cold water, but as soon as the water becomes warm in the stomach it is ejected by spasmodic vomiting. If this does not happen automatically a heavy load, like a stone, is felt in the stomach which prompts the patient to stick a finger into his throat to induce vomiting.

The patient vomits at intervals when the stomach becomes full and the amount of vomitus is really enormous. It is as if food had been left there for days and is suddenly ejected. Here it is interesting to note another peculiar symptom of Bismuth that has been confirmed: eructations taste of food eaten 24h before.

The pains of Bismuth are so severe that the patient is in constant turmoil, writhing about in great distress. The arms and legs, the entire body - all are in constant motion. There is tremendous physical restlessness. The patient goes from one place to another, lies down, gets up, sits now here, now there, but he cannot stay long in one place. The pain is so intense that it provokes great fear in the patient. He keeps repeating, "Am I going to be well? Will I recover? Please hold me! Don't leave me alone!" These patients, because of the violence of the pain, have a great fear of being left alone and of solitude. They need somebody to be with them constantly, sometimes just to hold their hand. This fear of being alone during the pain is very characteristic of Bismuth.

If such are the symptoms of the case, the attending homeopathic physician will tend to prescribe other remedies first. Arsenicum will come to mind, because of the characteristic restlessness, or Phosphorus, because of the anxiety and fear of being left alone. The selection of Phosphorus may be further justified in a case of Bismuth by the great thirst for cold water, the temporary amelioration from it and more particularly by the fact that the water is ejected soon after reaching the stomach, combined with the tremendous anxiety about health, the need for reassurance and the desire for company during the pain - all symptoms that are as typical for Phosphorus as they are for Bismuth. However, in other areas the two remedies differ totally, as may be seen by the following description of Bismuth's mental-emotional picture.

The Mental-Emotional Picture

The typical Bismuth patient is one who has suffered a great deal in the course of his life, both emotionally and physically. The resulting stress has centred on his

stomach which is now inflamed. This patient is nervous, fleshless, irritable and hysterical, and his emotions are hardened. This type of person does not forgive easily, and may pursue a ruthless course of action even with the knowledge that in so doing the other person will be hurt. You will find a combination of excitability, amounting to hysteria, and near cruelty or indifference for the pain of others. The Bismuth patient's behaviour can be so contradictory that one may get the impression that he is crazy. In the text it says: "want of moral feeling". In this respect Bismuth is totally different from Phosphorus, whose characteristic emotions are sympathy and compassion.

When in pain Bismuth cases become extremely fearful, worrying that others will not care for them and that they will be deserted at this time of suffering. They develop an obsession with the fear of being left alone.

They dread solitude, especially in times of trial, and they want to cling to persons around. When suffering with a headache they become apathetic and sullen, and their mood becomes one of complaining and peevish dissatisfaction. Actually the Bismuth patient suffers from an alternation of headaches with stomach pains. There are periods when the headaches are in excess and then the stomach problems subside and vice-versa. Headaches appear mostly in winter

These patients do not like to talk, especially during the day when they appear to be irritable and complaining, ill-humored, morose and discontented. This mood is better in the evening when they become more talkative and communicative. Indolence is also better in the evening. Their minds may be unstable, even confused, as if intoxicated. They start on one subject, then change to another, holding but a short time to any one thing. This lack of consistency would seem to indicate a weak will and lack of ability to make a decision. Lastly, the Bismuth patient is easily frightened on waking.

The Children

Bismuth children are slender and irritable, with a tendency to slow chronic diarrhea. This remedy is indicated in infants where a difficult teething period is accompanied by vomiting, offensive eructations, intermittent diarrheic stools, or soft semi-liquid stools of a light color and foul odor, preceded by crampy pains and pinching in the stomach. Children with summer diarrhea, watery offensive stool and great prostration fall into this category if vomiting predominates.

This is one of the main remedies in cholera infantum with a sudden onset of the disease and where the case looks very serious. The stools are watery but excessively offensive and cadaverous smelling, and there is excessive vomiting, especially of cold water as soon as it reaches the stomach. The tongue is thickly coated white, there is rapid exhaustion and dehydration which show the severity of the case. The child is restless and anguished, he wants his mother next to him all the time holding his hand. The case bears a strong resemblance to Arsenicum, with one important difference: the surface of the skin is warm, while in Arsenicum it is cold.

Other Characteristics

Another striking characteristic of Bismuth is that the pain is ameliorated by rubbing or massaging the back. Massaging the region of the solar plexus itself cannot be tolerated, but rubbing the region of the back ameliorates. Such massaging may relieve not only the pain and writhing, but also the tremendous anguish. Here it must be stressed that the Bismuth epigastric pains are felt behind as if they were in the spine; they are not felt on the outside of the back like in belladonna but rather deep in the spine.

While the acute exacerbation of pain is continuous for days at a time, chronically the pain recurs in paroxysms with an irregular periodicity. This periodicity may vary from every fifteen to thirty to forty-five days, and, once the paroxysm begins, its violence, anxiety, and characteristic great thirst for cold drinks (which are vomited) are unmistakable signposts to Bismuth.

It is strange, however, that once the pain abates, these patients can eat and digest virtually anything. During the paroxysm, the body and head may feel as if fever is present. Eventually the extremities become cold, but the torso and head remain warm to the touch, even though there is actually no fever.

Bismuth is indicated in the chronic non-febrile vomiting following an acute gastritis, or indigestion. It is important to remember that in spite of the fact that there is such a strong inflammation of the stomach lining, fever is lacking or very low. This will help you to differentiate it from the belladonna gastritis as both have

the intensity of the pain and the extension to the back.

I have used the oxyde of bismuth with success in a number of cases:

- a. for a wearing, nightly cough, (in a hysteric lady, whose strange and odd manners almost amounted to craziness).
- b. in a case of sub-acute cystitis, (after Plumbum), accompanied with violent crampy pains at the bladder, which came on in irregular paroxysms.
- c. in several cases of dysmenorrhea in hysteric females.
- d. and lastly, with brilliant success in a case of phlegmasia alba dolens (phlebitis of the femoral vein). The left lower extremity was the principal seat of the disease.

Generalities

Restlessness, driven from place to place, driven out of bed.

Faintness from pain in stomach.

Most symptoms are ameliorated from motion.

All muscles of body, particularly those of legs, from toes to thighs, are spasmodically contracted.

Great debility; languor; prostration.

Cold drinks and bathing ameliorate the stomach pain, the headache and the toothache.

Vertigo

Vertigo on exercising.

Vertigo; a sensation as if the anterior half of the brain were turning in a circle, several times during the day, lasting several minutes.

Confusion of head.

Head

Constriction of head alternating with relaxation.

Heaviness in head on motion, while sitting, on forehead, on occiput, in temples.

Headache alternating with pains in stomach. Violent neuralgic headaches which alternate with gastralgia, the pains in the head involve the face and teeth, worse eating, better from cold water in the mouth.

Headache attended by gastralgia.

Headaches in winter.

Boring pain in forehead after eating, while sitting, extending to nose, motion ameliorates.

Burning, cutting and contracting pain from forehead to occiput.

Pressing pain as from a weight in forehead above nose.

Dull cutting pain in the brain, which begins above the right orbit and extends to the occiput.

Dull pressive-drawing in the head, now here, now there.

Pressure and sensation of heaviness in the forehead, more violent on motion.

Violent pressive heavy pain in the forehead.

Eyes

Distended feeling.

Boring, contractive, digging, pressing pain.

Mucus discharged in both canthi. Thickened mucus in both canthi.

Pressure on the right eyeball, from before backward and from below upward.

Ear

Tearing pain in ear, pressure of hand ameliorates.

Nose

Nosebleed, dark blood.

Heaviness of root.

On attempting to swallow liquids come out through the nose.

Face

Pale, cold face; earthy complexion; blue borders around eyes; features changed, as if he had been very sick during headache.

Pain in face alternating with pain in stomach (see also stomach).

Motion aggravates.

Pressing pain in cheek.

Mouth

Gums swollen.

Pain in gums as if excoriated.

Swelling of mouth, of one side of the tongue.

Taste is bitterish-sour, bloody in the morning.

Taste: sweetish, sour, or metallic on back part of tongue. Copious secretion of brown, thick, metallic-tasting saliva.

Mucus bloody.

In the evening, white-coated tongue.

Slight salivation, with marked tumefaction of inner surface of cheek, and side of tongue.

Sensation of looseness of teeth.

Toothache relieved by taking cold water in mouth; worse when water becomes warm.

Pain in teeth, anything cold ameliorates.

Pain from warm food and drinks.

Drawing pain in molars.

Throat

Ulcers spreading on uvula.

Inflammation of the throat wakes him at night.

Phagedenic ulceration of uvula, with burning and tearing; difficult swallowing of fluids, which return through nose.

Stomach

Convulsive vomiting.

Vomiting immediately after drinking the smallest quantity.

Violent retching, followed by fearful vomiting.

Vomiting with oppressive anxiety.

Vomiting and diarrhea.

Vomiting and purging with great prostration; warm surface; flatulency; white tongue; cadaverous-smelling stools; patient desires company.

Water is vomited as soon as it reaches the stomach.

Vomiting in teething of children.

Nausea in the stomach; he feels as if he would vomit, especially violent after eating, with pressure in stomach.

Nausea, ameliorated after cold drinks.

Nausea from warm drinks.

Nausea after operation on abdomen.

Pain alternating with pain in face.

Periodical pain.

Pain in stomach with fainting.

Pain on small spot.

Pain as if something would break inside.

Pain as if pressing food in one spot.

Pressure in the stomach, especially after eating.

Cancer of stomach.

Fetid eructations.

Pains better from cold drinks.

Eructations that taste of the food eaten 24h before.

Rubbing back ameliorates.

Pain in stomach relieved by bending backwards.

Abdomen

Rumbling when standing, right side.

Frequent passage of flatus.

Pinching pressure in the lower abdomen, and rumbling with desire; a sensation as if he must go to stool.

Abdomen painful to touch.

Rectum

Urging in the evening.

Clinical symptoms: Painless diarrhea, with great thirst. Cholera infantum, with tongue thickly coated white, vomiting etc.

Urinary Organs

He is obliged to urinate frequently, every time profusely; the urine is watery.

Genitalia - male

Aching, pressing pain in right testis.

Pollutions without erections, awakens frequently.

Chest

Burning, hot constriction.

Pain in lower chest when walking, extending transversely.

Pain in the chest and back, with burning and boring.

Boring pain in right side.

Pinching pain in diaphragm.

Pressing, stitching and tearing pain in nipple, left side of sternum.

Tearing pain in lower ribs.

Back

Pain as after prolonged stooping.

Must bend backward from pressure in spine.

Extremities

Trembling in upper limbs when and after eating.

Blue discoloration of upper limbs, forearm, thighs.

Paralytic weakness and weariness in the right arm.

Paralytic tearing pressure in the right forearm, especially in the bones of the wrist, toward the outer side, at times more in the upper part.

Paralytic pressing in upper arm, forearm, touch ameliorates.

Pain in forearm, touch ameliorates.

Cramp-like pain in anterior muscles of upper arm.

Pain in elbow, motion ameliorates.

Motion ameliorates lameness in forearm.

Sore bruised pain in ulna and radius.

Pressing, tearing pain in wrist.

Trembling in hand while eating.

Yellow spots in fingers.

Tearing in the metacarpal bones of the right index and middle fingers.

Fine tearing in the tips of the fingers of the right hand, especially under the nails.

Itching of lower limbs and feet, scratching aggravates.

Corrosive leg.

Drawing pain in calf, extending downward.

Tearing pain in tendo Achillis.

Pressing pain in bones of ankle.

Boring pain in bones of foot.

Pressing pain in outer side of foot.

Dryness in soles of feet.

Pressing pain in first tip of toe.

Skin

Corrosive itching near the tibia and the backs of both feet near the joints, which becomes much worse on scratching; is obliged to scratch himself until it bleeds.

Sleep

In the morning, a few hours after rising, an excessive sleepiness, but after eating he was unable to take his accustomed nap for several days.

At night, frequent waking in sleep as from fright.

Restless sleep at night on account of voluptuous dreams, without, or frequently with, emission of semen.

Starts in sleep; thinks that he is falling; awakes in a fright.

Fever

Flushes of heat over the whole body, mostly on head and chest, after rising in morning.

Heat in entire body, with accelerated, contracted pulse; temperature not increased; no perspiration; coated tongue; vertigo; pressure in forehead and reddened conjunctiva.

CLINICAL

Painless diarrhea, with great thirst. Cholera infantum, with tongue thickly coated white, vomiting etc.

Gastric catarrh, with terrible gastralgia, the pain extending from the stomach through the body to the spine. The gastric disorders requiring Bismuth vary, but usually are burning, with a feeling of a load or hard lump in stomach (compare with Abies); vomiting of food and of mucus; gastric symptoms ameliorated by cold drinks. Very valuable for inflammation of the stomach occurring during the progress of chronic diseases, for instance scirrhus.

A marked indication for Bismuth is that while taking cold drinks there is relief, yet when the stomach becomes full there is vomiting of enormous quantities.

RELATION

Antidotes: Nux, Capsic., Calc.

Compare: Antimon., Ars., Bellad., Kreosot.

DOSAGE

From 6x to 50m.

5

Bism 5

Blatta americana

Cockroach.

N. O. Orthoptera.

Trituration of live insect with sacch. lact.

The essential features

This remedy may be indicated in cases where there is a combination of pathology involving the liver and lungs. It should be tried for instance in cases of asthma accompanied by a liver disfunction or an affection of the kidneys. Some peculiar symptoms may be noted in *Blatta americana*, notably pains shifting from back to shoulder-blade, and acute pain in chest with want of breath.

The patient exhibits a general prostration and weariness, especially on going upstairs, accompanied by indolence and laziness.

Generalities

Extreme weariness when going upstairs.

Nervous shuddering.

Ascites.

Various forms of dropsy.

Yellow complexion.

Head

Numbness and heaviness of the head.

Pain in the temple, with lancinations now and then.

Aching pain in the temples.

Acute pain in the temples, every now and then, at 4 p.m.

Eye

Pricking, as by a fly, in the corner of the left eye, at 10 a.m.

Lachrymation.

Yellowness of the sclerotica.

Nose

Watery discharge from nose.

Face

Yellowness of face. Yellow sclerotics.

Mouth

Very salt saliva.

Stomach and abdomen

Transient bloating at pit of stomach.

Slight colic.

Pain in transverse colon, duodenum, and pit of stomach.

Urinary organs

Much heat in urethra, when urinating.

Yellow color of urine, increasing more and more.

Urine bright yellow, albuminous.

Chest

Asthmatic respiration.

Acute pain in chest, afternoon.

Violent pain in chest, with want of breath.

Pain in right side of chest.

Back

Prickings in right side of neck.

Pain in back, right side.

Pain shifting from back to shoulder-blade

Extremities

Sense of weariness in the hams.

Cramp in right leg.

Pain in right leg, from toes to knees.

Pain in feet, here and there, sometimes in the sole.

Pain at left little toe.

Sleep

Frequent yawning

Fever

Chill and shuddering, for half an hour.

Shuddering, with sense of heat and moisture all over.

Asthma. Dropsy. Jaundice.

From 6x to 10m.

Clinical

Dosage

Blatta orientalis

Indian cockroach.
N. O. Orthoptera.
Trituration of live insect.

The essential features

Blatta patients have a tendency to catch cold, as well as a sensitivity in the bronchi which are easily irritated and inflamed. A Blatta case often starts with a common cold which develops into severe bronchitis and coughing; this in turn creates respiratory problems which eventually turn into chronic asthma.

Blatta orientalis will prove to be one of the most important remedies for asthma attacks which begin **after an inflammation of the bronchi** and end as asthma and finally emphysema.

This remedy is mainly indicated when the asthma attacks are **much worse during the night** and the patient cannot get any rest or sleep because **it is not possible to lie down at all. He has to sit up**, propped up with pillows all night to avoid suffocation. The patient is drenched in sweat from his efforts to cough out the mucus, but little expectoration is raised. These symptoms mean that difficulties may be experienced in the differential diagnosis with such remedies as *Ant-t.*, *Ars.* and *Sambucus negra*. Blatta is very similar to *Sambucus* in severe cases of chronic asthma where respiration is difficult **all night** and **profuse cold perspiration** accompanies the exhaustion. Indeed, in most of these cases, *Sambucus* or *Carb-v.* are usually prescribed instead of Blatta.

Another characteristic of this remedy is aggravation of the asthma in humid cold weather, particularly where the air is saturated with moisture and the **smell of mould**. This type of smell is prominent in damp climates, like that of India, where the smell of the ground after rain mingles with the odor of rotten leaves. The attacks of asthma may be periodic but irregular, very severe at the time of the crisis but once the crisis is over the patient can be entirely free of it. Amelioration of the asthmatic attack may be found by sitting up and bending forwards.

Excess of heat all over the body is another keynote for Blatta orientalis. Heat radiates from the ears, the eyes, the nose, the top of the head, palms, soles of feet or indeed anywhere. Another symptom indicating this remedy is a dry hacking cough with little expectoration during the day, in spite of the fact that the lungs are full of rales. In some patients the excess of mucus is such that it threatens suffocation. Streaks of blood in the sputum may become the cause of great anxiety to the patient, who fears contracting tuberculosis.

Blatta is indicated in the first stages of tuberculosis where there is cough with **dyspnea**, blood streaks in the sputum and great anxiety on seeing this little bit of blood. The Blatta patient as a rule is not anxious, but as soon as he sees blood in the sputum he immediately thinks of a bad hemorrhage and death. In other cases we may see prolonged fits of spasmodic cough at short intervals with but slight expectoration. Alternatively there may be much pus-like mucus.

In the final stages of Blatta's respiratory problems the patient breathes with extreme difficulty. The breathing is hard, the jaws are locked, saliva dribbles from the corners of his mouth, the body is cold with clammy perspiration on forehead, the patient is so exhausted that he is motionless. The patient looks almost dead, sitting in bed and leaning forward so that the head almost touches the legs.

Generalities

Found accidentally to relieve asthma in a patient who took tea in which a beetle had been infused.

Great oppression of breathing, restlessness, profuse perspiration, inability to move or lie down, loud wheezing, worse during the night and inability to raise the excess mucus are the main characteristics.

It has acted well in cases in which suffocation was threatened by a great accumulation of mucus. It is also useful in cases of bronchitis and phthisis where there is much dyspnea.

Obesity.

Excess heat radiating from all over the body.

Cold **wet** weather aggravates.

Clarke mentions that *Blatta orientalis* is especially suited to corpulent people and also to malarial cases, and that cases are aggravated in rainy weather. The aggravation in rainy weather has not been my experience however, but rather aggravation in humid cold weather with a **smell of mould**.

Head

Headache is much worse with the coughing.

Face

Yellow discoloration.

Chest

Difficult respiration because of constant coughing, which exhausts the patient. Patient has to sit up day and night but **is always worse at night**.

Rales and ronchi can be heard but little expectoration comes out; the little mucus that appears is sticky in the beginning of the crisis but when the attack resolves mucus comes out in big quantities and in big yellow lumps.

Frothy mucus or big yellow lumps of mucus.

Emphysema.

Pain on right side of chest.

Extremities

Cramps in leg.
Pain in leg, foot, fifth toe.
Weakness in hollow of knee.

Clinical

Asthma. Bronchitis. Phthisis.

Relationships

It completes the action of such remedies as *Ars.*, *Samb.*, *Ant-t.*, *Carb-v.* and, vice-versa, these remedies complement the action of *Blatta*.

Dosage

It has been used in very low potencies. In the acute attack it acts better in low potencies. In the chronic stages higher potencies are advised.

Borax veneta

Borax veneta.
Natrium biboracicum.
Sodium biborate.
 $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$.
Trituration and Solution.

The essential features

Borax primarily affects both the **nervous system and the mucous membranes** to an equal degree. The typical Borax patient is a very excitable, anxious, and oversensitive individual whose mucous membranes exhibit an **aphthous condition**; the membranes ulcerate and deteriorate, forming white patches or ulcers. Moreover, these cases suffer from an **aggravation from downward movement**.

The apthae

The mucous membranes of the mouth, tongue and cheek are often affected by apthous formations, accompanied by **offensive breath, hot mouth and salivation**. The irritation goes right through the alimentary canal but strangely enough **affects mostly the beginning (mouth) and the end (anus/rectum) of the digestive track**.

The area surrounding the anus has an apthous appearance, and the thickening of the mucous membranes of the rectum **creates a stricture**. The stool is slimy, of a **greenish** or yellowish color, and frequent both day and night. This evidence of an irritation of the alimentary canal suggests that some kind of ulceration is going on inside the intestines as well. Great quantities of **fluid like boiled starch** are passed through the anus.

The action of Borax includes all mucous membranes, and you may expect to see this apthous appearance in all areas where such a membrane is present. The labia may be affected by white patches. **Membranous dysmenorrhea** (*Cham., Lac-c.*) comes under the action of Borax, and indeed this remedy is one of the best in the materia medica for this condition, which is typically accompanied by very strong pains as if in labor, while the woman feels as though the uterus were about to come out through the vagina. Such pains start before the flow but also continue during the flow.

The nervous system

The **effect on the nervous system** is equally pronounced. Borax patients are highly excitable individuals with a great intensity in both their emotions and thoughts.

Their thoughts and feelings can be so confused that they cannot be separated one from the other. They are people who do not understand what it is for one to be cool and phlegmatic. There is a resemblance to *Phosphorus* in the vulnerability to external impressions and stimulus. However Borax patients are not as receptive and sympathetic as *Phosphorus*.

You may call the Borax state a hysterical condition, although it does not comply with the technical meaning of the word. What we see here is an oversensitivity and a weakness "on the surface of the nervous system", and not a profound trouble on a deeper level of the central nervous system. This condition is not insanity, it is simply annoying, and it hinders the individual from serious thought and concentration.

An analogy may be drawn between the irritation from pains felt by the patient suffering from an apthous condition the moment he starts eating, and the excitability and restlessness which assail him the moment the thinking process starts. In the first case the patient is compelled to stop eating, causing him to starve, and in the second he has to stop thinking, clear his mind, and generally abandon all attempts at serious thought, getting up and walking around the room and stretching his body backward in order to feel better. In the text we read: "While engaged in thinking at work, strong nausea. Every time he is engaged in any sort of meditation he becomes nauseated and excitable and must leave his work and rest a little while, and then he goes at it again until he becomes sick at the stomach and so must rest again." This nausea is produced by the intense feelings that arise while engaged in serious thought. It shows an oversensitive state of the mind and feelings, which does not allow the individual to do any continuous or deep thinking. As soon as he starts meditating, intense feelings are produced by his reflections, and these bring about a state of overexcitement accompanied by a stomach upset or possibly nausea. He then has to get up and walk around to calm his thoughts and take his mind away from the subject he was engaged on. As soon as he tries to go back to work the nausea returns.

The aggravation from downward movement

The great keynote of Borax is of course the **aggravation from downward movement**, a unique symptom that can serve as a sure pointer to this remedy. For a fuller comprehension of this symptom, it is useful to consider what may be termed a "loose connection" between the etheric and the physical bodies (a concept described fully in my book "A New Model for Health and Disease"). This loose connection can explain the **tremendous anxiety felt by Borax patients when experiencing a downward motion**. All mental complaints such as nervousness, anxiety and apprehension are aggravated from upward or downward motion. Whether the patients find themselves in a lift going down, on a rough sea, riding in a car on a slope, in an airplane that drops in air pockets, on a swing or a rocking chair, the feeling is always unbearable. As well as experiencing fear and anxiety, they suffer from vertigo and confusion and tend to "go to pieces", not knowing where or who they are. These patients will avoid lifts and boat-rides at all costs.

The slightest downward motion, as when putting an infant to bed, causes the child to scream in a great fright and to try to hold on to the mother as if trying to stop this terrifying downward motion. It seems as though the experience of the "etheric body" moving upwards while the physical body goes downwards causes an experience of disconnectedness. The soul appears to be trying to escape through the stomach and mouth, causing a very frightening feeling. This feeling simulates the moment of death when the soul (or etheric body, or energy body), leaves the physical body.

Borax has the same reaction on waking suddenly during the night. The patient **wakes up in a terrible fright**, as if his end had arrived. The etheric body returns to the physical body with a jerk and produces this frightening experience. Similarly, hearing a **sudden noise** brings about this frightened reaction. The patient gives the impression of being absent minded at that moment and out of touch with the environment; this sudden noise brings him back to his body with a fright. This reaction may be brought about by hearing a cry or an unexpected noise such a something dropping from a chair or a door closing unexpectedly. Hearing someone hawk or sneeze may provoke a fright, as may even very slight noises like the crumpling of paper, or the rustling of silk. Other fears to be found in Borax include fear of impending disease, fear of infection, and **fear of falling**.

The mental-emotional state

The Borax patient is typically prone to extreme inner restlessness, coupled with anxiety. He cannot remain concentrated on one project for long. The emotions are easily aroused, which then give way to an anxious, nervous and excitable state, followed by fear and apprehension. This condition typically becomes worse as the day progresses. The time of aggravation is at 4 p.m. At 4 p.m. the patient is at his worst; he is **fretful**, irritable, faultfinding, discontented, dissatisfied and critical to people around him. The time of aggravation culminates at 11 p.m. At around that time a sudden change takes place, allowing calmness and tranquility to supervene. Kent states: "*it is in Borax that a great change may occur at 11 p.m. ; this state of anxiety and nervous excitement may stop at that hour.*" After that the patient grows lively again, with clearness of mind, tranquil and joyful.

The same kind of tranquility may also be experienced after stool, while previously there was discontent and annoyance. This remedy is characterised by strong discontent, dissatisfaction, indolence, dullness, pessimism and bad mood **in general**, but especially at **around 4 p.m.** , as mentioned earlier, and **before stool**. After passing stool there is liveliness, contentment and cheerfulness. Confusion of mind can prevail in the evening, while walking, but passing stool ameliorates this condition. Where the future looks grim, the evacuation of the bowels provides optimism with regard to the future. This calmness is not due to the stool being hard or difficult and finding relief, but it is the peculiarity of this remedy to have such a condition. In this it is equal to *Calc-c.* and *Natr-s.*

These changes of mood are frequent. The patient may feel weary of life and discontented during a number of hours, later the mood alternates with cheerfulness.

Morosity alternates with laughter, and weeping or irritability with cheerfulness. A feeling of liveliness in the morning, with affectionate mood and desire for work may be replaced by indolence and aversion to work in the afternoon, especially after siesta. Moreover, **nosebleed ameliorates the psychological state.** The excitability and restlessness are aggravated by **heat**, and therefore at night sleep is difficult. You may also find restlessness with ebullitions, especially after talking. On going to bed the patient starts getting excited, and if the room is heated, or he feels heat in the head he becomes so restless that he cannot sleep. The main hours of sleeplessness are after midnight. The patient usually finds that he cannot sleep from **1 a.m. - 4a.m.**, from 2 a.m. - 5 a.m. or after 4 a.m. The sleeplessness from heat may last all night.

You will consider this remedy after having prescribed the different *Natrums*, like *Natr-m.*, *Natr-s.*, *Natr-p.* or *Phosphorus*. Borax is not a social being like *Phosphorus*. He is a serious individual who does not enjoy talking or joking. He is taciturn, indisposed to talk and timid, and in this respect resembles *Natr-m.* He exhibits dullness in the morning, and excitement in the evening in bed. In general there is amelioration from walking in open air, and **aggravation from mental exertion.** On being obliged to concentrate on some serious business the Borax patient becomes irritable, fretful, discontented and morose. He may want to leave or not go to the appointment, particularly if the business is to take place in the afternoon at around 4 p.m. He suffers from irritability after eating. The general bad mood that prevails often makes him quarrelsome, vehement and even violent and abusive. Violence, scolding and swearing take over with small cause, sometimes turning to maliciousness. There may be a disposition to be critical of others and to slander. The mood may turn to weeping and tearfulness, particularly **before coughing, before urination and during stool.**

As the pathology progresses, Borax patients suffer from weakness of memory and delusions. In general the Borax memory is in a bad condition. You will find vanishing of thoughts; a patient will be obliged to reflect long before being able to remember what he has done through the day, being uncertain for a long time whether he was at a place yesterday or to-day. Mistakes in both space and time may occur. The patient may moreover be suspicious, and have delusions that he is possessed of a devil or that he is going to be robbed.

In cases where the above mental state is present, the aphthous condition is not necessary in order to prescribe this remedy. You will often find, however, that the past history of the patient reveals **suppressed aphthae.** After suppression of aphthae Borax should be seriously considered.

The sexuality

In this remedy the **sexual sphere** is characterized by great excitability. This state of sexual excitement can reach such extremes that a man may have an orgasm by merely touching a woman. Such a patient will in fact tell you that he is more interested in caressing a woman than in having normal intercourse with her. You will find strong desire, though not for coition. This may be due to pain in the urethra after coition. Burning pain in urethra when semen is discharged is characteristic of Borax. Sometimes the seminal discharge appears later than the pleasure. The patient has **dreams of coition with orgasms.** There are **strong erections in the morning on waking.**

Women also experience an intense desire, but, eventually, due to grief and disappointment, they may exhibit indifference or even aversion to coition. It is characteristic for this remedy that women become pregnant very easily. However, due to heavy leucorrhoea and membranous dysmenorrhoea, a decline in desire is experienced, replaced eventually by indifference and sterility.

The borax child

Borax is a remedy that is used primarily in children in cases where they exhibit the grand keynote of this remedy: **aggravation from downward motion**. For example, when the mother is in the act of laying the child down onto the bed, it may rise up in its sleep and cry out in fright. Lifting up an infant's feet to change a diaper will aggravate the child who will start to shout. Borax children in general have a tendency to shout or scream rather than cry. **An infant being laid down will start and throw up its hands as if afraid of falling**, and some nights it may be impossible to put the child down at all. When laying the child down on the couch or in the crib, it cries and clings to the nurse. Children who are lifted or rocked may suffer from arrested respiration. They cannot bear a downward motion, even in sleep.

When dancing a child up and down or when rocking it in the arms, you may find that it makes an anxious face during the **downward** motion.

Borax children also exhibit another important symptom: **fright during sleep**. They may scream and shout during sleep. Children wake up suddenly, screaming and grasping the sides of the cradle, without apparent cause. They start in sleep, as if frightened. The infant frequently cries out in its sleep and anxiously grasps its mother, **as if it had been frightened by a dream**. There is frequent waking in the newborn, and screaming during fever when the head becomes hot.

Another interesting point in these children is that they **cry and shriek with pains before urinating or passing a stool**. You may find cases of colics in babies, after suppressed aphthae. They suddenly scream and kick and equally suddenly turn quiet for 10 to 20 minutes, and then start again. They want to be carried about but the fits are not prevented. In cases of enteritis the child cries a great deal, its mouth is very sore, **greenish stool passes every hour** or two, a white coat covers the tongue and inside the cheeks, and a red eruption appears on the face.

Hot urine in the infant, and burning urine in children are frequent. The infant urinates nearly every ten or twelve minutes, and **frequently cries and screams before the urine passes**. Children are afraid to urinate, they almost have convulsions when the desire to urinate comes on.

Excessively nervous, these children are especially **affected by noise**. A slight noise will wake them up. They are frightened on hearing a distant shot, and start in every limb on hearing an anxious cry. They start at hawking or sneezing or paper rustling. **The slamming of a door would cause the child to start and then scream with fright**. The child is frightened during thunderstorms.

Borax children may be affected by **aphthae**. The infant's palate is wrinkled and it cries frequently when nursing. The child has an aphthous sore mouth, the ulcers bleed on eating or on touch. The mouth is very tender in nursing children; it may be **very hot**, with thirst and vomiting. The child's mouth feels hot to mother's nipple; the child lets go of the nipple and cries with pain and vexation, or else refuses the breast altogether. Children become marasmic because of the aphthous condition, they cannot digest.

Further symptoms to be found in Borax children include: slowness in learning to talk. Weeping tearful mood in children at night. **Prolonged sleep in children**. The child at the breast sleeps more than usual, but wakes up frequently. Sleep fitful in small children. **Aversion to drinks**. Loathing of the breast in infants because of the state of the milk, which is thick and tastes bad. Carphology during fever. Finally, the child's **hair** becomes entangled at the tips and **sticks together** so that it cannot be separated. If these bunches are cut off they form again.

Keynotes

The three main **keynotes** on which Borax is usually prescribed are:

- 1. **Aggravation from downward motion**.
- 2. Fretfulness, ill-humour, indolence and **discontent before stool**; but **lively, contented, and cheerful after stool**.

- 3. **Amelioration of mental and physical symptoms after 11p.m.**

Other keynotes:

- Ingrowing of lashes, tangled hair that sticks together.
- Exhilaration after coition.
- **Mouth very hot** in aphthae.
- Greenish stool day and night.
- **Tip of nose shining red.** Red noses of young women.
- **Waking as from fright.**
- Mother cannot nurse child due to thickened milk which tastes bad.

Generalities

There is a morning aggravation that resembles *Natr-m.* : 9-12 a.m. , more precisely 10 a.m. Symptoms such as headaches, weakness or trembling of the whole body are aggravated at 10 a.m.

We also find an evening aggravation of mental conditions at 4 p.m. that resembles *Lycopodium*, as well as an aggravation after midnight and around 3-5 a.m.

Faintness from noise, during stool, on walking in open air. Faintness in the afternoon, better in open air.

Flushes of heat.

Sensation of heat in single parts.

Sensation of a cobweb.

Increased mucous secretions: **hot**; with musty, mouldy, **herby** smell.

Stretching during fever.

Shuddering from nervous headache.

Trembling on slight exertion, from conversation, **from mental exertion.**

Weakness in the afternoon after sleep.

Lassitude during stool.

Weariness during menses.

Urination after morning.

Frequent pulse by night but slow by day.

Reopening of old cicatrices.

Extreme seasickness has often been found to be relieved by Borax.

Symptoms are worse in warm weather, worse after menstruation.

Turning sideways aggravates.

Thought of food aggravates.

Aggravation from mutton, pears, apples, chocolate. Pears cause diarrhea, indigestion, stomach pain.

Motion downward, walking downstairs, riding in a car downhill aggravate.

Stretching backward ameliorates.

Better in the open air at the seashore.

The infant becomes pale and nearly earth-colored, flesh soft and flabby, cries much, refuses the breast and screams out anxiously in sleep.

Vertigo

Vertigo in the morning in bed; when ascending in lift; ascending stairs; ascending an eminence; **on descending**; from rocking; before menses; while talking; on turning in bed to left side.

Vertigo followed by epistaxis, which relieves.

Vertigo with swaying towards the left on walking in open air.

Fullness of head during vertigo.

Head

Headache in forenoon, at 10 a.m. [*Natr-m.*].

Aching in the whole head, with nausea, and trembling in the whole body, in the morning at 10 a.m.

Reading and writing aggravate the headache.

There are a lot of pains in head which are usually ameliorated by walking outside in the open air, or after having a stool.

The headache appears usually before and during menses.

Headache mostly in the forehead and temples.

Sensation of a current of wind above the eyes.

Congestions before and after eating.

Constriction in forehead over the left eye.

Pain ameliorated after stool.

Pain extending to nose.

Pain in occiput as if suppurating.

Pain in spots of vertex.

Drawing pain in forehead when reading, when stooping, when writing.

Twitching of muscles of head in the afternoon.

Drawing pain in vertex extending to temple.

Intermittent, rhythmical, pressing and stitching pain in temples.

Fullness of head on ascending, on descending, after eating.

Heat of head **when taking a deep breath**, during chilliness, during diarrhea. **Heat in head and in palms.**

Hair tangled at the tips, so that it cannot be separated, as in plica polonica, and if these bunches are cut off they form again.

Eyes

Inversion of lids. Entropium. Inflammation of the edges of the eyelids, which turn inward towards the ball, so that the lids rub against the ball. The **eyelashes turn inward** toward the eye and inflame it, **especially in the outer canthus**, where the margins of the lid are very sore.

Inflammation of the right outer canthi, with irregularity of lashes, and at night agglutination of the eyes; inflammation of the left inner canthi with nightly agglutination.

Closing of eyes difficult in the evening.

Hair falling from brows.

Ulceration of external canthi.

Swollen meibomian glands.

Sore pain on touch; sore pain in outer canthi; sore pain in margins of lids.

Stitching pain in the evening.

Tearing pain in the afternoon.

Dim vision of left eye.

Dim vision in the evening.

Flickering vision in the morning when writing so that he does not see distinctly; **there seem to be bright moving waves, now from the right to the left side, now from above downward.**

Photophobia during chill.

Ears

Very sensitive to **slightest noise**. Acute hearing to noises of paper being crumpled.

Different sounds seem to appear mostly before and during menses. Seems to hear piped music; roaring before menses.

Itching in the evening while walking.

Cold applications aggravate pain.

Sore pain in the evening.

Stitching pain in ear while walking, in the morning on waking, **in the morning when washing in cold water. Stitches in the left ear.**

Impaired hearing in left ear.

Chronic otorrhea.

Mucous discharges.

Sensation like a valve opening and closing.

Nose

Sudden **redness of nose**. Tip of nose shining red. Red noses of young women.

Red and shining swelling of the nose, with throbbing and tensive sensation.

In the upper and forepart of the left nostril, towards the tip of the nose, a small boil, with sore pain and swelling of the tip of the nose.

Many dry crusts in the nose, will constantly form again after being removed.

Dryness inside of nose in the night **that prevents sleep**. Obstruction, first right then left.

Obstruction with lachrymation.

Epistaxis **before headache**.

Pain in nose while strongly breathing.

Pain in nose worse lying down.

Pressing pain in nose **as if brain were forcing its way out**.

Itching nose; rubs it constantly.

Face

Pale, earthy (in an infant), with suffering expression.

Anxious expression of face during downward motion.

Erysipelas in the face, on the left side, **while nursing, during pregnancy**. Erysipelas of face, with feeling of cobwebs on it.

Eruptions **on lower lips**.

Eruption of boils under tip of nose.

Eczema on chin.

Herpes on forehead; around mouth.

Vesicles on forehead and around mouth.

Red discoloration of left side of face.

Heat of left side of face.

Heat of face during chilliness.

Pain in face **when laughing**.

Burning at corner of mouth.

Sore bruised pain of lower lip.

Formication of lips.
Twitching below right eye.
Twitching at corners of mouth.
Swelling of right side.
Hot red swelling.

Mouth

Alveolitis, severe pain after extraction of tooth.
Sensitive and bleeding aphthae on tongue and on the inside of the cheek.
White aphthae in mouth.
Aphthae, bleeding easily.
Red blisters on the tongue, as if the skin were eroded; they pain on every motion of the tongue, or if anything salt or sour touches them.
Red vesicles on tongue.
Ulcers in mouth, forming rapidly.
Gangrenous ulcers.
Mercurial ulcers.
The mucous membrane of the forepart of the palate is shrivelled as if burnt, and pains, especially when chewing.
Blood oozes from mucous membrane, palate excoriated, **shrivelled as if burnt.**
The mouth of the infant is very hot.
Pain in palate while nursing.
Spasms of tongue.
Sensation of large and swollen teeth.
Intermittent, paroxysmal toothache.
Smoking tobacco ameliorates toothache.
Intermittent stitching, stinging in teeth.
Tearing pain in teeth on touch, **extending to side of head.**
Gripping in the hollow of tooth in rainy weather.
Dark redness of gums.
Painful gumboil on outer side, with pain in a hollow tooth and with swelling of the cheek and whole left side of face, as far as below the eye, where there was an edematous swelling.
Heat in mouth.
The taste is flat and insipid.

She had no taste when she ate anything, for several weeks.

Bitter taste; if she eats anything or swallows saliva everything tastes bitter.

Musty taste in throat.

Throat

Tough whitish mucus in the fauces, which is loosened only after great exertion.

Mucus in throat: albuminous; bloody; greenish.

Roughness from hiccough.

Choking when clearing the throat.

Dryness of throat in the morning when waking.

Stomach

Appetite diminished in the evening.

Aversion to food at noon.

After eating, which he relishes, great distension, discomfort, sick feeling and ill humor.

Thirst after sleep.

Thirst during and after perspiration.

Perspiration on pit of stomach.

Constriction **extending to back and spine.**

Contraction in the morning until noon.

Contraction of stomach extending to spine.

Emptiness in the afternoon.

Eructations during labor.

Eructations when pressing painful parts of stomach.

Heaviness ameliorated on walking in open air.

Indigestion and pressing pain **after pears.**

Nausea in the morning on waking.

Nausea at 10 a.m. , nausea at 3 p.m. until evening.

Nausea at thought of food, after mental exertion, while talking.

Thinking of nausea aggravates it.

Bitter vomiting after drinking.

Bitter vomiting in the morning.

Sour vomiting after breakfast.

Difficult vomiting.

Vomiting when hawking up mucus.

Vomiting after menses.

Pain in stomach before menses; after menses.

Pain in stomach ameliorated while walking.

Pain after fruit, after pears.

Pain after lifting.

Pain in the region of the stomach after lifting something heavy; the pain goes into the small of the back, where it becomes sticking, so that she cannot turn without pain the whole night; in the morning better.

Cramping pain from 4 a.m. till daily noon.

Cramping, pressing pain after menses.

Cramping pain while sitting bent.

Pressing pain, walking ameliorates.

Pressing pain in stomach after menses, after pears.

Pressing pain while sitting, while sitting bent.

Stitching pain in stomach extending to back.

Abdomen

A really peculiar symptom is a diarrhea which starts after smoking tobacco or/and pain after tobacco.

Pain in the abdomen several times through the day, as if diarrhea would result.

Pinching with diarrhea

Pain is as of hard sticks.

Cramping, griping pain in hypochondria and inguinal region **after menses.**

Dragging, bearing down pain in the evening during menses.

Lancinating, stitching and pressing pain in inguinal region during and after menses.

Stitching pain in hypogastrium during menses.

Pain in the afternoon, **ameliorated by a short sleep.**

Pain in the evening during stool.

Pain when rapidly walking.

Pain in inguinal region on coughing, **when yawning, extending to right shoulder blade.**

Drawing pain in the inguinal region in the evening.

Pain in left side **extending to vagina.**

Pain in spleen **from a jar**, during heat.

Burning pain in left hypochondrium **on deep breathing.**

Cutting pain after breakfast and distension after supper in hypochondria.

Cutting pain in hypochondria extending downward to umbilicus.

Pressing pain in left hypochondrium **when deep breathing, while riding, and extending to scapula.**

Stitching pain in sides, **aggravated by wine.**

Rumbling before and after dinner, **ameliorated by eructations and passing flatus.**

Flatulence after every meal.

Heaviness in inguinal region as from a load.

Sensation of a hard body moving in abdomen. The abdomen has a **shrivelled** appearance.

Rectum

Diarrhea from sudden noise is a great keynote.

Diarrhea; six times from morning to 2 p.m. , without pain.

Aphthous condition of anus with itching in the evening and moisture after stool.

Frequent very easy stool every day.

Diarrhea after chocolate, **after pears, which is aggravated from emotions or smoking.**

Soft, light-yellow, or albuminous/mucous stool, three times a day, with weakness and exhaustion.

Slimy, mucous stool like boiled starch or brown, red, tenacious, transparent, white.

Green stools (in an infant) preceded by crying. Frequent and easy.

Stools alternating hard and soft; long, narrow with cadaveric odor.

Urinary organs

Retention of urine in the evening **with violent urging to urinate at night and frequent urination at night, seldom during the day.**

Difficult urination at night causing the person to cry before the urine passes. Frequent micturition (in an infant).

Severe urgent desire to urinate, so that he can scarcely hold the urine.

Ineffectual urination.

Desire to urinate, without being able to pass a drop but copious urine in the afternoon.

Sudden urging to urinate during menses.

Urging to urinate after seminal emission.

Pressing pain in region of kidneys.

Blue spot on meatus.

Pain in meatus after urination and soreness of meatus after coition.

Hemorrhoids of bladder.

Pain in the orifice of the urethra as if sore, after urinating.

Burning, cutting pain in urethra when semen is discharged with a burning pain in the urethra when touching it.

Urine has odor of cat's urine or is acrid and **pungent**.

Genitalia - male

Emissions when touching a woman, and when dreaming of coition.

Sexual passion increased, but without desire for coition.

Strong erections in the morning on waking.

Seminal discharge **too late**.

Biting pain in prepuce after urination.

Cutting, stitching pain.

Sore bruised pain in penis.

Genitalia - female

Easy excitement.

Desire wanting, indifference.

Leucorrhoea membranous, lumpy or transparent, **thick as white paste or like boiled starch.**

Leucorrhoea like the white of an egg, with sensation as if warm water were flowing down.

Hot, burning albuminous leucorrhoea

Leucorrhoea **during pregnancy.**

Galactorrhoea.

Menses too soon, profuse, or only at night, or too short, lasting only one day.

Menses during lactation.

Downward motion aggravates menses.

Menses four days too soon and very profuse, with gripings in the abdomen, nausea and pain in the stomach, extending into the small of the back.

Membranous menses.

Membranous dysmenorrhea.

Burning pain in vagina during pregnancy.

Itching in vagina during pregnancy.

Labor pains running upward **with pain felt more in the stomach than in the uterus.**

Cutting pain in the ovaries during menses; **lancinating pain felt before and during the menses.**

Pain in ovaries, **extending to shoulder blade.**

Stinging pain in ovaries.

Stinging, stitching pain in clitoris at night with sensation of distension.

Stitching pain in uterus before menses.

Aphthae.

Easy conception.

In nursing, pain is felt in the opposite breast.

Vaginitis and endometritis are covered by this remedy.

Chest

Larynx and Trachea - Pain in larynx on sneezing.

Stitching in throat pit.

Tearing pain in larynx, in the evening, on coughing.

Whining voice, in the morning.

Respiration - Impeded respiration on descending.

Arrested respiration in the act of lying down.

Respiration difficult in open air; before menses; after running.

Respiration short after ascending steps, so that he cannot speak, and everytime he speaks a stitch in the right side of chest.

Catching respiration before menses.

Every three or five minutes he is obliged to take a quick, deep breath, which is every time followed by a stitch in the right side of the chest, with a subdued painful sigh and slow expiration.

Arrest of the breath every time he has a stitch in the right side of the chest.

Cough and Expectoration - Changing position in bed ameliorates.

Must hold chest with both hands while coughing because of pain.

When coughing he is obliged to press the right side of the chest and flank with the hand, whereby the pains are tolerable. **Bathing chest in cold water ameliorates cough.**

Cough from cold bathing.

Cough from irritation in epigastrium.

Cough with difficult expectoration of white mucus streaked with blood.

Violent and hacking cough in the evening.

Hacking and violent cough, with slight expectoration, of a mouldy taste and of the same smell, from the chest, with every paroxysm of cough.

Dry cachectic cough with sticking in the right side of the chest and right flank; after drinking wine the pains were aggravated.

Dry cough in the morning after rising.

Dry cough in the evening on lying down.

Musty odor and taste of expectoration.

Offensive odor of expectoration.

Inner and Outer Chest - Anxiety felt in chest in the evening, in bed. Oppression in bed in the evening.

Coldness, must wrap up the chest.

Constriction of chest on breathing.

Oppression before menses.

Washing chest with cold water relieves chest symptoms.

Walking slowly ameliorates pain in chest.

Pressing, stitching pain during inspiration, when sneezing, on coughing, when raising arm, when touched, when yawning. Stitches between the ribs of the right side, if he lies upon the painful side the pains immediately awaken him from sleep. Pressure ameliorates stitching pain in right side.

Pain in sides from vexation and from wine.

Pressing pain in sternum on deep respiration, when sitting stooped, in sternum after dinner.

Rawness in the morning.

Sore pain, holds chest with hands during cough.

With every cough and deep inspiration sticking in the chest.

Stitching pain in sides on exertion, during menses.

Stitching when yawning; in the region of the right nipple in the evening with every paroxysm of cough; between right ribs, worse lying on right side, with drawing and obstruction of breathing.

Stitching pain in sides ameliorated on washing with cold water.

Sensation of constriction of left mamma, when child nurses from right.

Sensation of emptiness in mammae after child nurses.

Drawing, stitching pain in opposite mamma than the one child nurses.

Pulsation of mammae.

Stitching pain in right nipple.

Stitching pain in mammae during cough.

Gripping pain in mammae.

Gripings and sometimes stitches in the left mamma, and when the child has nursed she is obliged to compress the breast with her hand, because it aches on account of being empty.

Aching in mammae when empty.

Pain in the right breast when coughing, ameliorated by pressure and pain in the right flank, ameliorated by walking slowly about the room.

Child refuses mother's milk.

Stringy milk. Milk is thick and tastes bad. **Cheesy milk.**

Increased milk.

Milk in non-pregnant women.

Cyanosis.

Scirrhus, stinging, burning ulcer of mammae, with odor of old cheese.

Bleeding aphthae of nipples.

White pimples with red areola.

Ulcer in axilla, boils.

Inflammation of right pleura.

Walking slowly ameliorates.

Heart - Sensation as if heart is on right side, as if heart is swimming in water.

Pain in heart as from sprain, deep breathing aggravates.

Squeezing sensation of heart.

Palpitation of heart, motion of arms aggravates.

Pleurisy in upper part of right chest, with cough, expectoration of a **mouldy** smell.

Back

Formication and itching in the sacrum.

Easy straining of the back with pain from lifting, ameliorated by sitting.

Pain in back after menses; tearing pain in the spine.

Pain extending to feet.

Pain in cervical region extending to left shoulder while walking.

Pain in scapulae extending to stomach; tearing pain between scapulae, stooping aggravates.

Pain in sacral region, **with an inability to stoop.**

Pain with chill in right scapula, **extending to lumbar region and stomach.**

Pain in lumbar region when coughing, pain with chill when stooping, when sitting, **when turning body, extending to feet**, ameliorated by sitting.

Stitching pain in lumbar region in the morning, in the evening, at night, after lifting, when stooping, when turning body in bed, extending to chest, on coughing, on

walking, **sitting ameliorates.**

Drawing pain in head and left shoulder while walking in open air.

Bloody scabs and eruptions on the coccyx.

Itching of coccyx.

Extremities

Upper limbs - Redness of forearm in spots; itching of the anterior part of the forearm.

Bran-like eruption on upper limbs.

Pain in upper limbs in daytime, as if sprained.

Tearing pain in shoulder on stooping.

Stitching pain in right shoulder on and from coughing.

Drawing pain in shoulder when stooping.

Sensation as if cold water were running from clavicle down to toes along a narrow line.

Sensation as if upper arm would break.

Eruption of herpes on elbow and hand.

Eczema and pustules of fingers with loss of nails.

Felon in thumb, beginning in nail.

Blue coldness of the hands and finger tips or heat of fingers.

Sensation on hands of a cobweb; formication on back of hands.

Itching of the finger joints **or the back of finger joints.**

Lameness in fingers with numbness in upper limbs and **hand in the evening.**

Sensation as if hand were broken.

Pain in fingers at night, **tearing pain in left thumb.**

Pulsating pain in tip of thumb.

Pulsation of fingers and thumbs and the tips of both.

Burning stinging in palm of hand, stitching pain in the evening.

Drawing paroxysmal pain in wrist.

Stiffness and swelling in second finger, **suppuration of fingers.**

Ulcers of finger joints and fingernails.

Trembling in the hand on mental exertion.

Warts in palm of hand and horny callosities on the hands.

Lower limbs - **Purple discoloration in spots on lower limbs.**

Corroding vesicles on lower limbs.

Erysipelatous inflammation of leg **after dancing, with epistaxis.**

Heat of thigh.

Perspiration of thigh.

Restlessness in leg during heat.

Trembling of lower limbs with anxiety.

Trembling while meditating.

Tension and numbness in the left leg.

Sensation as if drops of cold water trickled down front of thighs.

Weakness of joints after diarrhea, after walking, walking ameliorates.

Weakness in lower limbs during diarrhea, walking ameliorates.

Weakness in knee on mental exertion.

Pain in lower limbs in wet weather.

Pain in thigh during chill; pain in the leg on touch.

Burning pain in thigh, coughing, touch aggravate.

Burning pain in thigh near female genital organs.

Herpes, corroding vesicles, and ulcers on the nates.

Chilblains on toes; chilliness of the toes; blueness of the foot and redness of the toes; pimples on toes.

Corns in rainy weather and painful as if ulcerated.

Formication of foot ameliorated when walking in open air.

Burning heat in toe.

Itching of ball of fifth toe.

Pain in foot, walking ameliorates; pain in foot as from chilblains; touching aggravates.

Pain in joints of toes, in the ball of the foot on stepping, and

pressing pain in the ankle on stepping.

Burning pain in sole of the left foot; stitching in the soles of the feet.

Burning pain in toes as if frost bitten and in the first toe while walking.

Sensation of suppuration in heel.

Ulcers on foot from rubbing of the shoes.

Phagedenic ulcers of joints of toes.

Tension in back of foot.

Trembling of foot, walking in open air ameliorates.

Weakness in foot when ascending stairs and after walking in open air.

Sleep

Sleeplessness in the evening after going to bed.

Sleeplessness after midnight from heat, during heat in head.

Sleeplessness after midnight until 2 a.m.

Sleeplessness after midnight from 1 a.m. - 4 a. m, from 2 a.m. - 5 a.m.

Sleeplessness during dentition; with difficult respiration.

Waking from sleep while lying on painful side.

She wakes uncommonly early, at 3 o'clock; **she cannot fall asleep again for two hours, on account of heat in the whole body, especially in the head, with sweat on the thighs.**

Waking before midnight; waking early and falling asleep late and waking by erection.

Sleep disturbed by coldness.

Sleep after perspiration.

Sleeps on side, on the left side or impossible to sleep on side.

Deep sleep in noon and afternoon.

Sleepiness in the evening at twilight, falling asleep late and difficult.

Sleepiness in children.

The child at the breast sleeps more than usual, but wakes frequently. The child tosses about, cries till 4 a.m. , frequently out of its sleep, and in the morning is in a whining mood.

An infant cries out of sleep and anxiously grasps its mother, as if frightened by a dream.

Sleepiness during dinner; falling asleep early.

Falling asleep late with early waking and with sleepiness in the daytime and evening.

Yawning while sitting.

Dreams: coition; sore throat.

Fever

Chill in the morning after rising, **chill from 2 to 4 a.m.**

Chill from 2 to 6 p.m. and in the evening on rising.

Shaking chill with perspiration and pulsating pain in occiput.

Chill in the afternoon after dinner, on rising from bed, before urination and beginning in and extending from the face.

Chill during sleep; absent after midnight.

Trembling and shivering at night.

Hot head in infants.

Fever in the afternoon after sleep, in the evening at 6 p.m. , in bed with sweat.

Fever at night at 2 a.m.

Fever and chilliness from putting hands out of bed.

Perspiration at night, 10 p.m. during menses; while writing; in the morning during sleep and during mental exertion.

Skin

Unhealthiness of the skin, with dirty discoloration.

Erysipelas in face.

Cicatrices break open.

Severe itching on the backs of the finger joints, so that he is obliged to scratch them violently.

Eruption of pustules with red areola.

Eruptions with moist white discharge; phagedenic vesicular eruptions; whitish eruptions; eruptions which itch in the evening.

Serpiginous; serpiginous ulcers.

Psoriasis.

Hard skin peeling off, like callosities.

Skin aggravated before menses.

Clinical

Aphthae. Aphthous ulceration of mucous membranes. Genitalia and anus are covered with aphthous appearances. Gastro-intestinal irritation. Stomach problems with salivation, nausea, vomiting. Sea-sickness. Diarrhea with pain or soft yellow stools accompanying aphthae.

Albuminuria, haematuria. Delirium, visual changes. Epilepsy. Leucorrhoea clear, copious, albuminous, **unnaturally hot**, acrid. Dysmenorrhoea **membranous. Menstruation painful (membranous). Sterility.**

Painful nursing; **empty** feeling in breasts; ameliorated by pressure. Sore nipples.

Herpetic eruptions. Pleurisy with expectoration of a **mushy, mouldy odor. Entropion.** Affections of eyes. Trichiasis. Ulcers on finger joints.

Erysipelas. Herpes. Psoriasis. Ulcers. **Affections of nose.** Plica-polonica. **Screaming.** Syphilitic sore-throat. **Disordered taste. Strong-smelling urine. Vertigo.**

Zoster.

Relations

Acetic acid, vinegar, and wine are incompatible.

Antidote: *Cham.*; *Coffea*.

Compare: *Calc.*; *Bryon.*; *Sanicula*; *Sulph-ac.*

Dosage

From the lowest to the highest.

Boricum acidum

Acidum Boracicum.

Boric acid. H₃ BO₃.

Solution of crystals in alcohol.

The essential features

You will need this remedy in cases where you find a **deep coldness** in the patient (*Heloderma*, *Mezereum* or *Aranea diadema*). This coldness is mostly felt inside the vagina, and the patient may describe this feeling **as if the vagina were packed with ice**. Alternatively, it may be the **saliva which feels cold**. A further symptom serving to confirm this remedy is a subnormal temperature.

Should these characteristics be present, Boracic acid must be considered whatever the pathology. However, this remedy is most likely to be needed in a case where the above symptomatology is combined with severe skin eruptions such as impetigo, erysipelas or whitlow. The skin eruptions start on the face and extend to the trunk and extremities. The main seat of action seems to be the **eyelids** which **swell** so much as to **close the eyes**. Conjunctivitis and photophobia are also present.

The mental symptoms for Boracic acid include strong nervous depression, and sighing and weeping by turns with apathy.

Generalities

Coldness is a prominent feature. Temperature subnormal.

There is a state of collapse, prostration.

General discomfort, which **disappears after a long walk**. Walking in general ameliorates.

Climacteric **heat flushes** and weakness after sleep.

Sweat on the scrobiculis cordis.

Head

Vertigo with noise in the ears.

On waking in the morning the head is unusually confused.

Gastric headaches.

Pain in forehead above the right eye.

Face

Sensation of cobweb on the face.

Face bright red, and very much swollen, with distinct patches of red on the forehead, and above the upper lip. The inflammation extends also to the head and neck, and the hands are swollen.

Eyes

Intense edema of lids closing the eyes eventually giving the appearance of sclerosed tissue. Hard edema and edema of the tissues around the eyes.

Painful swelling of upper lids with conjunctivitis and photophobia.

Ear

Noises in the ears.

Mouth and throat

Cold saliva in the mouth, the tongue dry and furred with difficulty in moving it; dryness in the throat; hawking.

Stomach

Heaviness and restlessness in the stomach till dinner.

Great nausea and heaviness in the stomach, which disappears after

walking in the open air.

Uncontrollable vomiting; retching and vomiting of tough mucus, or greenish stuff with watery fluid which is very strongly alkaline.
Hiccough.

Abdomen

Rumbling in the abdomen in the afternoon, and two scanty pasty stools.

Urinary organs

A moderately transient pain in the region of the ureters. There is **frequent and urgent desire to urinate** and nearly double the amount of urine may be passed.

Albumen is present in the urine.

Renal colic.

Genitalia - female

Climacteric flushings. [*Lach.*; *Amyl-nit.*] and menopausal complaints.

The vagina may **feel very cold, as if packed with ice.**

Frequent urination with burning and tenesmus.

Extremities

Pain in the foot, **ameliorated by walking.**

Swelling of the hands, and rash on the legs and feet, with extreme irritation.

Multiform erythema of the trunk extending to the upper limbs.

Fever

Coldness; temperature may be subnormal.

Skin

Erythematous eruption on face, body and thighs followed by pearly vesicles on face and neck. Multiform erythema of trunk and upper extremities.

Whitlows, formication of hands and feet; later of the face.

Eruption on the right thigh, consisting of vesicles, which continually extended and became covered with crusts; in the middle, a circumscribed spot as large as a ten-cent piece, surrounded by new vesicles, which were very moist when broken.

Exfoliating dermatitis.

Burning skin; it became swelled and charred and all motion was painful.

Clinical

Multiform erythema. Erysipelas of the face. Affection of eyelids. Red eruption of face with concentration of eyelids. Whitlow, (herpetic paronychia). Impetigo. Diabetes.

Relationship

Compare: *Borax*, *Carbolic acid*, *Kali-bi.*, *Heloderma*.

Dosage

From 6x to 1m.

Bothrops lanceolatus

Yellow viper. Vipera jaune. Fer-de-lance of the island of Martinique.

N.O. Crotalidae. Solution of the poison in glycerine; attenuations in rectified spirit.

The essential features

This remedy, together with *Lachesis*, *Arnica*, *Latrodectus mactans* and *Lycopodium* should be our main remedies for coping with the first hours following heart infarcts and brain thrombosis.

Mind

Depression and exhaustion **associated with the pains**; a feeling of oppression, worse in the afternoon, in hot and oppressive weather. The oppression is accompanied by feeling of apprehension which seems to start in stomach. There is extreme weariness, lassitude and sluggishness.

Exhausting weeping from the shock of a fall.

Aphasia and forgetful of words while speaking or mistakes are made

whilst speaking and the wrong words are used. **Inability to articulate without any affection of the tongue.**

The mind becomes confused, restless

Apprehension seems to center in stomach

Generalities

Black, thin hemorrhages. Hemorrhages from all orifices of the body. **Blood non-coagulable**; hemophilia.

Thrombosis and **thrombotic hemiplegia**; phlebitis of the blood vessels with blackness of external parts.

Convulsions, tetanic rigidity, **right sided paralysis** after **apoplexy**, faintness.

Shock from pain of injuries very severe; so severe that cannot move for a few minutes, **followed by fit of exhaustive weeping and** dryness of mouth.

General exhaustion and depression with the pains. Extreme weariness. Internal trembling, **seems to start from chest and abdomen**, worse in the afternoon; sometimes accompanied by trembling of left arm and hand.

Shuddering without coldness **starts at stomach and spreads over body**, at onset of menstrual flow.

Cold perspiration or clammy, sticky, viscid perspiration.

Frequent or slow pulse; frequent syncope or unconsciousness; cyanosis.

Septicemia, injuries with extravasations, abscesses and caries of the bone.

Lymphangitis.

Emaciation.

Symptoms are aggravated **after eating, in the afternoon from 1 p.m. to 3 p.m. and 4 p.m. to 6 p.m.**, while eating, raising the **left arm**, from motion, **after sleep with nosebleeds**, in the morning after sleep, from going into the cold and from oppressive hot weather.

Symptoms are worse periodically; annually. The pains are irregular and can come on suddenly.

Ameliorated by rest, lying in a horizontal position or ceasing movement and exertion.

Diagonal course of symptoms.

Vertigo

Giddiness which comes and goes very suddenly and is brought on by movement or exertion.

Head

There are dull pains in the **right side** of the head, in the right side of the occiput. Sensation as of a nail in right parietal bone; the headache returns in the open air.

Sudden stabs of pain through head from front to back during the morning. Pains which start at eyeball seem to run a little way back into the head.

Eye

Amaurosis is a strong symptom; **day blindness so can scarcely see her way after sunrise.**

Bleeding from the eyes.

Blindness **from hemorrhage into the retina.**

Localized boring pain above right eye all day, **worse after eating.**

Sharp stitching and stabbing pains through back of both eyes in the afternoon. Pains occur in the back of eyeball and seem to shoot back a short distance into the head.

Dimness of vision aggravated by sunlight or loss of vision.

Small floating areas in sight of right eye, obscuring half of a written word.

Ears

Bloody discharge.

Sensation of fullness in right ear.

Nose

Epistaxis with tight feeling in the nose all day as if it might bleed any time. Nosebleed when the menses were due, on getting up in the morning **instead of the menses.**

The blood is characteristically fluid and black.

Purplish roughening of the nose like fine eruption under the skin; veins more noticeable, like little purple threads.

Face

Bluish and dark discoloration.

The face is swollen and puffy with a besotted expression.

Mouth

Inability to articulate, without any affection of the tongue.

Dryness of the mouth after injuries and consequent shock from pain. Posterior part of tongue covered with heavy brown fur, cracked and furrowed crosswise.

Throat

Red, dry and constricted. Difficulty in swallowing liquids.

Stomach

Nausea and vomiting of black substances; **intense hematemesis.**

Thirst.

Shuddering and feeling of apprehension in stomach at onset of menstrual flow. There is a sense of oppression associated with **internal trembling, aggravated in the afternoon.**

All symptoms aggravated after eating.

Abdomen

Sharp stabbing pain in the diaphragm on deep inspiration.

Marked internal trembling in abdomen and chest, spreading now and then over body.

Aversion to tight clothing around the abdomen.

Stool

Diarrhea, with semi-solid stools or stools scanty and lumpy, passed with some water and much flatus.

Bloody stools.

Loose, watery, yellowish stools; passed in small amounts at a time with no discomfort.

Urinary organs

Bloody urine with burning itching in vagina and urethra and a constant desire to urinate, **but no amelioration from emptying bladder.**

Genitalia - female

Fluid metrorrhagia, **dark in color.**

Menses scanty and watery; **onset of flow accompanied by shuddering (without coldness) and a feeling of apprehension in the stomach.**

Weight in the chest ameliorated by the flow.

Cramping pains in the right side of the pelvis.

Heavy feelings in the pelvis as though the menses would start.

Increase in sexual desire with a sensation of internal heat and trembling.

Chest

All the symptoms of pulmonary congestion, oppressed breathing and bloody expectoration, more or less profuse.

Dull pressing pain in region of heart extending to left axilla, waking from sleep, aggravated 4 to 5 a.m.

Sharp stabbing pain at apex of heart and in the right side of the lower chest, aggravated by motion.

Severe sticking pain in the region of the heart which is aggravated from deep breathing, talking and movement.

Sudden sticking pains in the precordial region brought on and aggravated by walking, radiating down the left arm, with desire to be perfectly quiet.

Symptoms accompanied by a feeling of exhaustion and depression and a sensation as though the heart might stop beating.

Sharp, rhythmical pains in the precordium, like the pulse while resting.

Persistent pressure about cardiac region, as if there were not sufficient room, after midnight to sunrise, with a short, hacking cough.

Sensation of weight and heat in left chest, **most marked when lying on left side**, and felt more posteriorly than anteriorly; generally **worse in the morning, the afternoon and after eating**, with a desire to stretch up and lift the weight off the chest.

Sensations of internal trembling.

Waking with heaviness of the left arm, aggravated by lifting it.

Blueness of hands, especially right, aggravated when hanging down or when bearing weight on it.

Back

Opisthotonos.

Soreness in the muscles **on the right side of the body.**

Dull pain and lameness in dorsal region and clothing found to be unbearable about the waist and abdomen.

Stabbing pains which cause the person to hold their breath.

Backache in lumbar region, aggravated while standing, ameliorated by lying or sitting down.

Extremities

The diagonal course of symptoms is marked.

Coldness of the extremities; blue discolorations.

Upper limbs - There is paralysis of the upper limbs or swelling of the upper limbs **which look flabby and livid in color.**

After being bitten in the little finger of one hand, paralysis began in the fingertips of the other hand and extended over the whole of that side.

Muscles in **right** side of neck, right arm and hand and right torso became very sore and pains from precordial region radiating down the left arm.

Aching in the elbows with numbness and tingling from the elbows through to the finger tips, followed by heat in the forearms and hands.

The left arm feels heavy, principally around the elbow, and lifting the arm aggravates the symptoms. The trembling of the left arm and hand accompanies the general internal trembling.

The hands have a blue white color which is worse after carrying something or putting weight on them, **worse in the right hand**; the fingers, particularly, look colorless and the skin looks wrinkled, lifeless and has no elasticity.

Lower limbs - **Hemiplegia**; sensation of paralysis of the leg; in the fingers which extends over the whole side **or paralysis of one leg or one arm only.**

Pain in right great toe.

Rheumatic pains in the right knee and ankle all day.

Thrombophlebitis and thrombosis of the lower limbs.

Inflamed varices.

Lack of co-ordination in the feet when stepping causing the person **to stumble or fall.**

The feet are **constantly cold.**

Sleep

Dreams of heart troubles and thrombosis. Dreadful **dreams of suffering anginal attacks** accompanied with a feeling of depression.

Talking in sleep.

Sleepiness but also **frequent waking** because of the pain in the left elbow and the sensation of weight in the left chest, worse after midnight and between 4 a.m. and 6 a.m.

Fever

Slight shivering, followed by **very profuse cold sweat**.

Internal heat and burnings felt in the left arm with a feeling of weight in the left chest accompanied by internal tremblings.

Perspiration: cold, sticky and profuse.

The sweat is profuse and is warm on the covered parts but cold, clammy and sticky on the hands.

Putrid odor to the sweat which is worse after unusual exertion or weariness.

Skin

Swollen, livid and cold with hemorrhagic infiltration; **black spots on the skin**.

Deep and dissecting gangrene with the bones being laid bare and necrotic.

Clinical

Blindness, day blindness; necrosis of bones; gangrene; hemorrhages; congestion of lungs; paralysis of the tongue

Relations

Compare: *Toxicophis*. - Moccasin Snake (pain and fever *recur* annually, after bite from this snake, and sometimes change location with disappearance of first symptoms.

An unusual dryness of skin follows the bite. Edematous swellings and periodical neuralgia. Pain travels from one part to another.) Other snake poisons, notably *Lachesis*.

Trachinus, -Stingfish (intolerable pains, swelling, acute blood poisoning, gangrene.)

Dosage

From 12x to 10m.

Bovista lycoperdon

Lycoperdon bovista. Warted puff-ball.

N.O. Fungi. Trituration.

THE ESSENTIAL FEATURES

Bovista should be thought of in the following circumstances:

1. In cases where loose stool precedes menses or metrorrhagias or other pathological conditions, even acute mental conditions.
2. In cases where the patient mentions a feeling as if a particular part or organ of the body is enlarged, for instance the head, the ovary or the uterus etc.
3. In cases where the patient tends to be extremely awkward in speech and actions, breaking things by dropping them, falling to the ground easily by misstepping, misplacing words etc.
4. In cases where there is a marked effect on the skin, with eruptions like eczema or urticaria, moist vesicular eruptions with formation of thick crusts, neurodermatitis etc.
5. In cases where the circulation is influenced, with relaxation of the capillary system, thereby producing a hemorrhagic diathesis.
6. In cases of stammering in children.
7. In cases of flatulence with distention and passage of noisy flatus.

The Mental-Emotional State

Bovista is an intense remedy both mentally and emotionally. A Bovista patient coming into your office for consultation will cause you to feel the upheavals going on inside her. Overflowing anxiety coupled with restlessness and excitement put the patient into such a state that you feel as though she were talking over your head. You may even find that she is also looking above you, as though she were talking to your aura.

The excitement and intensity with which such a patient behaves may lead you to wonder whether she is really in contact with you while talking. She is driven to talk ceaselessly and with earnestness. You get the impression that she wants to tell you everything about herself without hiding anything, and you may wonder exactly how easy she finds it to talk about these private family affairs, which other people might be ashamed of. She reminds you of a motor which cannot be stopped once started, and you immediately think of Lachesis or Hyos. while taking the case.

Thus, great loquacity and unreserved conversation characterize Bovista. The patient is openhearted and tells the plain truth. While talking she misplaces words, mumbling or talking too fast, occasionally stuttering and stammering, and misapplying words when writing too. This loquacity stems from a desire to have somebody to talk to. She is better in company but indifferent and melancholic when alone. You may feel that she is swollen with emotions, and this is indeed confirmed by the patient. She feels bloated, with a general puffiness of the body and a sensation of not wishing to be restricted, both physically and emotionally. Nothing can stop the Bovista patient from finding relief by telling others exactly what is going on inside her; she finds any restriction intolerable, including tight clothing which is unbearable; the body is puffy and sensitive to constriction. She will explain with great intensity that she is suffering from pains in the joints, with a skin eruption, pains in the abdomen or other discomforts. You may get the impression that she is anxious about her health, but this is not the case. She is merely telling you the stories that are on her mind at the moment.

Remedies have a kind of symbolism within themselves and Bovista is one of these. It feels swollen in body, mind and emotions or in parts of these areas and this overflow, this swelling is aggravated by constriction and feels better when a full discharge has been established. These situations again make one think of Lachesis.

Bovista however lacks the envy and the maliciousness of Lachesis; instead we have a naïveté and a desire to speak the truth. She is compelled to reveal the truth, even when this has been hidden by others, and even if it tells against her.

Bovista patients, as mentioned, are very emotional. Their emotions are strong and changeable, alternating despair with hope, or anger with exhilaration. Life to them seems charming at certain times and they love it, whereas at other times it seems difficult and they hate it. They are easily offended at the smallest provocation, occasionally becoming very irritable with a desire to curse and even fight. In this irritable state they take everything the wrong way, and become clumsy. The awkwardness is most prevalent while they are in an irritable state; they knock over furniture, drop cups, omit or misplace words in their anger. The irritability is most likely to come on after coition or during a headache.

All their ailments, especially the abdominal pains, can be ameliorated by eating, although they may feel indolent and heavy after eating.

As the pathology progresses, Bovista patients suffer from difficulties in concentration, with misapplication of words and omission of syllables when speaking and writing, and mistakes in localities and in space and time. Their memory for what they have just done is weak, the senses are dull. The patient just stares vacantly into space. On rising in the morning they have a sense of stupefaction, which may also be felt in the evening and during vertigo. There is a slowness of comprehension and dullness of hearing. Mental confusion supervenes; the patient does not know where he is at night; he is confused after spirituous liquors, when stooping and standing; the confusion is better after breakfast. Mental symptoms may also be triggered by sexual excesses. After coition the patient may suffer from numbness in the head, staggering and confusion.

The patient may be absorbed in sombre thoughts, or overwhelmed by a placid melancholy with inquietude. You may find an indolence from sadness; the patient is weary of life and has an aversion to work. They have fears of insanity, of contagious disease and of infection, and many delusions, among which may be found: delusions of ghosts, of creeping and crawling vermin and worms, of water, of an enlargement of parts of the body (head, heart), of enlarged distances.

The Diarrheas Precede Serious Conditions

The evacuation of a large stool is the prodrome of a coming disaster rather than a release. The oncome of loose stool leads one to expect a serious problem.

Leucorrhœa is preceded by a loose stool, and profuse metrorrhagias are preceded by diarrheas. A strange symptom may be noted in metrorrhagia: there is an amelioration during the day during exertion and an excess flow at night while resting. The Bovista patient can have acute mental and neurological outbursts at each menstrual period or just preceding the period. At this time she can become violent, jumping out of bed and breaking furniture and windows, even throwing things out of windows. It may be necessary to tie her in bed until the flow is fully established, and she may attempt to bite and spit in one's face while being restrained. She screams, sneers, laughs and makes grotesque faces when spoken to. This condition may last from a few hours to a day, and subsides as soon as the flow is established. The whole of this acute mental condition will be preceded by a loose stool.

Another type of reaction preceding menses is a constant inclination to yawn, followed by stitching in throat and a sensation as if the tongue were cut through with a knife, accompanied by painful tensions in the mouth and convulsions of all the facial muscles. This is followed by spasmodic laughter with suffocation, constriction or distention of the throat and lastly by spasms of chest and a dark red face.

Generalities

Ailments appear in warm weather and in summer.

Many symptoms are worse in the early morning which is when the diarrhea usually occurs.

Spasms before menses or after strong emotions.

Colics of whatever origin, better after eating and after voiding reddish urine.

Marked languor and lassitude, great want of strength, especially in the joints.

Bloatedness and puffy condition of the surface of the body with a sense of enlargement, therefore instruments (e.g. scissors, knives etc.) indent the fingers to an unusual degree.

The heart feels enormously large.

The corners of the mouth are cracked and broken.

Chilliness predominates with sensitivity to drafts.

Sensitive to touch and cannot bear tight clothing.

Flatulent distension and noisy passage of flatus.

Early morning sweat worse on the chest; the sweat of the axilla smells like onions

Symptoms from over exertion and manual labour.

Nervous shuddering during supper and internal twitchings.

Numbness and tingling in multiple neuritis.

There are flushes of heat while eating; desire only for bread.

Ebullition of blood, with much thirst.

Marked effect on the skin, producing eruptions like eczema, neurodermatitis, urticaria, corns, warts.

Faintness at noon; on sitting down.

Aggravated by cold food, coffee, wine, before menses, by getting warm, hot weather and full moon; time of aggravation from 6 p.m. - 8 p.m.

Ameliorated by bending double, hot food and eating.

Vertigo

Sudden attacks of vertigo and feeling of stupidity in the head, on rising; she loses consciousness for a moment, before, during and after headache in the morning.

Vertigo from having drunk only a little wine.

Vertigo after coition or after emission.

Head

Sensation as if head were enlarging, especially the occiput.

Sensation as if a wedge were pressed into the occiput.

Numbness in the head after coition.

Heaviness after a siesta; after walking in open air.

Constrictive pains in the head, ameliorated by breakfast, on entering a room, or when head becomes warm; aggravated by the warmth of the bed.

Pain in the morning on the right side at 8 a.m. , at midnight, at 3 a.m. and in the evening on the left side.

Pains in the centre of the brain, with a sensation as if the head were enlarged.

Nightly headache with unsupportable pain on raising the head.

Pains pressing, stitching and stunning.

Compressive and bruised sensations in and around the head.

Headache when walking in the open air, ameliorated in a warm room.

Pains over the eyes, and all over the head extending to the centre of the head, to the nose, the neck, the vertex and the occiput.

Pulsations in the right side to the left in the morning; quiverings in the head.

Itching over the whole scalp, extending to the neck, especially if he became warm, so that he was obliged to scratch the forehead, which was not relieved by scratching.

Scratching to the point of bleeding.

The scalp becomes very sensitive to touch, the hair falls out easily and there are areas of excoriation on the scalp.

Eyes

The bone of the sockets is sensitive to pressure during menstruation.

Pains in the eyes causing the person to keep them shut.

Burning pains in the eyes on stooping; drawing pains in the evening.

The margins appear blue, the eyes look dull, without brightness.

Agglutination of the lids in the morning; redness of the canthi and irritation of the lids.

Lachrymation in the morning.

Tension in the eyebrows.

Amaurosis.

Mistakes in vision.

Objects seem to be nearer than they really are.

Ears

Diminished hearing with tingling in the left ear. Hardness of hearing with frequent misunderstanding and mistakes in speaking.

Ulceration in right ear with pain on swallowing.

Boils in meatus with scabby and humid eruptions in the ears. Fetid pus oozes from the ears. The ears itch and irritate, ameliorated by boring with the finger.

Stitching and drawing pains; pain extends to the jaw.

Tearing pain in the afternoon; after dinner with quivering and tension in concha.

Twitching in both external ears.

Nose

A few drops of blood from the nose every time on sneezing and on blowing the nose.

Epistaxis in the morning in bed.

Redness and bleeding of the septum.

The nose is sore and painful, with rawness in the nostrils and with many scabs in the nostrils which are frequently renewed.

The discharge is viscid, tough and stringy, the nose becoming stopped, which impedes respiration.

Obstruction of left nostril with water dropping out.

Coryza without discharge in the morning while lying and after rising.

Sneezing in the morning after lying.

Face

Heat in the cheeks, as if they would burst, or face alternately pale and red.

The face is very pale, in the morning, after rising.

The cheeks and lips feel swollen, look pale and the lips are chapped and cracked.

Eruptions, cracks and ulcerations at the corners of the lips.

Ulcers of lips with sensation of a splinter or of something sticking in the lips.

Boring pain in cheek bones.

Burning, rheumatic pain in the lower jaw, with swelling and pulsative pains in the sub-maxillary gland.

Acne, worse in the summer.

Mouth

The gums bleed when sucked, oozing black blood and the whole gum becomes painful.

Pain in gums ameliorated by cold water.

Numbness of tongue in the morning on waking as if it were like a lump of wood.

Stammering when reading.

The tongue is coated yellow.

Cutting pain in tongue before asthma.

Ulcers on tongue which are painful to touch.

Accumulation of saliva in the mouth or dryness in mouth, as if there were sand in it; bitter or bad taste in the mouth.

Putrid smell from the mouth.

Pain in mouth as if burnt in the morning on waking.

Stitching pain in palate extending to chin.

Painful, sore and smarting ulcers on gums, exude blood on pressure.

Teeth - Pains in the upper incisor teeth, followed by a swelling of the upper lip.

Violent drawing pain in hollow molars in the evenings and at night.

Stitching, stinging pain in teeth extending to eyes.

Pain in teeth as if being torn out.

Pain in teeth, sucking teeth aggravates/ameliorates.

Pain in teeth, walking in open air and warm things ameliorate.

Throat

Sore throat with scraping and burning pains.

Irritation of pharynx with desire to cough with burning sensation extending into the chest.

The throat is dry and feels raw on waking in the morning.

Stitching pain before asthma.

Pain on swallowing saliva as if something were sticking in the throat and difficulty in swallowing food.

The cough is hectic and dry in the morning, dry between 4 p.m. and 5 p.m. and loose in the evening.

Nasal voice in the morning.

Tension in external throat on moving head.

Tearing pain in external throat.

Stomach

Sensation of a lump of ice in the stomach; coldness like ice with pain.

Frequent empty eructations in the morning before breakfast and while fasting.

Tight clothing feels uncomfortable around the waist.

Nausea in the morning, ameliorated after breakfast with vomiting of water.

Feels chilly all morning with the nausea.

Excessive appetite towards the evening, or the appetite is poor and desires only bread.

Great thirst in the evening for cold water or for wine.

Thirst during and after perspiration.

Hiccough in the afternoon, before eating, with chilliness.

Gurgling in the morning while eating.

Pressing pains in the stomach ameliorated by eating.

Abdomen

Flatulent distension and noisy passage of flatus are leading features of Bovista.

Violent colic ameliorated by eating; with coldness, trembling and chattering of teeth, aggravated by lying down and accompanied by passing of red urine. Pain griping, twisting, intermittent, starting below the umbilicus and extending towards the epigastrium. Nothing gives relief except eating.

The pain around the umbilicus is twisting, causing the patient to bend double, which ameliorates.

Pain in region of umbilicus in the morning on waking.

The abdomen feels distended at night and the interior and exterior of the abdomen feels painful and sore.

During chill in the morning there is pain in the abdomen, in right inguinal region, ameliorated by stretching and pain at midnight to 5 a.m.

Constriction of inguinal region, amelioration by stretching out.

During menses the inguinal region becomes painful and excoriated.

Pain in hypochondria in the afternoon; extending to scapula.

Burning pain in sides after dinner and pain in the sides ameliorated by pressure.

Pain after having eaten as if the abdomen were cut by knives.

Diarrheic stool causes cutting pains in the abdomen.

Stitching pain when stooping.

Stitching pain in hypochondria while sitting, while bent and in the region of the umbilicus after eating.

Rectum

Diarrhea, frequently before and during menstruation.

Diarrhea, after menses; ameliorated by eating breakfast.

Chronic diarrhea in old people worse at night and in the early morning.

Diarrhea with colic, cutting pain and pain of ulceration in the abdomen.

Feeling after an ordinary stool as if diarrhea would come on.

Cutting, stitching pains through perineum, towards the rectum and genitals.

Pulsating pain in region of and in the prostate gland, extending forward to the genitals.

Tenesmus at night with ineffectual urging to stool.

Constipation.

Stool hard and difficult, the faeces being compact and after stool there is much tenesmus and burning in the anus.

The first part of the stool is thin and hard and the latter part thin and watery.

Urinary organs

Frequent desire to urinate, even immediately after urination.

Copious urination in the afternoon and at night.

Gnawing pain when not urinating.

Chronic induration and knotty sensation.

Stinging pain in the urethra and during urination; the orifice is inflamed and feels as if it is glued up.

Urine turbid like gruel with a violet sediment or very yellow and cloudy.

Genitalia - male

Staggering, confusion and numbness in the head after coition.

Increased sexual desire with frequent pollutions; aggravation from excess of sexual activity.

Abscesses and blotches on the penis.

Hard, painful, suppurating nodules of penis.

Pustules on penis which burn.

Genitalia - female

Diarrhea before, during and after menses is the grand characteristic of this remedy.

Menses every two weeks or too late and scanty, sometimes flowing only in the morning, or when lying down in the evening.

Discharge of thick leucorrhoea, like the white of an egg, or greenish, when walking, or a few days before or after menstruation.

Leucorrhoea which stains the linen.

The menses are too early and profuse, flow more at night and less while moving; exertion brings on the flow. Hemorrhage between the periods.

Scanty menses in daytime.

Traces of menstruation between the menses.

After midnight, painful urging towards the genitals, with heaviness in the small of the back, ameliorated the next day with the discharge of blood.

Soreness of pubes during menstruation with excoriation in the inguinal fold.

Cannot bear tight clothing around waist.

Parovarian cyst. Bovista has cured cases of ovarian cyst and also warts and corns, with shooting pains.

Chest

Feeling as if heart is swimming in water.

Palpitation of heart, aggravated by bathing.

Sensation of water in chest.

Constrictive oppression of the chest aggravated by dry food.

Everything seems to be too tight.

Oppression during fever.

Acute pain in region of heart.

Gripping pain in right chest.

Stitching pain while and after eating.

Stitching pain felt throughout the chest aggravated by deep breathing.

Itching of skin when warm, which is aggravated by scratching and afterwards the itching returns.

Difficult and short respiration during manual labor.

Perspiration in the morning from 5 to 6 a.m.

Offensive perspiration in axilla like garlic or onions in cool air.

Perspiration of mammae in the morning.

Spasms of chest before menses.

Burning, hard pimples on the chest or white pimples with red areola.

Back

Intolerable itching of the tip of the coccyx with formication of the back at night.

Heaviness in lumbar region before menses.

Compressing of lumbar region in the afternoon and stitching pain in lumbar region when turning body.

Pain around the region of the kidneys.

Stiffness and aching in back after stooping; in the morning on rising; sitting bent causes cutting and stitching pains between the scapulae, ameliorated by straightening up.

Swelling of the glands of the neck with tensive and drawing pains.

Pain in cervical region extending to the ear.

Extremities

Upper limbs - Awkwardness of hands and fingers, drops things easily; weakness and lack of power.

Paralytic weakness and pains of dislocation in the joints of the arms and hands.

Great weariness in the hands and feet the whole day.

Weakness in hand during the afternoon and during menses.

Sprained feeling in the wrists and acute stitching pain in wrist, when bringing thumb and index finger together or when trying to grasp anything.

Heaviness in right hand; the hands tremble with anxiety; with palpitation of the heart.

Tension in shoulder joints, while writing, as if the tendons were too short.

The upper limbs itch in the morning when washing; feel sore and bruised around the upper arm, ameliorated by pressure.

Perspiration in the axillae which smells like onions.

Tearing pains in the elbows and around the olecranon in the morning.

Stitching pain in elbow extending to fingers.

Stitching pain in first joints of fingers when working, with cramp like drawing pains in the joints of the hands.

Herpes on upper and lower limbs.

Dry eruptions or burning and hard pimples on the hands.

Vesicles on hand with red areola; the backs of the hands have moist eruptions with felons beginning in the nails from a prick with a needle under the nail.

Lower limbs - Numbness and tingling in the legs with inability to stand upright, especially in the afternoon.

Stitching pains in the thighs and knees when sitting down and standing up; in stretching the knee and in the first toe, which extends to the ankle.

Dancing aggravates causing the leg and the ankle to become red, swollen and inflamed.

Sore bruised pain in bend of thigh during menses.

Cramps in the calves in bed in the morning with a feeling of tension in the calves and legs as if the tendons were too short.

After diarrhea the right leg feels weak.

General itching of the lower limbs ameliorated by scratching.

Stiffness in the knee with shooting pains in the joints of the knees and the feet.

The extremities are painful during chill and the toes hurt when stepping. There are sharp stitches in the right external malleolus, and tearing, dragging or drawing pains in the feet. Painful corns on the feet.

Chronic swelling of the ankle after a sprain or edema of the joints after a fracture.

Hard, painful, burning, itching eruptions on the lower limbs, and on the foot. Crusty eruptions on the hollow of the foot and vesicles on the back of the foot.

Sleep

Great sleepiness early in the evening.

Falling asleep after coition or difficulty in falling asleep after coition and lays awake until late. Frequent waking and dreams of frightful things:

imprisonment; of being bitten by snakes; falling into a cellar; drowning

Waking from scratching in larynx and from itching of the skin.

Fever

Sweat in axillae which smells like onions.

Sweat in the morning from 5 to 6 a.m.

Chill with pain and chill whilst eating.

Chilliness not ameliorated in a warm room nor by a warm stove in the morning, and severe every evening from 7 p.m. to 10 p.m. The chill can last all night with symptoms of intermittent fever.

External chill in the night after waking.

Predominating, long lasting chill without heat, sweat or thirst.

Long lasting shaking without heat or sweat, or shuddering alternating with heat.

Skin

The skin of the fingers becomes unusually dented by the instruments being worked with.

Urticaria on excitement, with rheumatic lameness, palpitation and diarrhea.

Itching at night, on and after bathing, bathing in cold water, and during the menses.

Itching of the anus.

Red, crusty eruption on the thighs and bends of the knees. It disappears for weeks, reappearing in hot weather and at the full moon.

The corners of the mouth are broken out.

Severe itching on the coccyx, so that he is obliged to scratch it till sore.

Crusty eruptions in warm weather; acne which is worse in the summer.

Pimples and miliary eruption, with burning itching.

Tensive pimples, dry and reddish, covering the hands.

The bends of the elbows and knees have oozing eruptions producing a thick crust.

Painful, suppurating, ulcerating tubercles.

Warts painful and suppurating.

CLINICAL

Itching of the coccyx. Corns. Cysts. Diabetes. Diarrhea. Eczema of the ear. Eczema. Ganglion. Gleet. Hemorrhages. Hemorrhagic diathesis. Headache. Affections of the heart. Jaundice. Affections of the joints. Disordered menstruation. Metrorrhagia. Affections of the ovaries. Rheumatic affections. Stammering. Ulceration of the tongue. Tumors. Urticaria. Warts. Whitlow. Wounds.

RELATIONS

Bovista antidotes tar applications. Suffocation from gas. After Rhus in chronic urticaria.

Compare: Calc.; Rhus; Sepia; Cicuta.

DOSAGE

From 6x to CM.

Brachyglottis repens

New Zealand "Puka Puka".

N.O. Eupatoriacea

Tincture of green leaves and flowers.

The essential features

Kidney and bladder symptoms predominate in this remedy. Brachyglottis should be thought of in cases of glomerulonephritis with excessive albuminuria. The patient feels a tremendous urgency to pass urine at once or he will lose it. Great pain is experienced in the neck of the bladder, the urethra and penis if the desire is not attended to immediately. The urine passed is copious, pale, of low specific gravity; apart from albumin it contains mucous corpuscles and epithelium. A characteristic symptom of this remedy is a **fluttering** or a swashing sensation felt in the abdomen or bladder. The whole condition is attended with chilliness, a **desire to stretch**, muscular pains and a sore bruised feeling on being touched. There may also be other symptoms such as lassitude, weakness, internal trembling and loss of flesh.

Generalities

Throbbing pains.

Pains felt all over the body but mostly on the **right side**.

Heaviness and sleepiness.

Itching in ears and nostrils.

Oppression of chest.

Writer's cramp.

Prostatitis.

The **spine and nerves** are more affected than the muscles. Dysmenorrhea with fluttering in the abdomen and right ovary has been cured by this remedy.

Head

Vertigo with flushed face.

Throbbing pains in the head **passing from ear to eyes and then to neck**.

Headache and faceache very severe preventing sleep at night.

Pulsating pain in forehead.

Cold sensation and tightness about the scalp.

Desire to bend the head.

Soreness all over the head and stiffness in the neck.

Eyes

Redness in canthi.

Ears

Tingling, itching and pricking in the ears, with secretions.

Pain in the left ear in the evening; throbbing about the right ear, **from ear to eyes, and throat to neck.**

Nose

Nostrils sore, with itching inside and repeated sneezing.

Sensitivity and pain on inhaling air.

Burning and smarting in the nostrils.

Face

Chilliness.

Red discoloration and flushing of the face or the face has a sickly color.

Twitching below left eye and in the left side of the face. Left side of the face aches affecting the submaxillary glands.

Lancinating pain in right side of the face and soreness in the right zygomatic process.

Dryness of lips; excoriation of corners of mouth **relieved by swelling of the lips.**

Mouth

Pain, numbness, soreness and pricking of the tongue.

Heat in the mouth.

Pain in teeth extending to ear.

Throat

Rawness and scraping in the evening aggravated by swallowing.

Stomach

Fluttering in the stomach.

Soreness and **throbbing** in the right side of the stomach.

Nausea in the evening with eructations tasting of ingesta.

Loss of appetite.

Sensation of fullness.

Abdomen

Fluttering.

Isolated **throbbing** in left inguinal region; in the morning; **with weariness of lower limbs.**

Soreness as if in the spermatic cords with thrilling through the penis and testes.

Pulsation in right hypochondria.

Colic with desire for stool.

Rectum

Constipation, ineffectual urging and straining; prostration about the anus.

Painful constriction with soreness during stool.

Diarrhea after the slightest indiscretion in eating; diarrhea in the evening.

Stool

Like balls; dry, knotty, nodular and lumpy.

Urinary organs

Pain in the bladder after evacuation and in the urethra with stinging in the penis.

Pressure and soreness in the neck of the bladder; constant urging to urinate, difficult and unsatisfactory urination.

Pain during and after urinating with a feeling as if the urine could not be contained.

Sense of swashing in the bladder.

Formication around the kidney area.

Aching, gnawing, sore bruised pain in region of kidneys.

Chronic induration of the prostate gland.

Specific gravity of urine decreased.

Copious urine containing mucus and albumen. Pale in color, acrid and containing epithelial, hyaline and waxy casts.

Genitalia - male

Throbbing in the penis and pressure in the bladder with a desire to urinate; stinging in the urethra and penis after urination.

Sore bruised pain in spermatic cords.

Stitching pain in penis.

Chest

Breathing is oppressed in the evening, ameliorated by sighing.

Painful throbbings about the shoulder and the collar-bone.

Pains fly about the chest and the precordial region. Throbbing in the sternum; **pain in region of axilla, extending to pectoral muscles.**

Sore bruised pain in axilla.

Pain in region of heart, with stitching of heart.

Back

Opisthotonos or a feeling as if the whole back would contract backwards, also affecting the muscles of the neck.

Pain in spine; **isolated throbbing on the right side of the back.**

Weakness in small of back when walking and after walking; soreness in the lower part of the spine almost traceable to the sciatic nerve.

Gnawing pain in the region of the kidneys, with weariness in the limbs.

Weariness felt in the back from the coccyx upward.

Spinal irritation in dorsal region with the first dorsal vertebra sore to touch.

Soreness and stiffness in the cervical region; pains felt in the evening and when moving the head.

Pain in lumbar region **extending to pectoral muscles** after riding; aching pain in lumbar region when walking.

Extremities

Great weakness, weariness and prostration felt in the limbs, worse in the afternoon.

Heaviness in upper limbs and leg.

Coldness of hands and foot.

Cracking of joints in upper and lower limbs and shoulder.

Inclination to stretch, especially the arms, to relieve the weariness between the scapulae and trapezius.

Upper limbs - Cramps in wrist and fingers, in thumb while writing; soreness extending along flexor carpi ulnaris; **thumbs drawn inward**.

Isolated throbbings in the arms.

Stitching and shooting pains in upper limbs, wrist, and knee.

Sore bruised pain in shoulder extending to wrist; in biceps; in fingers, and thumb.

Weakness in upper arm, in wrist, in hand while writing, **worse in the evening**.

Painful soreness under the arms; pain under the right axilla extending to the pectoral muscles.

Cutting under the left shoulder.

Pulsation in shoulder, in the left wrist; in the knee with pains in the upper arm. Pains felt in the elbow in the morning.

Lower limbs - **Weakness in the morning**, the afternoon and the evening. The hips, lower limbs and left thigh weak in the morning.

Burning pain in first toe while walking.

Pains in thigh and weakness when walking.

Cramps and sudden short pains in the thighs with sore, bruised pains in the knee, leg, foot and sole.

Itching in lower limbs and sole of foot.

Sleep

Sleep is restless with many confused dreams and talking in the sleep.

Sleepiness during the day and constant yawning.

Sleeplessness from headache and from pains of the head. After waking unable to fall asleep again.

Waking too early.

Chill

Chilliness with shivering with pulse at 50; with heat in the face.

Cold sensation and tightness about the scalp. Cold hands and feet.

Skin

Itching on the face; painful, itching and burning under the big toes, with itching of the right sole which occurs after walking.

Clinical

Bright's disease and affections of the bladder. Dysmenorrhea.
Brachyglottis was proved by C.L. Fischer. The Maories use the leaves to apply to old sores and ulcers.

Relations

Compare: *Apis; Helonias; Merc-cor.; Plumbum.*

Dosage

From 6x to 200.

Bromium

Bromine
Br.
Solution in distilled water

The essential features

In order to gain a greater understanding of Bromium, I think it best to examine the different pathological states which can be cured by this remedy, and compare Bromium to other remedies with which it can be confused.

1. The first thing to strike one in this remedy is the **inflammation, infiltration, enlargement and finally hardening of the glands. The glands that inflame eventually end up becoming enlarged and hard. This process is one of petrification.** The glands generally remain hard for very long periods and very seldom suppurate. All the glands can be affected: **thyroid, testes, submaxillary, sublingual, parotid, ovaries, mammary and prostate** glands may all enlarge and harden. The thyroid may bulge so at one side, and may be so hard, as to restrict the movement of the head, and yet there may be no other symptoms. The inflammation process is slow, and the swelling increases over a long period of time **without every reaching suppuration.** This is one of the differential points with *belladonna*, a remedy with which Bromium could be confused.

2. Bromium has symptoms such as **emaciation, infiltration of glands, general weakness and perspiration**, therefore we may expect it to be curative in conditions like **tuberculosis, cancer and AIDS. Cancerous affections of the body**, especially of the mammae may respond to this remedy. The mammae become as **hard as a stone** with an irregular surface, **as if there were hard knots tied together in a mass**. In such conditions you should not only think of *Conium* or *Calc-f.* but of Bromium as well.

As the legs become weak and tremble with growing prostration, with tremulous weakness, fainting and infiltration of glands, the case may resemble **chronic fatigue syndrome**. Here you may find a similarity with *Gels*.

3. Another important symptom for Bromium is asthmatic attacks, particularly **asthmatic respiration in sailors as soon as they go ashore**. Here the remedy should be compared to *Med.*, as the difference between being at sea and on land is tremendous. The condition is much better at the sea-side or travelling at sea. Thus Bromium is the exact opposite to *Natr-m.*, *Mur-ac.* or *Mag-mur.*

You will also find asthmatic respiration at night, **after measles**. The attacks are characterized by difficulty in breathing, where the patient cannot inspire sufficiently and the breathing feels **obstructed when swallowing**. There is spasmodic closing of the glottis. Breathing is impossible when lying down and is difficult in the mornings, before menses and during palpitations. With every breath the patient feels he is **inhaling sulphur fumes** or as if there were dust in the bronchial passages. Respiration is very short and the patient is obliged to gasp and catch his breath. **Respiration is rough and sawing, and better by walking and motion**. Bromium is also indicated in pneumonia for suffocative attacks when the patient cannot expectorate.

4. Bromium predominantly affects the upper respiratory tract, particularly the **larynx and trachea**. Another condition for which you will find Bromium very useful is **laryngeal diphtheria**, or croup, where the inflammation starts from the larynx and spreads upwards.

Kent's is the best description: *"Bromium is one of the routine medicines. It is one of the medicines that the neophyte will make use of for every case of diphtheria and croup and laryngitis he comes across; and when it does not work he will "try something else." All who prescribe on the name use Bromium as one of their routine medicines; but Bromium is so seldom indicated that most homeopaths give it up as a perfectly useless medicine. The reason is that they do not take the symptoms of the case and prescribe in accordance with the individualizing method. They do not prescribe for the patient, but for the disease. You may see very few cases of diphtheria calling for Bromium; but when you see a Bromium case you want to know Bromium. There is one underlying feature of the Bromium conditions, they are found especially in those individuals that are made sick from being heated. If there is a diphtheria epidemic and the mother bundles up her baby until she overheats it, and keeps it in a hot room, and it happens to be a child that is sensitive to being wrapped up, and one whose complaints are worse from being wrapped up, look out. You are going to have a Bromium diphtheria. It is indicated also in complaints that come on in the night after a very hot day in the summer.*

Now, this is as near as you can come to being routine in croups and diphtheria. If the mother has the baby out in a dreadfully cold, dry day, and also towards midnight it awakens with spasmodic croups, you know that it is more likely to call for Aconite than any other medicine. But if the mother has had the baby out in a hot day in the summer, and that baby has been overheated, with too much clothing, and it is a plethoric child, and towards midnight you are called up, and the child has a red face, and your examinations reveal a membrane in the throat, we will see as we study the remedy that this may be a Bromium case.

"Hoarseness coming on from getting overheated. Loss of voice coming on from getting overheated." A turmoil in the whole economy; with headaches, coming on from getting overheated. That runs through Bromium. So it is in the hot weather, and being confined to a hot room, and after going from the cold into the heat. But after the complaint comes on, no matter where it is, he is so sensitive to cold that a draft of cool air freezes him; but he cannot be overheated without suffering."

A very good description of a typical acute attack, whether of croup or diphtheria, is the following: **"violent suffocative breathing, accompanied with dry, obstinate and croupy cough. High fever and flushed face; during a coughing paroxysm the face and lips would become purple and eyes congested with much lachrymation. Coldness of feet, very restless at night, tossing and pitching about most of the night. Pulse quick, feeble and tremulous. Hoarseness and almost entire loss of**

voice."

In croup Bromium is rarely indicated in the early stages.

5. A symptom running through many Bromium ailments is **palpitation**. You will find palpitation with nausea, palpitation with headache, palpitation with anxiety, with premenstrual disorders or various kinds of nervous excitement. Hypertrophy of the heart and palpitation may be present, with pain of the heart going up to an axilla.
6. You will confuse Bromium with *Bell.*, particularly in states when, after exposure to the cold from being heated, the patient comes down with fever, with hot head and cold extremities. The points to note here are that the face is not as red and the fever does not develop as fast or run as high as in *Bell.* Moreover *Bell.* does not exhibit so much restlessness during the high fever period.
7. The catarrhal affections are accompanied by a more or less important membranous formation. **Membranous exudate** is a natural course of events. A natural feature of the mucous membrane is **infiltration**, so that the mucous membrane appears to exude little grayish-white vegetations, and beneath them is induration. An ulcer will form upon the mucous membrane and eat in, and build beneath it a hardened stratum of tissue. These catarrhal states are accompanied by febrile conditions. Cystic tumors, atheroma, steatoma and gangrenous wounds are all conditions for which you should think of Bromium.
8. There is a premenstrual syndrome that is characteristic of Bromium. The patient complains of a **fulness** in the head and **chest, with difficult respiration** and headache and an **indescribable queer ill-feeling all over, which makes her feel depressed or low-spirited**. She says, "I do not feel as I generally do, but **can't say why.**"

The mental-emotional picture

The process of swelling and induration of the glands described earlier is mirrored within the Bromium patient's mind and emotions; in the same way that the glands lose their ability to function and are unable to clear the impurities of the blood, so we see a process of petrification taking place in that portion of the mind that is concerned with the clarifying processes. The mind loses its flexibility and becomes as immovable as a stone and quite unable to function. The patient then enters an indescribable state of **paralytic anxiety**. She cannot say what is wrong with her; a strange, queer, ill-feeling prevails which makes her so low-spirited, so depressed that she has no desire to do anything.

The patient will say, "I do not feel well, **but can't say why.**" This condition may be accompanied by some pain somewhere, although the patient is incapable of determining whether the pain is the reason for her mental state. Her depression resembles *Puls.* She is deeply despondent, **sits alone** in her room **without doing anything, without saying anything and constantly looks in one direction**. A question about her condition will elicit this type of answer: "**I am not at all myself, there is something wrong with me but I do not know what it is**". She is in a state of deep depression, caused by a loss of elasticity of the emotions. The emotions have ceased to function: they do not allow her to understand what is going on and to describe or react to it.

One may describe this condition as being somewhere between the *Aurum* and the *Pulsatilla* depression. A few points may serve here to differentiate the various types of depression. The Bromium depression does not drive the patient towards self-destruction, as is the case in *Aurum*, where the patient knows that he wants to bring an end to the suffering. Neither is the Bromium sufferer lost in the state of "non-existence" - unable to move, eat and speak - that characterizes the final stage of a *Pulsatilla* depression. The Bromium patient is very tired and sad and has an aversion to any kind of work, to reading and to speaking, but will still function somewhat, whereas *Pulsatilla* has to be forced to eat and will refuse to speak, neglecting all duties.

In this remedy **most complaints are accompanied by anxiety**. Anxiety is produced with bodily symptoms such as violent coughing spells and pains in the abdomen. It may originate from the heart or lungs; an anxious feeling about the heart with **constriction in the chest**; after dinner a feeling of an impending attack of apoplexy; oppression at heart brought about by exertion; apprehension in the evening with **oppression of the heart** and headache. An anxious state of mind may bring about a **fear of ghosts or visions in the dark**, as well as fear of being alone in the dark, and of someone being behind him. There may also be a state of **anxious delirium**. The Bromium **fever** can bring about **delusions**. Things appear to jump off the ground before her; she thinks people are looking over her shoulder and that she would see someone on turning; she feels as if spectres would appear in the evening. Many of the delusions are similar to *belladonna*: the patient sees dead persons, images, phantoms; thinks that he is on a journey; has visions in the evening; thinks another person is in the room. These patients' mood is capricious. On waking, they may be cheerful, happy and lively, or quarrelsome and fretful with irritability. Generally they are displeased, discontented and dissatisfied. She does not feel normal, but cannot tell why. A desire for mental labor may be **preceded by an aversion to her own profession**. The patient is **morose in the afternoon after siesta**, or very low spirited with pain in the left iliac region. Concentration is difficult, with confusion of mind while writing, also at night on lying down. He is disinclined to read and has difficulty in fixing thoughts; there is a loss of ideas and forgetfulness. In general the patient is subject to **intellectual weakness and melancholia**. Hysterical or manic behaviour may include crying, howling, barking and lamentation with a **hoarse voice**. The patient is subject to **hysterical attacks with fits**.

The bromium child

Bromium is mostly prescribed for acute disorders and for children. It is especially suitable for children with thin, white, delicate skins, with very light hair and eyebrows, who are in general puny and sickly looking, and also for **scrofulous children with enlarged glands**. Dark haired children may also be affected. **The children desire to be carried, particularly during croup**, and nose-bleed accompanies many conditions. Bromium **mostly affects the left side**, particularly the left side of the head, though not exclusively. It also affects the right side, and can go from left to right.

Generalities

Bromium is very close to *Puls.* in that both these remedies are very much **aggravated by the heat and the sun**. They both have reactions from the heat, and exposure to the sun causes allergic reactions. Bromium patients are described as: "Fair, blond, light haired people with lax fibre, especially children with thin, white, delicate skins, with very light hair and eyebrows."

Tremulous weakness at night on waking; after breakfast, in diphtheria, before or at the beginning of menses.

The patient is **weak and easily overheated, then sweaty and sensitive to drafts**.

Diphtheria which begins in the larynx and **runs upwards**; faintness with diphtheria.

A peculiar symptom, characteristic of this remedy, is loud emissions of air from the vagina.

A peculiar vertigo with a sensation deep in brain as if vertigo would come on **with a tendency to fall backward** which is worse **at the sight of running water** or stepping on to a bridge.

The nose tends to bleed with the vertigo.

Nose-bleed accompanies many affections, especially of the chest.

Affects mainly the left side, particularly the internal head.

There are spasmodic attacks, usually **one sided**, during whooping cough.

Left-sided paralysis.

Migraine chiefly left sided, worse stooping and after **drinking milk**.

Sore bruised pain in the evening on sitting. After dinner sensation as if he will have an attack of apoplexy.

Pressing internal pain or pain as from a load; as if scraped.

Pains are left sided.

Boring and gnawing in the bones; burning in the blood vessels and glands.

Cancerous affections.

Painful varicose veins and suppressed gonorrhoea.

Acridity, excoriations, with **moist blackness** of external parts.

Aversion to cold drinks; onions.

Desire for oysters.

Feeling of dust in internal parts.

Aggravated by inhalation of smoke. Other things that aggravate are: **milk**, onions, oysters, **hot weather**, or **becoming warm**, **change of weather from cold to warm**, **damp weather**, summer solstice, walking over running water or seeing and hearing running water, lying on the left side. Time of aggravation: evening until midnight.

Ameliorated by **air at the sea shore**, **by shaving**, **by violent motion**, after drinking coffee or wine, lying on the right side, riding a horse, riding in a car, running, walking fast.

Vertigo

Vertigo when crossing a bridge or when walking over running water.

Anxiety with vertigo. Feels dizzy from seeing rapid motion in front of him.

Vertigo in damp weather. Dizziness ameliorated when followed by epistaxis.

Vertigo in the morning on waking, in the evening in bed, on lying down, during menses with a tendency to fall backwards.

Smoking, sunlight and heat causes dizziness and warm rooms aggravate.

Head

Heaviness in the occiput and the forehead in the heat of the sun; goes away in the shade, and is **ameliorated by darkness**. There is a sensation as if everything would fall out of the forehead.

Heat of head in occiput; the head feels congested and he fears a stroke.

Damp weather or the heat of the sun will cause pain in the occiput; pain in **left side, ameliorated when lying on right side with the hand over the head.**

Fullness in head before menses.

The head is sensitive to cold air and there is a sensation of numbness in the forehead. The brain feels sensitive.

Tickling and formication felt in the forehead and the occiput.

Pain is ameliorated in darkness and **after a nosebleed**, when leaning against something or when riding in a car over rough ground.

Headache at commencement of menses, from smoking tobacco or in damp, cold weather.

Headache worse from drinking milk; from stooping.

Drinking milk will cause pulsating pain, which is further aggravated by stooping and causes pain in the temples. The pain is felt on one side and occurs in the afternoon from 3-4 p.m. The pain extends to the eyes.

Headache alternating with pain in back and in the stomach.

Pain in forehead alternating with pain in small of back.

Pain before and during menses. The pain extends to cheeks; to **lower jaw**; and to the tip of the nose.

The pains in the forehead are of different kinds, including pressing both inward and outward **with a feeling as if the brain would come down and out, at the root of the nose, ameliorated in the open air.**

Stitching pain in forehead extending to chest and lower jaw.

Headache when lying on right side; pain felt deep in the crown with palpitation; over the left eye.

The scalp feels tender.

Malignant eruptions, crusts, scabs on the head; offensive eruptions and eczema.

Eye

The eyes appear protruded with swollen conjunctiva and lachrymal canal.

The conjunctiva are wrinkled.

Spasmodic closure of the eyes and lachrymation of the **right eye**, with coughing. The pupils are dilated.

Cutting and stitching pain in canthi, especially in the right canthus.

Pressing and stitching pains when moving the eyes, **aggravated by pressure and by stooping.**

Stitches through the left eye.

Pulsation in eyes.

Flashing and lightnings in the eyes. Points before right eye, moving with eye. Loss of vision in the evening while reading; objects seem grey.

Ears

Noises in the ears, especially the right ear. **Rushing distant noises**, ringing in the right ear and rustling in the left.
Swelling and hardness of the **left parotid gland**, feeling warm to the touch. The swelling remains hard and unyielding.
Suppuration of the left parotid with watery and excoriating discharge. Discharges after scarlet fever.
Pain in left, then right ear, in the afternoon.
Pain in right ear on swallowing and about the ear in the morning after rising.
Aching pain in left then in right ear.
Aching and burning in the ear in the evening; burning in the meatus, especially the **right side**.
Pressing pain about and above the ear in the morning after rising.
Stitching pain in right ear.
Itching behind ear, scratching ameliorates.

Nose

Sensitive to inhaled air with coldness inside the nose when inhaling.
Severe coryza with the **right nostril stopped up** and sore throughout, **with violent sneezing**, afterwards the left nostril is affected.
The whole nose is sore, and the wings of the nose swollen; a scurf forms in it, with pain and bleeding on wiping it.
The area under the nose and around the margins of the nose become extremely sore and corroded from the **continuous and obstinate coryza**. Crusts and scabs form inside the nose which leave the nostrils raw and bleeding when detached, until others form.
Yellow orange crusts in coryza.
Coryza with sneezing and sneezing from inhaling and from dust. Afterwards the nose is obstructed and the nostrils stick together.
Obstruction, **first right then left nostril**.
The nostrils itch inside, **first the left, then the right**.
Twitching in right side with **tickling and smarting as from cobwebs**.
Swelling of wings of the nose; **swelling of left side of nose when pressed**.
Constant, fan-like motion of the wings of the nose.

Face

Hot unpleasant feeling in the face and below the nose, with a tickling-smarting sensation **as from cobwebs**, especially on moving the nose.
Formication.
Haggard appearance, with a greyish, earthy complexion.
The face seems drawn to a point, the forehead wrinkled.
Bluish discoloration in croup or red face during fever.

Strong hard swelling of the glands, especially on the lower jaw and throat.

Heat first in the right gland, then in the left.

Pain in and **hard swelling of submaxillary gland**, especially left.

Bleeding lips with herpes, vesicular eruptions or fever blisters on the lips.

Burning pain in the upper lips.

Eruptions on nose, bleeding when touched.

Cracking in jaw when chewing; pains in the jaws, on articulation.

Shaving ameliorates cold sensation in larynx and trachea.

Mouth

Burning from the **mouth to the stomach**, with heat in the mouth and the esophagus.

The mouth is dry and parched or produces excessive frothy mucus. Acrid or astringent taste.

Water tastes saltish in the morning and the mouth aches.

Sensation of **elongation of teeth** when chewing.

Toothache ameliorated when biting teeth together.

Teeth sensitive to cold water.

The gums are indurated and painful in the morning.

Yellowish-brown discoloration of tongue with **burning under the surface of the tongue**; burning on the tongue **extending to palate and the stomach**.

Pimples on tongue with stitching pain on the tip.

Tongue has a sensation of dryness and cannot be protruded.

The mouth is open during sleep.

Nail biting.

Throat

Scraping in the throat and a **rough deep voice**; inflammation of the throat with net-like redness of dilated blood vessels and corroded places.

Hoarseness coming on from being overheated.

Swelling of the mucous membranes of the fauces and pharynx.

Elongation and inflammation of the uvula.

Tonsils swollen and deep red.

Membrane on the left side, extending to the nose.

Diphtheria begins in the larynx and runs upwards.

Pain when bending head forward.

Pressing pain in cervical glands in throat pit. The glands are stony hard and swollen.

Pressing pain in esophagus.

Catarrh in throat which is loose and rattles with the breathing and when coughing, but does not cause choking.

The mucus is frothy.

Dryness in the evening.

Erosion in spots.

Pain in left side of throat.

Pain in throat when touched; on the left side; on turning the head; extending to the ear on swallowing. Swallowing liquids more difficult than solids. Spasms and tension in the throat.

Sensation of sulphur vapor in throat during coughing.

Tickling in the trachea during inspiration. Touching external throat aggravates.

Fullness in the throat with heat in esophagus.

Cystic tumors in side of external throat.

Goitre.

Stomach

Sharp burning **from the tongue to the stomach.**

Pressure in the stomach like a stone, aggravated by pressure. Heavy feeling and inflammation in the stomach. Nausea, retching, empty feeling and cramping stomach pains **ameliorated after eating.** Violent and ineffectual retching. **Nausea after palpitation** and after smoking.

Vomiting of bloody mucus and coffee grounds.

Eructations like spoiled eggs with vomiting of much mucus.

Pain in stomach alternating with pain in head. Pain ameliorated after coffee, but hot drinks generally aggravate pain. Or warm drinks ameliorate pain; food aggravates.

Pain in stomach extending to the navel and the esophagus.

Thirst in the afternoon.

Desires oysters but suffers pain afterwards.

Desire for **sour things which aggravate the symptoms and cause diarrhea.**

Appetite wanting during menses; aversion to onions, water and cold water.

Abdomen

Tympanitic distension of the abdomen and passage of much wind.

During menstruation, **pain in the abdomen gradually moving downwards into the small of the back, with the passage of much flatus.**

Distension of the abdomen during the menses.

Fermentation and rumbling in the abdomen with sensation of fullness in the hypochondria; **a feeling of a ball in the left hypochondrium.** Pulsation in the hypochondria; in the evening. **Walking ameliorates** the pain in the hypochondria. Pains come on from sitting bent forward, from pressure; pains on the right extend to the left.

Stitching pain from right hypochondrium to left; after eating.

Enlargement and induration of the spleen.

The abdomen is sensitive to clothing. Liver feels as though it has a lump in it and is sensitive to pressure.

Pain in liver when riding in a bumpy car and on coughing.

Pain in and above umbilicus, comes and goes slowly, **extending to bladder and to rectum.**

Pain after speaking; after tobacco, extending to spermatic cord.

Pain two hours after eating; on expiration; during inspiration; on motion, ameliorated by pressure.

Dragging, bearing down pains in the inguinal region and in the glands, from coughing and while walking.

Pain in crest of ilium.

Cramping, griping pains **after smoking,** before the menses, on inspiration, on motion, ameliorated by pressure.

Stitching pain, ameliorated while lying crooked, before the menses and extending to the bladder and rectum along the spermatic cord.

Stitching pain in inguinal region **during and after menses** and in the crest of the ilium.

Pressing pain during stool.

Rectum

Frequent urging with passage of more flatus than stool.

Intensively painful hemorrhoids, worse during and after stool, worse from the application of **cold** or warm water; **ameliorated by wetting with saliva.**

Blind or internal hemorrhoids aggravated by walking, **ameliorated by cold.**

Pain in the rectum **aggravated by warm bathing.**

Eruption at the perineum; vesicular and itching pimples.

With the diarrhea of **black, liquid fecal stool** there is severe pain in the blind hemorrhoids.

Slimy, yellow, mucous stool, worse after every meal. The stool looks membranous; like the scrapings of intestines.

Diarrhea after oysters, after acids, and from tobacco.

Diarrhea ameliorated **after eating,** from coffee.

Stool hard, brown and glistening like sheep dung.

Urinary organs

Sudden urging to urinate, patient must hasten or urine will escape. Urination is difficult with involuntary dribbling afterwards.

Constant itching in meatus as if urging to urinate.

Pressing pain in prostate gland while walking, aggravated by walking.

Clear or chronic gonorrhoeal discharge from urethra.

Stitching pain in meatus extending backwards.

Pulsation in urethra.

Ammoniacal odor of urine with an adherent reddish sediment which is hard to wash off or a white adhesive sediment.

Genitalia - male

Swelling and induration of the left testis, with sore pain or **sensation of coldness**; inflammation of the testes from suppressed gonorrhoea; coldness from the scrotum.

Swelling of scrotum with chronic gonorrhoea.

Stitching pains in the testes. **Hard painless swelling of left testes; painful when driving.**

Stitching pain in penis extending to glans; pinching pain in the penis. Pressing pain in spermatic cords.

Erections from 3 - 8 h. with quick discharge of seminal fluids.

Sexual passion wanting with coldness of scrotum.

Genitalia - female

Loud flatus from vagina during menses.

Hardness and induration of the ovaries, **especially the left side**. Boring pain and aching in the ovaries, worse on the left, extending to the groin and hips. **The ovaries are swollen before and during the menses.**

Enjoyment of coition absent with insensibility and inflammation of the vagina during coition. The vagina feels sore and tender. **Orgasm delayed.**

A few days before the menses a queer, ill feeling is experienced.

Low spirited before the menses.

Menses too frequent, every 14 days and too profuse. Bright red blood with passive flow and accompanied by much exhaustion. Violent contractive spasm before or during the menses, lasting hours and leaving the abdomen sore. Pain in the abdomen and small of the back.

Membranous dysmenorrhoea and metrorrhagia.

Tumors in the breast with stitching pain, worse on the **left**.

Dropsy of uterus; fibroid tumors.

Bland leucorrhoea with itching of the vagina.

Copious lochia.

Membranous dysmenorrhoea; spasmodic contractions. Chronic inflammation of the ovaries. Tumors in mammary gland.

Chest

Larynx and Trachea - Hoarseness, loss of voice in the evening; he cannot speak clearly; the voice is weak and soft, with a feeling in the throat as if scraped raw.

The voice becomes indistinct, barking or deep. Painful hoarseness from being overheated.

There is **scraping and rawness in the larynx which causes a dry cough; much rawness in the larynx which makes the patient want to hawk. Every time he swallows saliva there is a stitch in the posterior portion of the larynx, with a feeling of contraction.** Mucus in the larynx from being overheated.

Contracted sensation internally in the trachea, or a feeling as if the pit of the throat were pressed against the trachea.

Sticking constriction deep in the larynx and in the throat pit.

The trachea feels dry as if it is full of dust, with much tickling on inspiring causing a cough. The dry cough causes pain and burning behind the sternum and soreness in the trachea.

Cold sensation when inspiring and after breakfast, **ameliorated by shaving. The patient wants to take a deep breath, but it excites the cough. He feels he cannot breathe deep enough. Inhaled air seems smoky, cold or raw, with a sensation of sulphur vapour in the larynx during the cough.**

The **cough is spasmodic** with much rattling of mucus in the larynx, **and fits of suffocation on swallowing.** Spasmodic closure of the glottis.

Colds start in the larynx and go **upward and downward.**

Irritation in the larynx from being in a warm room. Piercing and contractive pains in the larynx, aggravated by touch.

Recurrent inflammation of the larynx.

Croup and membranous croup from being heated and after febrile symptoms have subsided, where the patient is weak and perspiring; with the croupy cough there is a good deal of loose rattling in the larynx with the breathing and coughing, but no choking. The croup may extend to the fauces.

Whooping cough during croup.

Laryngeal diphtheria where the membrane begins in the larynx and spreads upwards.

Respiration - Cold sensation and wheezing when inspiring.

Deep forcible inspiration is necessary from time to time; the respiration is impeded with the constriction and pain in the chest.

Oppression of breath immediately after taking it, with deep inspiration, together with a sensation as if he did not get enough air into the chest, on account of which he elevates the thorax and inspires forcibly. Velvety feeling in the lungs as if they were coated with down.

Asthmatic respiration at night, **after measles and asthma in sailors as soon as they go ashore.**

Difficulty of breathing; he cannot inspire sufficiently and breathing feels **obstructed when swallowing.** Spasmodic closing of the glottis. Breathing is impossible when lying down and is difficult in the mornings, before the menses and during palpitations. With every breath he feels he is **inhaling sulphur fumes** or as if there is dust in the bronchial passages. Respiration is very short and the patient is obliged to gasp and catch his breath. **Rough, sawing respiration, ameliorated by walking**

and motion.

Stertorous respiration during sleep.

Whistling in whooping cough.

Cough

Cough on deep inspiration, worse during the day, with paroxysms of suffocation when swallowing.

Cough aggravated or excited on becoming warm in bed; **in close air**, from acids; from dry cold air, from smoking, from milk, from touching the neck; ameliorated in open air and from cold drinks, **after midnight**.

Difficult, distressing, barking cough. The cough is most distressing in the morning and evening and on going to sleep.

Dry cough in the daytime and at night, brought on from scraping in the larynx or from a sensation as of a foreign body in the larynx; from deep inspiration. Sensation as if sulphur fumes were in the air passages. Drinking ameliorates. **Cough as from elongated uvula in the morning.**

Burning cough in larynx with constriction.

Loose cough without expectoration or **loose cough with expectoration, aggravated by exercise and warm rooms or** on entering a warm room from outside.

Hoarse cough; excited by deep inspiration. Hacking cough when going to sleep. Cough on talking; with inability to speak.

Whooping in daytime.

Cough with convulsions; croupy cough.

Loose cough during fever.

Expectoration - Thick white expectoration or bluish expectoration.

Mucus may be membranous or scanty.

Heart - Anxiety and oppression in region of heart in the evening.

Oppression of heart on least exertion.

Affections of the heart with pains extending to the axilla and cutting pain in the region of the heart.

The heart beats severely when standing, ameliorated by deep inspiration.

Pain with squeezing sensation.

Hypertrophy of heart from overexertion.

Palpitation of heart on rising from a seat, on walking.

Violent palpitations when **lying on left side**. Nervous palpitations; with nausea, in the evening and during a headache.

Inner and Outer Chest - Sensation of great weight on the whole of the chest when breathing, with constriction and a **sensation of coldness**. The chest itches in the morning.

Pain in chest on bending forward; while walking or walking rapidly; when lifting; ameliorated after epistaxis.

Fullness in the chest before menses.

Aching pain in sides on turning chest, on walking, after eating, when lifting. Pressure in sides of the chest.

Drawing pain below the clavicle and in the **sides extending to scapula**.

Stitching pain while walking rapidly and in the sides extending towards the arms, in the morning, in the region of the **right axilla** and under the mammae.

Epithelioma of mammae.

Moist eruptions in axilla.

Coagulated hemorrhage and hepatization of the lungs. Purulent and ulcerative tuberculosis; inflammation of the right lung.

Emphysema.

Sensation as if the lungs were full of smoke.

Back

Stiffness in the neck with swelling in the glands of the neck. Two encysted tumors on both sides of the neck. There is stiffness in the cervical region which is **worse in the afternoon**.

Goitre.

Coldness while sitting.

Aching with chill, at the inner border of the **left** scapula up to the neck, on moving the left arm, or sitting leaning to the left.

Back pain in the lumbar region alternating with headache and before the menses with weakness and want of appetite.

The lumbar region feels tense during motion.

Boring pain in the spinous processes of different vertebrae; tearing pain in the dorsal region.

Extremities

Stiffness in all the limbs, worse around mid-morning and ameliorated in the afternoon.

Pain in the limbs **alternating with chilliness and heat. Coldness in the evening in a warm room.**

Upper Limbs - Icy coldness in forearm and a feeling of constriction as if the arm was in a vise.

Coldness in hands during diarrhea; coldness in the fingertips, in the foot and the first toe.

Contraction of muscles and tendons in shoulder with constricted feeling in the upper limbs. **Paralytic pain in the shoulder while walking, particularly when walking in the open air, extending to the arm.** Pain in finger joints **extending upward.** The upper limbs feel restless.

Cracking joints in the morning; after rising. The joints feel lame, especially the **left upper limb.**

Redness of back of hand with itching spots; itching particularly between the thumb and the index finger; formication of the fingers and of **the first toe at night on waking; eczema on elbows** and boils on the upper limbs.

The shoulders feel hot and itch.

Fullness and jerking of the hand and twitching of the inside of the knee; clonic convulsions.

Lower Limbs - Heaviness of the thighs before menses. The legs become numb whilst sitting and ache. Pains and aching in the lower limbs, especially the **left side.**

Drawing pain in tibia extending to ankle. A feeling of pulsation in the joints, in particular the knee, whilst sitting.
Burning, gnawing, pressing, stitching, tearing pains in the upper and lower limbs; tearing pain felt in the first toe.
The knee and upper limbs have a sensation of paralysis while walking; in the afternoon. There is also a feeling of paralysis in the left shoulder and in the hip.
Weakness of the shoulder and left upper limb. Left-sided hemiplegia.
Perspiration of the hands.

Sleep

Sleepiness in the evening while reading and when writing. The head feels confused and the scalp tight as if a band were around it. Sleepy yet unable to fall asleep.
Then prolonged unrefreshing sleep in the morning. On waking feels tremulous, weak and sluggish. **Yawning all day with difficult breathing.** Yawning when coughing and during chill.
Sleep full of anxious dreams; of dying, coffins, funerals, of ascending, climbing, high places. He dreams of descending a steep place and gets out of bed but wakes as soon as his feet touch the floor. Historic dreams. He remembers the dreams on waking.
Restless sleep with twitching and starting and tendency to sleep with the mouth open.

Fever

Violent shiverings, with **yawning and stretching**, as in intermittent fever, which she had ten years before; with this the head is confused; drawing in the left tibia down to the ankle, whereby the foot becomes quite cold; **this is repeated every other day, as a chilliness with cold feet.**
The skin is cool and covered with a viscous sweat. Sweat appears on the palms and the least exertion will cause fever and perspiration. The perspiration is sticky.
Paroxysms of coughing end with perspiration. The pulse is accelerated.
Internal burning heat at 9 a.m. with chill in the evening during motion. Cold unpleasant drawing through the whole body, with rapid alternations of warmth, at first in the left hand and side.
Shaking on inspiring.

Skin

Yellow or bluish in many parts. Eruptions which are destructive, burn and then leave an inflammation. Foul ulcers.
Red spots on the back of the left hand disappear and reappear, sometimes itching and sometimes changing to vesicles which leave red spots.
Boils on the arms and face. Pimples, pustules and acne.
Formication in the arms and legs; tickling ameliorated by scratching.
Glands stony and hard, especially on the lower jaw.

Clinical

Apoplexy. Asthma. Cancer of breast. Cancer. **Cough. Croup.** Diphtheria. Dysmenorrhoea. Emphysema. **Pain in feet.** Fistula lachrymalis. Enlargement of glands. Goitre. Disease of heart; hypertrophy of heart. Laryngismus. Migraine. Induration of parotid gland. **Affections of respiration.** Scrofula. Effects of seaside. Induration of testicles. **Sore throat.** Enlarged tonsils; inflamed tonsils. **Irritation of trachea.** Tuberculosis. Tumor of breast. Ulcers. **Air in uterus. Air in vagina.** Vertigo.

Relations

Antidotes: *Ammon-carb.*; *Camph.* Salt inhibits the action of Brom.

Compare: *Conium*; *Spongia*; *Iod.*; *Aster.*; *Arg-nit.* Avoid milk when taking Brom. *Hydrobromic acid.* (Throat dry and puckering; constriction in pharynx and chest; waves of heat over face and neck; pulsating tinnitus with great nervous irritability (Houghton); vertigo, palpitations; arms heavy; seemed as if parts did not belong to him. Seems to have a specific effect on the inferior cervical ganglion, increasing the tonic action of the sympathetic, thus promoting vaso-constriction. Relieves headache, tinnitus and vertigo, especially in vaso-motor stomach disturbance.)

Dosage

From 6x to CM.

Bryonia alba

Vitis nigra; Bryonia nigram; Chironiam vitam; Bryonia dioica; Bryonia vera; Vitis alba.

English: White bryony; Black-berried white bryony; White hops.

French: Bryone; Bryone blanche; Coulevre.

German: Weisse Zaurube; Stichwurz

Polish: Pryestepbiaty.

Dutch: Welde wyngaar; Witte Bryon

Portuguese: Norca branca.

Italian: Brionia, Vita bianca.

Spanish: Neuza alba

Swedish: Hundrosva.

Natural order: Cucurbitaceae - Monoecia, Monodelphia.
Family: Jussieu [vegetable substance] Dioecia gynandria, L.
Tincture of root procured before flowering.

The essential features

The pathology which every remedy represents and cures in the human organism can be conceived of as an "idea" rather than as a heap of meaningless symptoms. The important remedies of our materia medica have been proven extensively and their symptomatology is sufficiently comprehensive for the contemplative student to extract therefrom the prevailing "idea".

In Bryonia we have a patient who is emotionally, bodily and mentally **dried up**. He **wants to be left alone**, undisturbed, while at the same time constantly needing **great quantities of water** to balance his dryness. If this is looked at symbolically, we see that the water element, symbolising the emotions, is lacking, or has been restricted.

It will be apparent to you when you look upon a typical constitutional Bryonia type that there is an element of **dehydration at all levels**. The sensation of **dryness of the mucous membranes** is most frequently reported, but the dryness of Bryonia extends to the emotional and mental levels as well. The mind is dry -- in other words, the mind lacks nimbleness and agility; it is unimaginative.

The stiffness of the mind

Constitutional Bryonia patients suffer from a stiffness of the mind; they tend to be very business-like and matter-of-fact. Their perspective is quite limited or earthy. Consequently, they often focus their energies upon the attainment of earthly things and material security, especially money. Underlying their rather gruff, business-like manner, however, a sense of financial **insecurity** dwells, and the primary expression of this insecurity in Bryonia patients is a **fear of poverty**. They are afraid of being poor one day, irrespective of the degree of their bank balance or business success.

Bryonia is a remedy which is indicated quite frequently today. The need for Bryonia is quite possibly a result of the pressures arising from the currently prevailing socioeconomic system. The pressures to perform effectively in the business world and to achieve financial success in the face of fierce competition can have a profound influence upon one's psychological functioning. As a consequence, many susceptible individuals will develop the mental, emotional, and physical pathological indications for Bryonia.

The Bryonia individual, most often a male, will be one who primarily **wishes to be alone**. This desire to be alone is attributable to a great amount of internal irritability and anger. Underlying the irritability is a considerable sense of insecurity expressed, as we have said before, with an irrational fear of **poverty** and also fear about **the future** and, most specifically, about the future as it relates to his financial situation. These people are very business-like. Business concerns even occupy their subconscious mind; as a consequence, they often will **talk about business** while in a **delirium**. As one might expect, these people will be very careful with their money and are reluctant to part with it, though they are not stingy to the extent of *Arsenicum* or *Mercury*. It is unlikely that a Bryonia case should buy expensive goods for himself which he feels to be unnecessary. He may however spend money for a good cause. The Bryonia attitude, as has been mentioned, is a materialistic one. Bryonia patients are earth-bound; i.e., earthy in their perspectives and attitudes. They will pursue with determination whatever they decide

would be beneficial for them. Bryonia patients with any interest in spiritual matters are definitely the exception.

The emotional dryness and desire to be left alone

The emotional dryness manifests in the patients' **irritability and peevishness**, major characteristics of Bryonia. They are very serious people, lacking in imagination.

They are neither playful nor joyful. Seldom will they attempt a joke. Typically these people lack refinement and sensitivity, but they do retain a specific sensitivity -- a sensitivity to annoyance. They do not welcome interference in their lives; they simply want to find their own niche, their place in life, and to **be left alone**.

They are averse to being bothered by others because of the internal irritability which they are reluctant to show. The problem with any kind of interference is that there must be some reaction on their part; this is tremendously difficult and aggravates them. Their attitude is "Leave me alone."

This is the nature of Bryonia, and we must perceive its inner structure along the same lines. The agility goes and a rigidity settles in. This individual is drying up, and in order to keep in balance he must have supplies of water, of emotions and of money. All of which must come from the outside. He is afraid that in his old age nobody will love him, nobody will care about him and he has to have money to pay people. Emotionally he cannot give love but he needs to feel loved in order to feel secure, in spite of the fact that when he is loved he does not appreciate it. He can be busy and excited, buying and selling on the stock market, for which he can have a great passion, but he is unable to fall passionately in love with a woman.

He cannot feel or express passion, although he can perform sexually. For a Bryonia individual, it is enough that his wife should love him and be available, but he is incapable of romance or appreciation of her tenderness.

He is usually angry and irritable and inconsiderate towards others, and once he has finished with sexual intercourse he retreats into himself and is better if no-one bothers him anymore.

In a description of this type it is not possible to describe all the variations of the remedy and all the different moods. The student of homeopathy is requested to understand the main ideas that run through each remedy.

The dryness of the physical body and thirst

This same attitude will be apparent when the patient has to move a painful joint. Moving the joint creates a dry and cracking sensation, and he hates to have to do it.

This dryness is apparent at different levels of the physical body. The mucous membranes, serous membranes or skin can dry up to a tremendous extent. Further examples of such dryness include: dryness of the conjunctiva of the eyes, so that the eyes cannot be moved without distress; dryness of the synovial membranes, so the joints cannot be moved without pain; dryness of the linings of the intestines so the stool will not move and a most distressing constipation sets in.

Bryonia is, of course, an **extremely thirsty remedy**. The thirst is for large quantities of cool or tepid water. In Bryonia there is a preference for warm drinks that actually makes the patient feel better, often tepid tap water is quite sufficient. These characteristics help to distinguish Bryonia from such remedies as *Phosphorus*, *Natrum muriaticum*, and *Sulphur* which all desire great quantities of cold water frequently. (*Lycopodium*, on the other hand desires and is ameliorated by warm drinks but the quantity of water they require is much less; *Lac caninum*, *Ars.* and *Chel.* also crave warm drinks.) As mentioned, Bryonia manifests great dryness of the mucous membranes in many conditions. One must be careful when analyzing a case however, because some Bryonia patients can experience great dryness of the mouth without thirst. There are other remedies which have dryness and a simultaneous aversion to water. One of these remedies, *Nux moschata*, possesses such

great dryness that the tongue feels stuck to the palate, yet there is an aversion to water. If these patients even attempt to drink some water to help wash down some food, they will have to spit out the water; they cannot drink it. There is a complete absence of thirst. *Natrum muriaticum* often exhibits this symptom too. So far we have given a description of the symptoms of the remedy. However, you should bear in mind the importance of the pathological picture that presents itself when you combine all the symptoms, for this is where the peculiarity and uniqueness of this personality lie. On prescribing this remedy you should not lose sight of the dryness, of the aggravation from moving these dry parts, nor of the "do not bother me" attitude, and the persistent but slow development of the pathology. And beyond that, you should make an effort to understand the subtleties of the pathology of the personality. As you perceive the idea behind a remedy, you find yourself prescribing it with more surety and greater confidence than ever. If, however, you prescribe the remedy on symptoms alone, the margin for error remains very great. In order for one to be able to see these images and ideas correctly, it is necessary to have seen a lot of cases, and most of all to have prescribed the remedy correctly in several constitutional types. When I started talking about these ideas more than 25 years ago my students got excited and became very receptive. As a side-effect of this excitement, several "eager homeopaths" came on the scene, trying to copy these ideas, as a result creating confusion in the minds of those who were listening. Do not be in a hurry to make up stories about the remedies before you have seen enough cases and gained some real insight into the remedies, and before being able to confirm your observations.

The acute state

Bryonia is a remedy that will show persistence and determination, and will not vacillate. The complaints start slowly and develop steadily to a crescendo over a much longer period of time than most other remedies. Acute conditions take several days to reach their full-blown manifestation, whereas in other remedies - eg. *Aconite* or *Belladonna* - we see a much more immediate and explosive reaction of the organism. Bryonia presents a slow but steady development of complaints, which persists until a very serious level is reached.

We can better understand the chronic state of Bryonia by examining Bryonia's acute state. Typically during severe Bryonia acute states -- usually involving fever and bronchitis -- patients realize that they need to muster all of their recuperative powers. Their suffering and irritability are tremendous. They want to be left alone in order to collect all their energy to insure that they will be able to weather the illness. Even in their normal chronic condition Bryonia individuals don't easily seek help for mental or emotional problems; they would rather attempt to work their problems out by themselves. In this acute state they are dry and dehydrated. The mouth is very dry and there is a constant need to drink. Consequently, during a fever, the patients tend to become irritated when someone enters the room to talk to them, console them, or to offer help. They feel that quiet is the best thing for them. It is very distressing for them to have to react to anything, or even to have to move.

During a fever, the simple question: "Do you want a cup of tea?" is liable to make the Bryonia patient feel worse. He feels that the simple act of answering such a question will cause an aggravation by expending the recuperative powers. The usual observation made in a Bryonia case is that the person attending the patient will say that the patient is very ill and does not want any interference. On being offered a cup of tea, even though the patient is thirsty, he is aggravated by the fact that someone has disturbed him. But when the tea arrives, he will drink it with great relish. He is very thirsty and is often ameliorated by warm drinks. However, the whole process of being asked and of having to respond remains very aggravating. In such a case it is best to leave the tea and go out of the room immediately. If you are sensitive enough you will perceive the aggravation, even without words. Kent writes: "*Do not cross a Bryonia patient for it makes him worse.*" The patient

himself feels that it is unfair to treat others, who are interested in him, in this way, but he cannot help it.

The aggravation from movement

Exhaustion and sluggishness play a role in this unwillingness to interact with others when ill, but far more responsible is an irritability and a basic aversion to motion.

Any motion -- that of physically moving, even breathing or moving the eyes -- or the effort of feeling or talking, even of thinking -- aggravates Bryonia patients; **they do not want to move**. They are **aggravated from movement**; and here we have the greatest characteristic and keynote of Bryonia. Such is the aggravation from motion that you may not be able to make a physical examination, as the patient faints as soon as he tries to raise himself in bed.

I recall a case of Bryonia that I saw in South Africa. When I entered the patient's room, he was lying facing the wall. He coughed and lay perfectly still with his back towards me. During the entire visit I conversed through an interpreter, and the patient never once turned around to look at me. It was too painful for him to move. He offered very little information. The person who was interpreting and who had been caring for him said that he had had no appetite for two to three days, that he had been in a great deal of pain while coughing and would lie in one position only, never moving. He did not want anything; he only drank water from time to time. He was given Bryonia, and the next day he was much better and recovered without needing any other remedy.

The aggravation from movement of Bryonia makes it a good remedy for arthritic conditions. Severe arthritic inflammations that are aggravated by the slightest movement will often be benefited by Bryonia. An important observation, however, is that sometimes, when the joint pain is extremely intense, the pain can be so severe that, despite being aggravated by motion, the patient feels compelled to get up and walk about. The suffering is so great that he has to move. This paradoxical restlessness can at times create confusion with *Arsenicum* and *Rhus toxicodendron*.

A further important keynote of Bryonia is an **amelioration from pressure**. Many forms of pain and discomfort are ameliorated by holding and pressing upon the affected part. Lying on the painful side (e.g., in headaches, chest pain, etc.) frequently provides respite from the pain. An important observation in cases of acute appendicitis corresponding to Bryonia is that there will seldom be tenderness to direct pressure. When the examiner's hand is suddenly removed from the abdomen, however, severe pain occurs. This presentation is classic for Bryonia: with pressure there is an amelioration of the pain, but the sudden release of pressure -- sudden motion -- provokes pain. Bryonia is one of the specific remedies for acute appendicitis; it will cure a very large percentage of cases which present with marked rebound tenderness and a lack of significant tenderness to direct pressure.

Bryonia is full of **anxiety and despondency**. He is not easily pleased with others, and often does not know himself what he really wants. There is an internal restlessness that forces him to move about, in spite of being aggravated from motion. There is anxiety and fear, including fear of death and fear that he will not recover from his illness. But his mind which is logical and practical does not allow the fears to overwhelm him. He may allow his temper, his anger, or his irritability to reach violent expressions, but he will not allow the fears to cloud his mind completely.

Kent writes about Bryonia: *"The mental state of Bryonia is usually relieved from cool air, he wants the windows open. Anxiety, confusion of mind, fear, etc., are ameliorated from being cool. Sometimes the delirium, and the congestive fulness of the head affecting the mind, will increase if the room becomes very warm, or from the heat of the stove, from becoming heated, or from warm covers. In children this will be noticed, whereas if the window be thrown up to relieve the stuffiness of the room the child will sleep quietly. Such remedies as Bryonia, Apis, Pulsatilla, and many others, come in here. If you go into a room and find the child raging with delirium, turning and tossing, and the mother is trying to keep the room warm because she is chilly, and say: "Why, how stuffy it is in here!" and you open the window and then notice that the child goes off to sleep, do not overlook that; because that relief was caused by something. There should be nothing that*

can possibly occur to a patient, but that you should solve the meaning of before you leave the room. Settle in your mind as to what it was that caused it. "Fear of death." Full of fear, anxiety, despair of recovery, great despondency. Both mental and bodily quietness is required, that is he wants to keep still. Often he wants the room dark. It has complaints from getting excited. Bryonia patients are nearly always worse from visitors. "Morose." Do not cross a Bryonia patient for it makes him worse. "Bad effects from mortification." "Ailments arising from chagrin;" these are headaches usually. Violent, congesting headaches that come on a few hours after altercation or controversy, or little misunderstandings with somebody that he cannot talk back to, will be covered by Staph., but Bryonia also has that. Staph. is suited to irritable, violent, nervous, excitable people, who get into violent altercation or dispute. If a headache comes on, such a patient may need Bryonia. If in a chronic state a patient says. "Doctor, if I ever have a dispute with a man over anything I come down with nervous excitement, sleeplessness, headaches;" you do not have to work long upon that case, because more than likely Staph. will be suitable."

The bryonia child

Bryonia children, during acute illnesses, will often ask for things that they cannot have. In the midst of their fever and moaning they will call out their demands, which typically will be for several impossible things. Should their parents hand them one of the items, they will immediately throw it away like the *Chamomilla* child does. The especially characteristic trait, though, is that they ask for things that are difficult for the parents to find. There is a feeling of dissatisfaction, of discontent inside them; they don't actually know what they want. "He wants something and he knows not what," is a very important symptom for Bryonia. It is a symptom that calls for Bryonia only when the rest of the symptoms agree. You go to a child who is being carried in the arms of the nurse and wants one toy after another; you get the toy he wants and he does not want it and will throw it back at you. When that case is looked into thoroughly it may be covered by *Kreosote*; another is never satisfied with anything and rejects everything he asks for; you look into that case and it may be covered by *Chamomilla*. A characteristic that one may at times encounter is a tendency for nosebleeds in children during the night while they are in bed, between three and four a.m. Children seem weary, easily fall down from dizziness. In brain affections children perform a strange **chewing motion as if they were chewing the cud**. This usually occurs during sleep. The **mouth may distort during sleep** when there is brain involvement.

The delirium

Bryonia's well-known time of aggravation is morning on waking and 9 p.m. ; there is a general aggravation at this time. This is how Kent describes it: "*In rheumatic complaints, in pneumonia, and in typhoid conditions, when he is aroused from this stage of stupefaction he is confused, sees images, thinks he is away from home and wants to be taken home. Sometimes he will lie and say nothing but he "wants to go home." The delirium is of a low type: it is not the flashing wild excitement of Bell. or Stram.; it is the very opposite; he talks and wanders and does not say much unless he is disturbed. You disturb him and he says " Go away and let me go home" and if you let him alone he will relapse into a perfectly quiet state and seldom speak. "Irrational talk or prattle of his business aggravated after 3 p.m. Usually you will find the delirium commencing about 9 p.m. and keeping up all night like the fever. The acute mental symptoms appear on rising in the morning, but as the febrile state advances and takes possession the symptoms take on a 9 p.m. aggravation; those that have chill will have it at 9 p.m. ; in those who have a fever the fever will come at 9 p.m. If mental symptoms are uppermost they increase and spread over the night." ... "Bryonia will begin at 9 p.m. and run through the night."* When delirious, Bryonia patients will, in addition to talking of business, often express the **wish to go home**, even if they are already in their home. The origin of this

delirious request is the feeling of security they enjoy when they are in their own place. This trait is very strong.

The mind conditions

Bryonia is one of our major polychrests and a remedy that covers a vast amount of pathology. The above description has not exhausted the symptomatology and the conditions in which this remedy could be prescribed, and therefore we give below some characteristic **mind conditions** for the conscientious student wanting to know more about the mind of Bryonia.

The Anger and Irritability - Ailments after **anger, vexation, fright, scorn or acute disappointment and mortification** with anxiety. Complaints from hurry; from violence.

Anger, irascibility, and **irritability**; in the evening. Irritability in the morning on waking, during chill, after eating, during headache, during heat, during menses, and during perspiration.

Irritability in liver troubles and from the cough during whooping cough.

Quarrelsome and inclined to scold those around him. Envious of others and feels himself unfortunate. Becomes violently angry from contradiction. After having been angry **he is chilly, but has a red face with heat in the head.**

The Ill Humor - Morose during whooping cough.

Ill humour with needless anxiety and everything seems to put him in a bad mood. Mocking and sarcastic. **Bad tempered and weeping mood.** Wearisome, weeping, tearful mood, in day time and at night, **before coughing**, during the heat, during the perspiration; he feels nervous all day.

Taciturn and disinclined to conversation. Answers hastily, does not ask for anything and wishes to be alone. **He is averse to any company, particularly the presence of strangers** and does not wish to be disturbed. Aversion to being touched.

The Dissatisfaction - Generally displeased, discontented and dissatisfied with himself.

Complaining and despondent.

The Anxieties and Apprehensions - Extreme anxiety **for the future**, especially in the evening, in bed at night, before midnight; **ameliorated in the open air.**

Anxiety about his health and thinking about his complaints aggravates his symptoms. Causeless anxiety; feels anxious in the house.

The state of apprehension is felt in the whole body forcing him to do something constantly. He is always busy and **thinks about his work or his business all the time.**

Hurried, impatient and industrious. Conscientious about trifles. Avarice with a desire to have material objects and make plenty of money. **Fear of poverty.**

The Restlessness - Restlessness, nervousness, at night, with anxiety, during headache, during perspiration.

Restlessness, causing him to toss and turn in bed and eventually drives him out of bed.

The Capriciousness - Capricious mood; has a desire for many things which when offered are refused; desire for change; obstinate.

Lacks confidence and becomes hesitant. Timidity.

The Stupefaction and Dullness - Disinclined to think with exhausted mental power. Indolence and aversion to work; irresolution.

Stupefaction and confused hasty speech.

Feels confused in the morning, on rising and in the afternoon, **ameliorated in the open air.** Persistent thoughts when walking.

Confusion during the heat, as after being intoxicated; when lying, while riding, from motion, after sleeping, while walking, ameliorated from yawning. Confusion after

drinking; ameliorated with eructations.

The mind becomes so weak that his ideas seem to disappear, as if he would faint; he becomes hot in the face and feels worse standing. Inclination to sit.

Momentary absence of mind with giddiness and forgetfulness. Dullness and sluggishness, while lying down and during chill.

The imagination is sluggish with an inability to make any plans for the future. Ameliorated in the evening with clearness of mind and abundant ideas.

The Depression - Sadness and depression during heat and perspiration with much sighing. Wants to be quiet during chill and during heat. Becomes oversensitive during the chill.

Sensitive to noise.

Despair of being cured and **fear of death**. He has many fears and is easily frightened, the fear rising up from the stomach; fear of being alone, **of poverty, of death**, of impending disease, of evil, of insanity, of narrow places, of being poisoned, when riding in a vehicle, of suffering, of starving, of thunderstorm. Mental symptoms before and during thunderstorms.

Bryonia has ailments from mortification and from chagrin and these are usually headaches.

The Insanity and Delusions - Madness and insanity with a desire to travel. Mental insecurity.

Raging and raving during delirium, which occurs at daybreak, in the morning or in the evening, at night. On closing the eyes, he becomes loquacious and busy. He has a presentiment of death and many delusions: **as if the bed were sinking**, the bed is too hard, **fancies is doing business**, sees dead persons, sees faces on closing eyes, illusions of fancy; **thinks is away from home**, is in a strange land, is being injured, being beaten; sees people on closing eyes, thought he was pursued by soldiers, sees spectres, ghosts, spirits, friends appear as strangers. Desires to leave home and talks about home.

During the delirium he attempts to escape through the window. Impetuous during perspiration with moaning, groaning, during sleep. **Symptoms are aggravated by heat.**

Starting on falling asleep in the evening, also in bed while lying awake; startled from sleep.

Muttering and shrieking during sleep and becomes excitable with exaltation of fancies; very anxious and fearful during a fever. **Talks about business matters** when he is delirious and thinks he is somewhere else and **wants to go home**.

Waves his hands around and gesticulates with the delirium.

Unconsciousness in the morning, after delirium, during fever, on rising in the morning and on rising up.

Suspicious.

With the information provided above, one can cure any condition that manifests the typical Bryonia picture, be it bronchitis, pneumonia, intercostal neuralgia, constipation, diarrhea, etc. But the symptomatology must be present -- the dryness, the aggravation from motion, the irritability, the desire to be left alone, the thirst etc.

Generalities

Kent writes: *This medicine is suitable in a great many diseases, diseases of a typhoid nature, diseases that take on a symptomatic typhoid, diseases that start out as remittents and run into a continued fever, as in pneumonia, pleurisy, inflammation of the liver, of glands, of the bowels, etc. It may be a gastro-enteritis or peritonitis, or inflammation of the bowels, with the sensitiveness, the aggravation from motion and the desire to keep perfectly still. Inflammation of joints,*

whether of rheumatic character or not, whether from cold, exposure or injury, Bryonia is often indicated in injuries of joints where Arnica would be a failure. There is an extreme state of irritability in Bryonia; every word which compels him to answer a question or to think will aggravate him. The effort to talk will be attended with horror. At the beginning of complaints you go to the bedside of a patient who has been grumbling a few days; something is evidently coming on; the family meet you at the door and say, "The patient is almost unconscious;" you look at him, the face is puffed and purplish, he seems to be dazed, there appears to be a sort of venous stasis all over the body, but especially about the face; his countenance is almost that of an imbecile, yet he is perfectly capable of talking, although he has an aversion to it and appears to outsiders to ignore everything that is said. This sometimes comes on apparently in a short time; the patient awakens in the morning with a dull, congestive headache and a stupid feeling in the head; dulness of mind so that he cannot work, and this feeling gradually increases; such a state is sometimes the forerunner of a serious illness. We find, when a pneumonia or inflammation of the liver, or some slow insidious inflammation is coming on somewhere in the body, but not yet located, that this state will begin in the morning. This is peculiar about the aggravation of Bryonia - its troubles commence many times early in the morning. On waking, with the first move, he realizes that things are not all right, there is a state of stupidity bordering on unconsciousness. Those who have been grumbling for a week or ten days wake up in the morning feeling miserable, some time that night or the next day they have to send for the doctor. If this is watched for a few days, a continued fever is observed. Or at night a chill will come on, with much pain in the chest, rusty expectoration, short dry cough and other symptoms that will be spoken of under Bryonia later, showing that the trouble is going towards the chest; or the condition may gradually increase as a congestive, dull headache. This will be seen when congestion of the brain is coming on."

"..... There is a feature worthy of consideration because it sometimes makes a case appear inconsistent. It is due to his anxiety that pervades the whole body. In Bryonia as in Arsenic there comes an anxious and uneasy feeling which compels him to move, but he is worse from motion, yet so uneasy and anxious that he must move. There are pains so violent that he cannot keep still, and yet when he moves he screeches from the pain. So it is really not an inconsistency but simply due to the great violence of the pain. Even though he knows that the motion is going to make him worse, he cannot keep still, for the pain is so violent. Early in the case he was able to keep still, and found that he was better from keeping still, and that the mental state was better from keeping still, and that the anxious restlessness increased the more he moved, until finally a reaction comes and he is obliged to move. You would think, looking at the case superficially, that patient is better from motion as in Rhus tox., but in Rhus you find that the patient moves and in moving he gets feeble, and when he sits down the pains begin to come on again. There is the distinction between the two, and yet they look alike if not examined into carefully. It is common for Bryonia to be ameliorated from cool air, and from cool applications. Now, if he moves, he gets warmed up, the pains are worse, but there are rheumatic complaints of Bryonia which are better from heat, and under these circumstances he is better from continued motion. It is another form of relief, and another of the modalities. I sometimes wonder whether Bryonia has a greater element of relief from heat, or greater element of relief from cold. Most of the head complaints that are of a congestive character are better from cool applications, from cold air, etc. Yet there are some of the Bryonia head complaints that are relieved by hot applications, and these seem to have no accompanying cerebral congestion. So that Bryonia has opposite modalities, but in all its opposite states there is still a grand nature running all through, sufficient to detect it. In a damp climate Bryonia is one of the most frequently indicated remedies, but in the clear climates, where the thermometer runs low, Aconite will be indicated more than Bryonia. These atmospheric changes should be thoroughly considered in relation to our Materia Medica.

The patient is worse from a warm room, worse from too much clothing, worse from the warmth of the bed, wants the windows open, wants to breathe fresh, cool air. He suffers more than ordinary persons, from a stuffy room. Persons who are subject to Bryonia conditions suffer in church, at the opera, in close warm rooms, like Lycopodium. Girls who faint every time they go to church are relieved by Ignatia.

Bryonia has a marked action on all the serous membranes and the viscera they contain, causing inflammation and exudation.

It disorders circulation, alters the blood and gives rise to fevers of the typhoid, bilious, rheumatic and remittent types. The acute symptomatology of Bryonia has a

tendency to develop gradually over a course of two to three days, similar to *Gelsemium*.

Characteristic **stitching and tearing pains with AVERSION TO THE LEAST MOVEMENT**. The patient avoids even moving the eyes, and **raising the head from the pillow causes faintness, nausea and vomiting**. These stitching pains are found everywhere, but especially in the **chest**. Has strong effect on nerves and **muscles**, where it causes inflammation and soreness. Muscles become hard, after neuralgia.

The typical Bryonia patient is of dark complexion and hair, plethoric or choleric constitution, has a bilious tendency with firm fleshy fibre and a tendency to **great irritability and bad temper**. Easily angered (with biliousness, headache, and dyspepsia). Ailments after: anger, **cataplexy from anger**, chagrin, fright, **suppressed eruptions** and discharges; alcohol, over-indulgence in rich food and red meat, wounds; black or brown abscesses with acrid pus, suppressed abscesses. Ulcers of the skin with fistulae. Aluminium poisoning. Influenza. Measles after repelled exanthema. Lack of reaction in exanthemas.

A remedy which closely resembles Bryonia and which is often effective when a case appears to call for Bryonia but fails to respond to it is *Stellaria media*. It is a remedy for rheumatism, stiffness of the joints, synovitis, general irritability; the neck muscles are "stiff and sore"; the "eyes feel protruded." There is an aggravation from movement in this remedy as well.

There is typically an **aggravation from heat**. Complaints from drinking **cold drinks in hot weather**, from taking cold or **getting hot in summer**; complaints when the warm weather sets in after cold days.

Irritability of mind and tissues runs through this remedy and **chilliness predominates**.

Headache or neuralgia in (left) side of the head and face, **aggravated by moving** and **ameliorated by hard pressure and cold applications**.

There is a peculiarity of Bryonia that one may encounter in elderly patients. Arteriosclerotic patients will tend to make a lateral **chewing motion** with their jaws; it is somewhat like a cow chewing its cud. This chewing motion can also be seen in febrile children when there is brain involvement.

Dryness of the mucous membranes; scanty discharges.

Dry, burning heat, as if blood were burning in the veins or **one part cold with heat of another**. Flushes as if warm water were poured over one **and a sensation of heat in the evening in bed**.

Profuse sour or oily sweat night and morning.

Dryness of the mouth and stomach; **extreme thirst, worse from drinking beer**. Desire for food which cannot be had or refuses things when offered. There are no particularly strong desires and aversions in Bryonia's food preferences with the exception of a strong desire for oysters and for meat. There is also a **desire for warm drinks** which ameliorate the stomach symptomatology.

Bryonia is gluttonous in its eating and suffers many digestive complaints.

Food lies like a stone; ameliorated by bringing up wind. **Eructions of tasteless gas** is characteristic. Symptoms worse after a meal. The tongue is foul and everything tastes **bitter**. Sour stomach. Digestion usually worse in the summer. Teste regards the digestive canal, and more particularly the stomach, as the principal seat of the action of Bryonia.

Diarrhea in the morning as soon as he moves, but more commonly constipation with large, **dry, burnt looking stools**. Stools that smell of old cheese.

Bryonia is one of the **main remedies for constipation** when the stool is large, hard, and **dry**; there seems to be no mucous lining to the intestines to facilitate the passage of the stool. There is also a deficiency of peristaltic activity in the bowels.

Inflammation and **tenderness of the liver** and kidneys. Urine is dark red but without deposit.

Hemorrhages are frequent; **nosebleed especially in the night around 3-4 am** is characteristic. **Nosebleed from the suppression of menses**.

Bryonia has been found to be curative in chlorosis.

Mastitis with hardness and tenderness of the breasts.

Pain in the left ovary ameliorated by lying on the painful side.

Stupid, drowsy condition during fever, where the patient has the delusion that he is somewhere else and **"wants to go home"**.

Headaches which are bursting, splitting and go backwards and are worse for **any movement or from coughing**. Headaches from over-indulgence in alcohol and food.

Convulsions from suppressed eruptions, after perspiration and after hemorrhages where the aura begins **with jerking in the nape of the neck**.

The respiratory organs and heart are profoundly affected. A characteristic of Bryonia is a frequent desire to take a long breath; **must expand the lungs**.

The Bryonia cough can be quite painful; patients will be seen to **hold their chests when coughing in order to minimize the painful motion** of the chest wall.

Dropsical swellings into synovial and serous membranes, **painful to touch**, which increase as the day goes on and disappear during the night.

Hot swelling of the affected parts.

Swelling of glands, like nodes.

Joints red, swollen and stiff with stitching pain from the **slightest motion**. Children dislike to be carried or raised.

Pains are bursting, stitching or heavy and go backwards and appear gradually. Pain tends to move to the part lain on and after the pain has subsided the patient trembles.

On coughing he holds his sides, the chest and the head.

Burning pain of parts grasped with the hand and burning and tearing pains externally and internally.

Pressing pain as from load or pressing pain outward, from within.

Painful joints, worse motion and touch. Often indicated in an injury of the joint when Arnica fails. **Stitching in affected parts upon pressure. Jerking**, especially in places of the forehead, **with sensitiveness of the teeth**. Bruised or suppurating pain in whole body when taken hold of, **especially in the pit of the stomach**, worse in the morning.

Pains worse on the right side; pain from motion and worse during rest. Drawing pains and tension in almost all the limbs, especially in **sinewy expansions**.

Physical weakness from the slightest exertion, with general sweat. Worse in the morning, on rising; in the morning while walking so that he drags himself about.

Weakness felt in the knees and legs on ascending stairs.

Unsteadiness of all parts of the body when walking. **Faintness on rising from the bed**, with cold sweat and rumbling in the abdomen. Disappearance of symptoms after a short rest in bed, **except the weakness and depressed mood**.

Rapid cooling after heated walk causes weakness and sore bruised pains.

Symptoms are usually **right sided**, worse in the morning around 9 a.m. and **in the evening at 9 p.m.**

Aggravation from vexation, from WARMTH, in cool days after the summer; from cold wind; **change of weather - cold to warm aggravates, becoming hot in a room or in the open air**, drinking while hot; warm, wet applications.

Aggravation after **sitting up**, rising from a seat and on beginning to walk, better for continued walking; worse **ascending, physical exertion, running, stepping or jar; lying on the side, the painless side, worse from touch**. Worse before, at the beginning of and during sleep. Worse from vegetables, acids, early morning.

Aggravation from suppressed coryza or **suppressed eruptions or discharges**.

Amelioration from pressure; better for **lying on the affected part, lying on the back, in a warm bed with heat to the inflamed part**, bandaging the affected part, for cool; for open air, for quiet; cloudy, damp days; **drawing knees up**; descending, sitting up, cold food and drink **after eating, from perspiration**, from

diarrhea, in the evening from 6 p.m. to 9 p.m.

Vertigo

The vertigo of Bryonia possesses some unique characteristics. During an episode of vertigo these patients may report the peculiar sensation that they **feel as though they were sinking through the bed**. This feeling is very characteristic; they feel that they are passing right through the bed or sinking with the bed. Bryonia patients will feel better if they lie quietly in bed; if they attempt to sit up, they will suffer a surge of nausea and vertigo requiring them to lie back down.

Whirling in the head if she sits up in bed, **with nausea in the middle of the chest**, as if faintness would ensue.

Staggering and drunkenness as if the head were congested, **with staggering and running backwards**. Dizzy in the morning, and weak in the limbs the whole day; dizziness before a chill.

Confusion, giddiness and cloudiness of the head with a sensation of looseness in the brain when stooping and when **raising up the head** or on the slightest motion.

Vertigo felt in the occiput, followed by epistaxis or dizziness with epistaxis.

Vertigo on turning or moving the head quickly or from inclining it forward; with suppressed eruptions.

Vertigo on rising in the morning with weakness in the limbs, as if the head were turning in a circle or on rising from a chair when everything seems to turn in a circle, **ameliorated after walking**.

Vertigo ameliorated while sitting and while lying with the head high.

Head

The important keynote is "**aggravation from motion**", and this applies to the head most impressively.

Headaches, for instance, can be aggravated by the slightest motion of the eyes; simply by turning the eyes ever so little, the headache can become excruciating.

Bryonia headache patients prefer a semi-dark room. Were one to enter the room and turn on a light, their headache would be aggravated, and they would quite probably shout at the person in irritation. Just the small motion of the pupils of the eyes as they accommodate to the change in lighting can provoke an aggravation.

There is another characteristic of Bryonia headaches; they are usually left-sided headaches and are typically situated over the left eye. *Spigelia* is another principal remedy for headaches in this location; Bryonia, however, is the only remedy corresponding to such headaches which then extend to the left occiput and subsequently to the entire head.

Bursting, splitting or heavy crushing headache, as if everything would be pressed out of the head.

Headache in the morning as soon as the eyes are open and **moving the eyes is very painful** with twitching and drawing in the malar and maxillary bones.

Pain in the forehead, **above the left eye, followed by a dull, pressive pain**, going to the occiput and thence spreading to the whole body; after eating or moving quickly the pain is so severe that it seems a distinct pulsation in the head; worse **while walking, ameliorated by pressure** and lying on the left side.

Headache after washing with cold water when the face was sweating; even opening the eyelids increases the headache. In the morning before breakfast, pain as if the head were compressed, with heaviness in it mingled with stitches; inability to raise the eyes on account of the pain, and if the patient stoops he cannot

rise up.

The headaches begin in the morning and cease towards the evening and occur after **over-eating or drinking, with constipation or after vexation**; from lifting; **from suppression of the menses**; after anger, rheumatic headache in cold, raw, wet seasons; from running, after scarlatina, **in the summer or from exposure to the sun**; **from the cold**, cold wind, or cold, damp weather; during pregnancy or after nursing a baby; **from stepping too heavily; on ascending steps.**

Meningitis; apoplexy. **Convulsions where the aura begins with a jerking in the nape of the neck.**

Great **fullness and heaviness** of the head as if it would fall to either side. Pressure outwards in the brain and digging with pressure towards the forehead and a desire to lie down. Rushing of blood to the head, with dark red color to the face, **but the patient feels generally chilly**. On stooping there is a sensation as if everything were going to fall out through the forehead. The brain feels compressed inside the head which is made **worse by sitting, worse raising the eyes and with an inability to rise**. The headache may become seated in the occiput or be frontal and affect the frontal sinuses.

The patient wakes in the morning **confused**, with boring and aching pains in the head as if he had been drinking heavily with a **disinclination to rise**. Feels confused after getting up from bed; before sleep; with drawing in the occiput extending into the neck. **Stupefaction**.

Pulsating pain in occiput; in the vertex on waking; pain around the **occipital protuberance; from the sun**; in the morning while lying on the back, which extends to the shoulders, like a heaviness which pressed upon a sore spot; during the menses. **Amelioration at noon**. Aggravated by noise and warmth.

Headache in the temples **extending to the face**.

Pressure on coughing; pressing pain from shaking the head; shooting pains in the head sometimes only on one side. Stitches through the head from **stepping hard** going from the front backwards.

Bursting pains **during the menses; after drinking cold water when hot**; when coughing. **On coughing the patient holds his head with his hands**.

Strange bubbling sensations in the head; chirping and gurgling noises in the temples. Turning, twisting sensations in the head; the brain feels as though it is twitching. The scalp is very sensitive, especially towards the evening and cannot even bear to use a soft brush. **The hair is very greasy and seems fatty in the morning; the hands become fatty whilst combing**.

Sour smelling, oily perspiration on the head, **worse at night in bed**.

Pain is worse from **motion, touch, heat, stooping or opening the eyes**. Feels worse if he is disturbed in any way.

The patient prefers to lie with the head high and in a dark room; lying on the back or **on the painful side** and **lying with the eyes closed** brings relief. Amelioration by cool air and being left alone.

Eye

The eyes feel sore with pains behind the eyeballs. **Intermittent pain in the left eyeball, worse on moving it, with a feeling as if the eyes became smaller and were retracted within the orbit**.

The eyes feel distended or have a sensation of protrusion.

Bruised, sore pain on moving the eyes and the eyelids, especially during influenza; the lids are swollen and puffed, worse in the right upper lid.

Glaucoma.

Blindness of the right eye.

Crushing eye pain; pain from exertion of vision. Aching in the eyes as if they were going to start out of the head; pain extends inward; **worse on moving, on opening the eyes, better by pressure.**

Pressing pains in the eyes on waking in the morning, better with rest.

The pains extend downwards or towards the occiput. **The eyes feel as if they are full of sand.**

Frequent burning lachrymation of the right eye; lachrymation from sunlight. **Burning pain of canthi at night.** The eyes and eyelids look inflamed and red, worse in the morning, **worse from heat** and are sore to touch. Inflammation of the eyes especially in gouty types.

Choroid inflammation, amelioration by cold, aggravated by heat. Recurrent inflammation of the eyes.

Agglutination of the lids in the morning. Furfuraceous tetter on the eyelids with burning and itching; styes.

The eyes look dull, glassy, turbid or sparkling as if they were drowned in tears. Glassy appearance of eye during fever; **chemosis during chill with a desire to close the eyes.**

Cold either aggravates or ameliorates the eye.

Vision - Confused sight from bright sunlight. The vision is foggy in the morning and letters run together. Flickering vision. Blackness or flames appear before the eyes.

The eyes are weak in the morning.

Blue haze appears before the eyes; appearance of all the colors of the rainbow; every object seems covered with these colors. **Circles appear before the eyes or a strip appears on closing one eye.**

Presbyopia.

Ear

Aural vertigo.

Contractive pains in the ears with diminution of hearing. Hearing is poor in the left ear. Sensation in the ears as if they were blocked. Loud roaring and rumbling noises in the ears, **worse in the right one.** Singing noises in the left ear. **Humming noises before menses. All noise is insupportable.**

Cracking in the ears when sneezing.

Pain in ear worse from the **warmth of bed and from dry warmth.**

Pinching pains in the ear at night.

Bleeding from the ears and discharges of blood from ear **instead of menses.**

Soreness in the external ear; small cystic tumors appear **in front of** and behind the ears. The ears discharge clear substances or purulent and puslike material.

Itching and burning in the ears with **formication behind the ear.**

In the evening, there is heat in the ears.

Nose

The nose has a tendency to bleed profusely every day and the patient becomes anemic. **Epistaxis from suppression of the menses;** during the menses, if the menses are

scanty or during the menopause. Nosebleeds **during pregnancy and while walking in the open air**; during whooping cough; during sleep or during a headache; during fevers or during chill; with perspiration; or when washing the face. Epistaxis after rising in the morning or between 3 and 4 a.m. and at 8 a.m.

Ulcers inside the nostrils which cause a gnawing pain, particularly in the right nostril. Ulcer in tip of septum.

Swelling of posterior nares.

The patient sneezes frequently. When the patient becomes overheated he produces a profuse coryza. There is no cough **but the larynx becomes inflamed.** The coryza goes down onto the chest. Ailments from suppressed coryza.

Dryness, sometimes obstinate obstruction of the nose; itching inside septum or tingling in septum when blowing the nose.

Face

Red, hot, soft puffiness of the face with red spots on the malar bones. The face becomes red after getting angry or during a chill or after washing in a warm room. On waking in the morning there is great heat in the face. Yellow or pale discoloration of the face.

Bluish or pale discoloration during a chill; with dyspnea.

The upper lip and expansion of the nose is swollen, red, and hot, as in the beginning of erysipelas.

The muscles of the face are stiff, the expression bewildered. During sleep the face twitches, the lower lips tremble and there is twitching around the corners of the mouth.

Aching pains in the face which are **better by lying quietly on the affected side. Exertion, mental exertion and motion aggravate the pain,** even opening the mouth or moving the eyes; but hard pressure ameliorates the pain in the face.

The parotid gland becomes sore and bruised or is inflamed and then suppurates.

The lips are characteristically **swollen, cracked and dry** and are painful to touch. Great dryness of the lips, of the tongue, and of the hard palate, while the tip of the tongue is moist. **Children pick their lips.**

Cracks in the lower lip and swelling, redness and heat in the upper lip as in the beginning of erysipelas. Eruptions on the lips with burning and smarting.

Nodular eruptions or eruptions of inflamed pimples on the face.

Membrane on the corners of the mouth **and on the lips.**

Mouth

The mouth and lips are **very dry** and cracked so that the tongue sticks to the palate; drinking moistens it for a moment, but the former dryness returns in a great degree. **Dryness in the mouth, without thirst, or with thirst for large quantities of water.** The inner mouth seems dry, but without thirst, whilst the tip of the tongue is moist. **After eating the palate becomes very dry.** The tongue is very furred and discolored, grey, brown, yellow or **thickly coated white.**

The centre is hardened and cracked in places which causes a burning pain. Burning blisters on the edge of the tongue and aphthae on tip of tongue; **in the mouth in infancy.**

Collection of much soapy, frothy saliva in the mouth which is **offensive and slimy**. Salivation in the evening or while smoking.

An intensely **bitter taste** on the tongue with a nauseous bitter taste in the mouth in the morning. **Frequent drinking of cold water relieved the bitter taste and the inclination to vomit.**

The mouth tastes rancid, stale, burnt, sweetish. Eating is unpleasant as the bitter taste is there **during and after eating**.

Food is difficult to swallow and **after drinking beer** there is an offensive, bitter taste.

Bitter risings into the mouth with nausea but without eructations.

The mouth has an offensive, putrid odor.

Teeth - Pain as if a tooth were screwed in and then pulled out, **which is momentarily relieved by cold water**, but becomes better on walking in the open air. **The toothache is ameliorated by washing with cold water, or lying on the painful side.** Taking anything warm into the mouth brings on toothache, although the pain is sometimes better from warm drinks. Toothache from smoking, chewing, from opening the mouth, after midnight; in the summer and the autumn.

Toothache shooting from one tooth to another, or into **head and cheeks**.

Drawing, at times jerking toothache in the left upper back teeth, only during and after eating, when the teeth seem too long and wobble back and forth.

In the evening, in bed, jerking toothache, first in the upper, then in the lower back teeth; when the pain is in the upper teeth, and they are **pressed by the tip of the finger, the pain suddenly ceases, and changes to the corresponding lower teeth.**

The pains are aggravated by brushing the teeth, **from coughing**, from motion and **by others talking**. Amelioration from chewing hard on something and from lying down.

Toothache in teething children.

The gums are spongy and painful as if they were excoriated and the teeth become loose.

Throat

Dryness and a scraped feeling in the throat makes speaking very difficult and the speech becomes very indistinct.

Tough, tenacious mucus in the larynx and trachea, especially in the fauces and only loosened by hawking or hacking.

Choking when clearing the throat. Worse coming into a **warm room** and in the evening.

Raw pain in throat on **empty swallowing** or after swallowing liquids. Swallowing solid food is difficult and food is felt in esophagus until it enters the stomach.

The throat is painful on turning the head and **in a warm room**. Crawling in throat causing the patient to cough, but coughing and swallowing cause stitching pains in the throat.

Painful tonsils in the morning on waking; the back of the throat feels swollen with a sensation of swelling and constriction in the esophagus.

Itching needle-like stitches in the throat **especially when walking rapidly**, which irritate and cause scratching and then disappear after scratching.

The **external throat feels stiff along the sides** with soreness on moving it.

Spots and urticaria appear on the external throat.

Stomach

Burning, vehement thirst with a desire to drink large quantities of water. Great thirst with **internal heat** but without feeling hot externally; great thirst **after anger**, during all stages of fever; before and during stool. **Frequent drinking of cold water relieves the bitter taste and the inclination to vomit.** He was obliged to lie perfectly quiet, because the slightest motion caused nausea, even vomiting. **Rising up in bed brings on faintness and nausea which is ameliorated by drinking cold water.**

Nausea after beer; after wine, after coffee; during dinner; **while drinking**; or even at the thought of food.

Nausea at night and **while lying on the side, or while washing or on rinsing out the mouth.**

Incessant vomiting of solid food, but not of drinks, or vomiting after drinking or after drinking the smallest quantity.

Vomiting when lying on right side in liver affections.

Ravenous appetite in the morning and at night; **before and after nausea. Capricious appetite**; a desire for things immediately, but, when offered, does not want them.

Or a desire for something but doesn't know exactly what. Abnormal hunger which forces the patient to eat something little and often. There is a great desire for wine, acid drinks, coffee and even things which are not eaten.

However, the thirst is **worse after drinking beer.**

No appetite for milk; but if it is drunk, the appetite returns, and the patient begins to relish it.

The appetite is poor and all food tastes bitter or the food has lost its taste.

Eating is unpleasant as the bitter taste is there **during and after eating.**

Loss of appetite after the first morsel has been eaten, thereafter a repugnance and disgust for food.

Frequent, sour and bitter eructations with waterbrash after eating, particularly after eating rich food, bread, or **oysters**. Food is regurgitated with the eructations and **shivering and shooting pains follow. There is pressure in the stomach and on the epigastrium after eating with a heavy, stone like feeling in the stomach**, which makes the patient fretful. **Motion of any sort aggravates** the discomfort; eructation ameliorates.

Heartburn in the afternoon; **in the evening after wine.**

Hiccough after eating, and on every shock caused by it, pressure in the forehead, as if the brain shook from behind forward.

Hiccough after eructations and after vomiting.

Coughing, hawking up mucus, motion or eating, especially after eating bread, will cause the patient to vomit.

Vomiting, or vomiting blood when the menses have been suppressed; vomiting during dentition.

The patient vomits bile, watery fluid, chocolate colored material or mouthfuls of food soon after eating, or vomiting of bile, then food; food, then bile.

Bitter and offensive smelling vomit in the morning; mucus in the evening.

Faecal vomiting.

The stomach feels full, is very sensitive to pressure or touch; there is a feeling of pressure in the pit of the stomach, even while eating, accompanied by a sensation of heat. Pains in the stomach after **eating bread**, while walking, during heat or **on motion**, during the chill or with constipation. **Constrictive sensation in the stomach in the afternoon at 4 p.m. , aggravated by deep inspiration.** The constrictive pain in the region of the stomach is relieved by drawing the legs up against the abdomen. **Constriction of pylorus and contraction in the stomach after eating**, sometimes to vomiting.

The epigastric region is painful to pressure, even to the pressure of clothes.

Heat, pressure, **warm drinks**, and sitting bent over ameliorates the pain.

Burning sensations in the stomach after **wine, on bending forward or from motion.** Standing erect ameliorates cramping pain.

Pressing pain in stomach, **better when bending backward, worse when bending forward**. The pains usually come on in the afternoon, from 4 - 5 p.m. , and are better while sitting bent.

Bending to the right, taking a false step, or eructations cause stitching pains in the stomach; **worse when lying down on the side**.

The stomach becomes easily disordered; after excitement, after a cold, after food and eating cold food which brings on indigestion. Inflammation in the stomach **after getting cold**.

Numbness and apprehension felt in the stomach.

All kinds of flatulent food aggravate and the patient is generally worse from **buttermilk, warm food**, hot drinks, ice, indigestible things, **hot milk, oil, fruit**, raw food, rice, salad, sauerkraut, sausages, spoiled sausages, starchy food, turnips and vegetables.

Cold drinks and water aggravate when heated or in hot weather.

There is a desire for beer, wine, strong coffee, for sour and acid things, for sweet things and strange things, for lime, earth, chalk, clay, for warm milk, warm drinks and soups and for cold drinks and water during a chill.

Aversion to fats, rich food, to meat, milk, beer in the evening, hard boiled eggs, cabbage, turnips and hot drinks.

Aversion to food after eating only a little; **children are averse to drinks**.

Warm drinks can ameliorate, or the patient is better with cold drinks, cold water and cold food.

Abdomen

Tensive pain below the false ribs in the right hypochondrium, especially sensitive on deep inspiration and in the region of the liver. Many pains in the liver which are shooting, burning or tensive, relieved by lying on the right side.

The patient **cannot bear tight clothing** pressing against the abdomen and the whole area feels sore and bruised, especially **before and during menses**. **Spasms of muscles in hysterical women**.

The abdomen feels tense and distended in the afternoon after eating; drinking hot milk brings on cramp-like pains with a feeling as if diarrhea would ensue.

Pinching and soreness with pains that **drag downwards and outwards**. Dull, aching pain throughout the abdomen, **during cough, from motion**.

In the evening, or while sitting, the abdomen **feels heavy as if there is a load inside it**.

Hard swelling or dropsical swelling of the umbilical and hypochondriac regions. **Getting cold suddenly** will bring on aching and gnawing pains around the umbilicus.

Tractive pains in the hypochondrium, extending to the stomach and the back. Pains are sometimes brought on by **lifting**.

All motion aggravates the patient. The pains are worse from being jarred, deep inspiration, coughing and being touched.

Sudden painful cuttings in the intestines, with a feeling as though one were digging him with the fingers, compelling him to bend double; **aggravated by standing**, relieved by profuse pasty evacuations.

During the chill the patient has dull aching in the region of the spleen.

Stitching pains in abdomen **which extend upwards**; stitching and burning pain on the **right side** of the inguinal region; digging, gnawing pains worse **from uncovering**.

Gurgling and borborygmi in the abdomen, with escape of loud, **offensive flatus**, sometimes only in the evening in bed. Gurgling in abdomen in the afternoon at 3 p.m. and after stool; **rumbling on rising**.

Eruption of itching pimples on the abdomen.

Heat of abdomen at night, extending to the chest.

Inflammatory conditions of the abdomen - peritonitis, enteritis, appendicitis.

Rectum

Obstinate constipation with DRY, HARD STOOL. The faeces are too large and evacuation is difficult, the stool having to be removed mechanically.

Great effort in the morning to pass a stool, with much urging; the stool is very unsatisfactory and only after much straining is anything passed which causes a rush of blood to the head and a feeling of confusion.

Urging to stool, followed by copious pasty evacuations, with relief of all the symptoms, except that the confusion of the head remained.

Urging on tightening the clothing, from motion or while standing.

The stool may remain in the rectum a long time with no desire, no urging as if the rectum were inactive. The rectum feels weak with strange prickling and twitching sensations.

Sensation of fullness in perineum or as if plug were pressing out of rectum.

Involuntary stools passed during sleep or during motion.

Constipation after vexation; in old people; during pregnancy; **with retention after delivery**; before menses; from sedentary habits, after abuse of drugs; alternating with diarrhea.

Gushing, liquid diarrhea in the morning after rising and on moving about and especially at night, during sleep, with burning in the anus at every evacuation. Painless diarrhea at night or diarrhea preceded by pain in the abdomen.

Hot weather, taking cold in the summer or **drinking cold drinks when he is hot** will bring on diarrhea. Emotional upset and **anger** will give the patient diarrhea. Also after the suppression of eruptions and exanthemata and in phthisis.

Diarrhea after the slightest indiscretion in eating with **pain in rectum extending through to urethra**.

Diarrhea with colic, sometimes alternating with constipation and gastralgia. **Motion, sitting erect, lying on the side**, rising up or standing **aggravates the diarrhea**.

Stool - LARGE, DRY AND HARD, which look burnt or charred. Brown, black or crumbling stools. Offensive smelling like **old cheese or bilious and acrid causing soreness in the anus**.

Pasty stool passed in the morning and followed by an offensive smelling liquid stool, which causes burning and soreness in the anus.

Evacuations of undigested substances or stools brown, thick and bloody.

Stools mushy and yellow, lienteric at night or stools that look like the scrapings of intestines.

Urinary organs

Bladder - Morbid desire to urinate after lifting; during motion; at night. Involuntary urination during cough, during exertion, and from motion.

Urging in bladder during perspiration and during chill.

Frequent urge to urinate immediately and if he does not go there is a feeling that he will not be able to hold on to his urine, even though the bladder is not full.

Pressing pains ameliorated when sitting and while walking.

Stitching, stinging, and tearing pains in bladder.

Constriction and contraction in urethra during urination with burning and incisive pains before passing water. The urethra feels constricted or narrowed. Red spots appear on the urethra. The meatus feels sore.

Increase in greenish, gonorrhoeal discharge from urethra, after having decreased, or hemorrhage of pure blood. Also **hemorrhage of pure blood from urethra when not urinating.**

Inflammation and pain in the kidneys.

Fullness and sensation of enlargement in the prostate gland.

Urine - The urine is very dark, scanty and almost brown or is reddish and leaves a pink sediment in the bowl and leaves a thick sediment after standing overnight.

Milky, turbid urine which has a mousy odor. Scanty urine with brain affection.

The urine feels hot as it passes and causes burning sensations.

Genitalia - male

Increased desire with emission in the night after coition and **painful erections after morning and night coition.** Erections wanting in sexual passion.

Blotchy eruptions and eruption of a red, itching, miliary rash on the glans penis.

Drawing pain in spermatic cords, extending into abdominal ring.

Drawing and stitching pain in right testicle and in the **testes extending to inguinal ring.**

Genitalia - female

Suppression of the menses with bleeding of the nose or bad headache. Menses suppressed after getting hot, by ironing, after exertion, or from fright; in plethoric women. Menstrual irregularities with gastric symptoms.

Menses too early and too profuse, with dark red blood; backache, splitting headache and tractive pains in the limbs during the flow; **all worse from motion.** Protracted menses which are copious, dark, brownish or membranous. The flow has a bad smell.

Suppressed lochia from the cold, with sensation as though head would burst.

Metrorrhagia of dark, fluid blood with a feeling of heat, **aggravated by motion.**

Intermenstrual pain with great abdominal and pelvic soreness.

Inflammation of ovaries, in particular the **right ovary** with pain extending down to the thigh.

Lying on right side ameliorates pain in right ovary, or lying on the painful side ameliorates the pain.

Stitching pains on taking a deep breath, **from motion** and the ovaries are very sensitive to touch.

The uterus is generally sore and painful, **aggravated by motion**, diminished by pressure and rest. Inflammation and dropsy of the uterus.

Sore pain in the abdomen before the menses.

Abortion from becoming overheated, or from exertion.

Puerperal fever, particularly when the breasts are distended with milk. **Deep inhalations are painful; there are stitches in abdomen, which is greatly distended, thirst for large quantities of water, and the patient cannot lie upon either side.**

Nursing women **who get cold**, then ache all over. The head feels as if it would burst, the lips are dry and parched, the breasts swollen and feel heavy and the milk suppressed.

First stage of mammary abscess where the breasts become hard, hot and painful.

Swelling of the left labia majora with eruptions of **hard black pustules, but without inflammation or pain.**

Chest

Larynx and Trachea - Irritation and rawness of the larynx with a sensation as if a crumb is in there. **Hoarseness, worse in the open air.** Tickling in the air passages at night or in a warm room. Sensation of a vapour, on going **from a warm room into the open air**, causing the patient to cough **and a feeling as if he could not inspire enough air.**

After coughing there is excoriating pain in the larynx which is aggravated by speaking or **smoking tobacco**. Bending the head backwards or turning the neck is also painful. Irritation and tough mucus in the trachea, which is loosened only after frequent hacking.

Pain and soreness in the trachea on coughing and inspiring.

Voice - Voice rough and hoarse during coryza, after measles and from singing.

Hoarseness when walking in open air and when in a warm room.

Respiration - Respiration is **difficult, rough, accelerated and deep with a desire to take deep breaths.** The patient feels that he must try and fill his lungs and takes frequent short breaths and **has a constant disposition to sigh, and sigh deeply. Deep breathing, during the cough.** The discomfort in the chest impedes the breathing and the pain takes the breath away. The patient is obliged to remain quite still.

Respiration is difficult and slow especially **during motion or on entering a warm room** from the open air. The patient is able to breathe more easily in the open air, when lying quietly or when walking.

Respiration is difficult in the upper part of the sternum with a feeling of oppression in the chest. Sensation of heaviness beneath the sternum, which extends toward the right shoulder, impeding respiration; deep inspiration is only accomplished with exertion. **Raising the arms makes respiration difficult**, as does laughing and talking; worse at 9 p.m. in the morning and **accompanied with nosebleeds.**

Asthma, with a feeling as if something should expand, but would not. Asthmatic respiration from the open air, in **warm room** or in the evening **at 9 p.m.**, alternating with a headache; ameliorated in cold air.

Asthma occurs nightly about 8 - 9 p.m. and lasts through the whole night.

Arrested respiration and fits of dyspnea, even at night, sometimes with shooting colic and a desire to open the bowels.

Cough - Dry, spasmodic cough, principally at night, and after drinking and eating, when entering a warm room, and after taking a deep inspiration or after vexation.

Scraping cough in and from trachea, in the evening after lying down.

Irritation to cough, as though some mucus were in the trachea; the pain in the trachea is worse while talking or smoking.

A hacking dry cough, during fever, from the upper part of the trachea.

A constant crawling upwards in the throat starts the cough and the patient is then able to expectorate some mucus. Yellow expectoration or coagulated brown blood is coughed up during the daytime. **Violent cough early in the morning in bed, and in the evening at 7 p.m. The cough will start if the arms get cold and will be further aggravated by raising them.**

Sticking pains under the sternum and **pleuritic stitches during heat.** The cough seems to come from the stomach, together with a crawling and tickling in the pit of the stomach, **ameliorated by drinking.** Symptoms are made worse while lying on the left side. **Irritation in epigastrium from cough.**

The patient has to sit up when coughing at night and **press his hand upon the sternum as though to support the chest,** which ameliorates the painful stitching pains. **Cough with stitches in sides of chest, or with headache as if head would fly to pieces.** Cramp-like, **suffocating cough,** especially after midnight, or after drinking and eating, which causes vomiting of food. The patient has fits of choking before the paroxysm of the nocturnal cough.

In the morning the cough is looser and is better in the open air. The cough is racking, spasmodic and painful and starts from an irritation in the air passages, or as if there is smoke in the larynx and the patient has to breathe often. The cough seems to shake the whole body and pain is felt in the head or in the abdominal muscles.

Whooping cough in the evening and at night and from eating.

Going into a warm room and damp rooms aggravate the cough as does bending the head backwards or lying with the head low. Lying on the back and drinking ameliorates the cough.

Cough in bronchitis, asthma, pleurisy and pneumonia. Cough during pregnancy.

Coughing with a red face; with sneezing, hoarseness, involuntary escape of urine, thirst, stitches in the chest and the small of the back.

Expectoration - Expectoration in morning is tough, streaked, bloody or brown. **Brick colored or rusty-looking mucus falls like lumps of jelly** or is thin and watery.

Expectoration tastes burnt; smoky; like putrid meat; or like wine.

Inner and Outer Chest - Constriction of the chest; with the desire to breathe deeply and a feeling as if the chest were stopped and no air could get in.

Attempting to breathe deeply is painful as if something were being distended which could not be distended completely, or a feeling of smoke in the chest. Anxiety in the chest in the morning. **Constriction in chest from cold air, when falling asleep or on exertion of the heart.** The chest feels oppressed in the morning when talking and is **ameliorated by passing flatus. Respiration, deep respiration, inspiration, sneezing, laughing, motion and sitting all cause or aggravate the pain in the chest.** The pains are cutting, stitching, pressing or a sore, bruised feeling throughout the whole chest.

Tearing pain in the right side of the chest, which caused the patient to hold his breath in order not to cry out.

As the patient breathes he has a sensation that the chest is distending.

Sensation of heaviness beneath the sternum, which extends toward the right shoulder, impeding respiration; **deep inspiration is only accomplished with exertion.**

Sensation in the chest as if all there were detached and falling into the abdomen.

Chest pain and pain behind the sternum during cough and during inspiration which compels the patient to press the hand to the middle of chest. Pressure ameliorates pain as does lying on the painful side. The patient has to lie still and lie on the back or the abdomen to get relief, as motion of any kind aggravates the pain.

Dull pain extending from region of the lower angle of the shoulder-blade forward. **Fluttering in the chest when ascending steps.**

Internal heat or chilliness in the chest, with pain **during the chill.**

Heat and burning pain in the chest with anxiety and tightness.

Pleurisy with fluid exudation or pneumonia; **coagulated brown** hemorrhage from the lungs. Pleuro-pneumonia, with stabbing pains; frequent respiration; bloody expectoration; **high fever; bursting headache; worse on motion and deep inspiration.**

Inflammation of bronchial tubes, the lungs, the diaphragm and the mammae. **Inflammation of lungs after abuse of aconite;** in old people and in babies. Typhoid inflammation of lungs.

Rheumatic inflammation of pleura; inflammation of the right pleura with fluid exudation and of the right lung. Congestion and dropsy of the chest.

Inflammation of the endocardium and the heart. Cramp in heart or a sore, bruised feeling around the heart. It beats violently and rapidly; **the pulse is full, hard and rapid, especially on getting up.**

Induration of the mammae with either an increase or the suppression of milk. **Ill-effects of weaning.** The mammae become hot and swollen and produce abscesses. They are worse before the menses.

Eruption of pointed pimples with whitish semi-transparent vesicles on chest. Ulcerative chest pain. Blotchy eruptions on axilla and perspiration in the axillae.

Back

Painful stiffness in the nape of the neck, especially on the **right side** towards the shoulder and pain near the occiput with a feeling as if the head were weak. **Pain in the trapezius when turning head to left.**

Rheumatic pain and stiffness in the back, especially on rising. Drawing and contracting pains in the muscles. Drawing pains in the back while sitting, which extend downwards, **aggravated by turning and ameliorated by walking.** Drawing pains in the lumbar region at night, **which makes turning in bed almost impossible, also worse after eating and during a hard stool.** There is pain in the lumbar region and the spine in the morning; the pain extends to the abdomen. **Tearing pains from standing and on stooping. Aching pain in lumbar region on touch.** Lying on the back ameliorates the pain; standing erect is impossible and **motion is painful.**

Pain is brought on by coughing, when lifting something, on raising or stretching out a leg, or on turning in bed. The patient is only comfortable when **lying with the body bent forward.**

Pain in coccyx while walking and in the small of the back, which makes walking very difficult. When lying down, the small of the back feels sore and bruised.

Dull stitches between the shoulder-blades while lying down extending from behind forward; under the left scapula through to the heart and extending to the stomach.

Pain with the chill ameliorated while walking.

Pain when coughing, on motion, when turning, during menses, before chill, **on exposure to cold weather or from a change of warm to cold weather, or after eating.**

Red, smarting eruptions or rashes appear on the back and on the sides of the neck. Biting, vesicular eruptions which are very itchy. However, when the

spinal cord is inflamed the eruption does not develop.

The patient complains of a coldness in the back in the mornings. Shivering in the back in the evening, extending down the back. There is loss of sensation in the lumbar region and feelings of numbness in the cervical area.

Extremities

Rheumatic and gouty pains in limbs, with tension, in the morning, at noon and before midnight; **worse from motion and contact and brought on by becoming cold, after eating and on lying down.** Rheumatic pain coming on after a cold or from the first warm days of weather; acute rheumatic pains in the joints.

Pain as if long bones were scraped.

The patient experiences pain during fever, influenza, and **on motion.** **All the limbs seem bruised and paralyzed, as if the patient had lain upon a hard bed,** and feel sore and painful when sitting. Soreness in the periosteum and the ligaments. **Stiffness in the limbs after fright;** with a dread of motion; stiffness of joints during chill. Uncovering aggravates the symptoms.

Erysipelatous inflammation of joints.

There are **stitching pains in joints on motion** and when touched.

Perspiration of joints. Warmth aggravates pain in extremities but ameliorates the pain in the joints; perspiration and pressure ameliorates extremities. **Great weakness after the least exertion.**

Riding makes the extremities painful; the pain in the joints **alternates with the pains in the limbs and the joints become painful after eating, ameliorated by pressure.**

Coldness of the extremities in the morning with numbness of the limbs on waking.

Motion of extremities, with a waving motion of left arm and leg, **accompanied by sighing.**

Dry, itchy or moist eruptions on the extremities.

Upper limbs - The shoulders and upper arm feel tense and lame when being raised.

Tearing pains in the upper arm in the morning; alternating with tearing pains in the hip. In the morning the patient has tearing pains in the upper limbs, ameliorated when he gets up. The upper left limbs feel stiff. **There is pain in the shoulder when holding anything firmly with the hand or when the patient coughs.** Painful tension and pressure in the right shoulder, when at rest.

Drawing pain in shoulder alternating with drawing pain in hips.

Sensation as if cold water (also hot water) were running from clavicle down to toes along a narrow line.

Pain in upper limbs during chill, during the menses and on motion. **They feel sore and bruised whilst sitting.** Burning pains and weariness in the arms with constant trembling of the arms and fingers. Shuddering and shaking in the upper limbs. The limbs and joints become hot, red and swollen and have a shiny appearance or look pale and swollen.

The wrist is painful on moving it and feels as though it were dislocated. If the hands become warm the patient then has fine stitching pains in the wrists which do not disappear on moving them. Stitching pain in the fingers when writing or on exertion, **with a sensation as if the finger-joints were swollen and puffed,** ameliorated by warmth. **The last joint of the little finger is hot, pale and swollen,** with sticking in it, on attempting to move it or on pressing it.

Stiffness and rheumatic swelling in the elbow. Swelling on the elbow as far as middle of the upper arm and forearm; a feeling in the right elbow as if the arm were broken.

Heat and inflammation in the palms of the hands and heat in the forearm with coldness of the hands at night. Perspiration of upper limbs.

Itchy and rash like eruptions appear on the limbs. **Eruption of scabies at the bend of the elbow.**

Felon beginning in nail - deep-seated panaritium.

Lower limbs - Painful, shiny swelling in the lower limbs with tension and stitching pains.

Drawing pain in bones as from a thread.

Cramps in the knee and in the sole of the foot at night, in bed and whilst sitting. Pain in the knee during coughing and from motion.

Tensive, painful stiffness of the knees. Pain in the right knee, **with a feeling as if the patella is broken**, so that in the evening the patient can scarcely walk, and is obliged to keep the leg very quiet. The patient has drawing pains in the knees which alternate from one knee to the other. **Tearing pain in knee after eating.**

While walking in the morning the knees feel paralysed and ache

and the knees totter and knock together when walking.

Motion, going up stairs, walking or warm covering will cause stitching pains in the knees. **The knees feel weak, rest ameliorates.**

Cracking in the knees and joints while walking; the ankles and knees feel dislocated.

A few large stitches, like knife stitches, **in the hips especially when walking bent**, when the pains go from the hip into the knee. Touch aggravates the pain. The hips are painful on going up steps.

Pain in hip when walking with feeling as if hip were dislocated.

Pressure on the hip ameliorates the drawing pains. Tearing pain in hip alternating with the right upper arm.

Cramps in nates.

Coldness of right hip, with coldness of the thighs in the evening.

During the chill the right leg is cold.

Great weariness and heaviness in all the limbs. The legs feel too weak to hold the patient, particularly on beginning to walk and even when standing. Can hardly go up the steps but are better going down.

Cramps in lower limbs in the morning; in the calves whilst lying down, ameliorated by motion. Cold applications and motion aggravates the sciatica in the lower limbs, but the patient obtains relief from **lying on painful side. The sciatica is worse in the morning. Sore pain in leg while sitting; gouty pains in the legs.**

Tearing pain in calf **aggravated after eating.**

The right thigh and the hollow of sole of foot become numb.

Walking bent causes stitching pains in the thigh. Cramp-like stiffness in the thigh, worse in the morning.

Involuntary motion of leg.

The lower limbs are painful in bed in the morning, are aggravated by motion, feel worse on becoming cold, while standing upright and are painful to touch. Tearing pains in the lower limbs on motion and during the menses. **Drawing pain in thigh as if menses would appear.**

Chilliness of feet, **the toes in particular while sitting, ameliorated by walking. Sudden pain in first toe, particularly in the ball of the toe, which feels as if it is frozen.**

The feet perspire in bed, in the morning.

Pain in the ankle with a feeling as if it is dislocated, with tension on motion and made **worse from motion**. The feet are painful on rising in the morning, with great stiffness, especially when rising after sitting; stepping and touching aggravates the pain. The feet become hot, red, tense and swollen in the evening. The soles of the feet swell; **hot swelling of the instep, with bruised pain on stretching out the foot; the foot seems tense on stepping on it, and on touch it pains, as if suppurating, like an abscess**. Pins and needles in the soles of the feet which prevent walking. Erysipelatous inflammation of the foot.

The feet feel heavy in the morning, **after eating and when rising after a meal**.

The feet, the first toes and the soles of the feet are discolored with red spots. Fetid ulcers on the lower limbs and on the toes.

Dry or moist, itch-like eruption on the lower limbs. Painful pimples appear on the lower limbs; blotches break out on the nates; rashes and pimples on the foot and the sole of the foot. Tickling itching in lower limbs and in **the foot**.

Milk-leg.

Sleep

Great sleepiness and constant yawning all day even though the patient had slept well the previous night. **Sleepiness with eyes half-closed and a feeling of great sleepiness during the day when alone or periodical sleepiness every other day**. Sleepiness during delirium, during and after stool. He feels sleepy by day and semi-conscious by night.

Yawning **with thirst and in rheumatism**.

Restlessness and sleeplessness; he could scarcely sleep for half an hour, and **during his slumbering was continually busy with what he had read the previous evening**. Sleeplessness on account of a warmth and anxiety in the blood. The patient feels anxious, especially during the heat; sleeplessness from shivering; from visions; the bed feels too hard.

Sleeplessness before midnight, with thirst, until 1 or 2 a.m. or until 4 a.m. He wakes with a bitter taste in the mouth.

The patient is very restless at night with frequent waking and falling asleep again. Sleep disturbed by frightful dreams; delirium and shuddering. He starts with fright on going to sleep and during sleep.

He dreams he is busy about his household affairs; anxious dreams about his business; dreams of dispute and vexation; of battles; of pain and disease; of events of the previous day; of events read about; of tossing someone out of the window.

Nightmares and somnambulism.

Restless sleep in children.

He cannot sleep before midnight on account of a frequent shivering sensation, which creeps over one arm or foot, followed by some sweat.

Waking in the evening soon after falling asleep; **waking with hepatic symptoms**; with numbness.

Sudden waking at midnight or 3 a. m., or from desire for stool.

Deep, comatose sleep after delirium.

He sleeps on his back; curled up like a dog or on the painful side, or it is impossible to sleep on his side.

Fever

Chilliness yet warm to touch, more so in a warm room than in the open air. The patient is predominately **chilly** but frequently **with heat of the head, red cheeks and is thirsty**. Shaking from chill with heat of face and head or shaking with chill from a draft of air.

The chill is mainly in the morning and is right sided.

Chill with external coldness of the body **which begins and extends from the right side of the body; begins in and extends from the tips of the fingers and the toes; begins in and extends from the lips** or the hands and feet.

Chill after exposure to swamps in tropical countries or after exposure from becoming wet. Violent chill with delirium; chill after anger; before urination, in the evening during motion or on turning over in bed; at noon **after sleep**. **Creeping chill after the afternoon siesta**. The patient feels chilly and confused in the head after his midday nap; **chilliness when washing**. **External chill at night after waking**. Chill in stormy weather or in the hot weather of summer or between 4 to 5 a.m.

Chilliness yet warm to touch when going into the open air. Chilliness mostly in the evening and often only on one side, the right side. Lying ameliorates the chill.

Chilliness ameliorated in the open air and from **drinking warm drinks** but aggravated from eating warm things and being in a warm room.

Immediately after lying down in bed in the evening, there is a sensation of heat, with external heat over him, but without thirst, lasting the whole night; the patient turns from one side to the other but does not dare to uncover any part, because it immediately causes violent pain in the abdomen; a painful griping-sticking or a sticking-griping, as if flatus moves spasmodically here and there.

Fever in the afternoon while walking; in the evening after lying down. Fever at night with **dry, burning heat and anxiety**. The temperature is high and the blood seems to burn in the veins.

The patient wants to be quiet in any stage of fever. Noise will bring on a fever. Warm rooms and warmth aggravates the fever.

Nervous fever with pain in the limbs.

Fever from 9 to 12 p.m. A feeling of heat in the face, with redness and thirst; heat in the head in the forenoon with a feeling as if the heat would come out of the forehead.

The patient has fever without chill and the fever is **continued from 9 to 12 p.m.** with the temperature running very high. Continued fever in affected parts: abdominal, pectoral; congestive fever; fever in the upper part of the body. **Succession of stages of fever: heat alternating with chill, followed by sweat, then heat, and finally sweat** or chill, but without heat or thirst. Cold perspiration appears in the open air.

Paroxysms of fever increasing in severity or remittent fevers; infantile remittent fever or remittent fever prone to become typhoid. Septic fevers, one sided fever; fever after stool; autumnal or catarrhal fever; exanthematic fevers, measles; gastric fever; inflammatory fever.

Perspiration

Perspiration at night at 10 p.m. during chilliness, and perspiration at night from 10 p.m. to 10 a.m.

Cold perspiration all over the body in the open air and **on rising from the bed**.

Perspiration from anger; on closing the eyes or after convulsions. Critical and debilitating perspiration; on **drinking warm drinks;** after eating or **eating warm food;** the sweat becomes profuse while walking. Perspiration on the slightest exertion, after which the patient feels better. The perspiration is oily and attracts flies.

It has a sour or burnt odor to it mostly in the morning or at night during sleep.

The sweat may be right sided and only on single parts lain on, ameliorated on going to and during sleep. The symptoms are either aggravated while sweating or ameliorated.

Skin

The whole body, even the face is yellow. After anger or mortification the skin turns yellow. The skin is discolored in small spots as if it were burnt; **a red, round hot spot on the cheek on the malar bone.**

The skin feels dry and burning especially after scratching or from mental excitement.

Slow development of rash in eruptive fevers; or, sudden receding of rash, with difficult respiration or inflammatory affection of the chest as in scarlatina.

Eruptions after measles or ailments from the suppression of measles.

Hard, dropsical swellings which sting. The last joint of the little finger is hot, pale and swollen, with sticking in it. Itching in the joints of the fingers.

The whole body is covered with a red, elevated, rashlike eruption.

Eruption of inflamed pimples, of white pimples after scratching; of black pustules and eruptions after scratching. **Close white rash with burning and itching.**

Burning itching as from nettles.

The skin itches and stings on excitement but tears after scratching.

As long as the patient stays perfectly quiet there is no itching but with the **least motion of body or emotions the itching starts** and then becomes worse and worse and is really intolerable.

Urticaria from strawberries.

Erysipelatous inflammations, especially of joints.

Purpura senilis. **Petechiae.**

Putrid ulcers which have a cold feeling in them; burrowing, fistulous ulcers or painless ulcers. Brownish or blackish discharge from the ulcers. **Ulcerated cracks** in the skin and cracks after washing.

Variola with dropsy; black small pox; hard tubercles.

Vesicular eruptions which peel off, or fill with blood or cracked, vesicular eruptions.

Clinical

Head - The headaches of Bryonia are all aggravated by motion, even of eyeballs. The pains either begin in the occiput or finally become seated in the occiput, frequently associated with dryness of the mouth, thirst and coated tongue; the headaches are rarely neuralgic, but are generally sympathetic with gastric disorders or with inflammatory affections. Meningitis from suppressed eruptions.

Eyes - Congestion and soreness of the eye. Inflammation of the eye, especially of internal parts, iritis, choroiditis, glaucoma, etc., the eyeball very painful, full feeling, pains extending to back of head.

Nose - Catarrh with dryness, sudden suppression of the discharge and headache. Bleeding from suppressed menstruation, occurring regularly every day.

Face - Neuralgia of one side of the face, cannot even speak or eat, because it is so much aggravated by motion.

Mouth - Dryness of lips, mouth and throat. Tongue dry, rough (in low fevers). Tongue heavily coated white (in gastric derangements).

Chest - Laryngitis and bronchitis (the cough in these diseases is generally dry, hacking, with soreness of abdominal muscles, worse night and motion, worse coming into a warm room, worse after eating or drinking, better with heat).

Pneumonia in the early stage; Bryonia follows immediately after *Aconite*, high fever, sharp pains, better lying on the affected side, thirst, profuse sweat, headache, etc. In pleurisy it is most frequently required (the Bryonia patient sweats easily and freely), extremely sharp pain, better pressure and warmth, cannot tolerate the slightest motion. Sometimes useful in pleuritic exudation, when the sharp pains continue.

Pericarditis, endocarditis. Great oppression over the region of the heart.

Stomach - An extremely valuable remedy for catarrhal inflammation of the stomach (dyspepsia), with thirst, white-coated tongue, nausea and vomiting, aggravated by warm drinks, which are vomited; feeling of a hard lump, which makes the stomach sore. Gastric derangements, which recur often in persons who have been in the habit of taking mercury, the attacks frequently preceded by great hunger and apparently caused by overeating; the patient becomes very irritable, tongue thickly coated, etc. In all gastric derangements there are usually great sensitiveness of epigastrium to touch and vomiting of food.

Abdomen - Symptoms of inflammation of the liver, which seems swollen, very sore to touch, pains sharp, greatly aggravated by motion, better with warmth and pressure, typhlitis, peritonitis, gastro-enteritis; a frequently indicated remedy for these diseases, characterized by extreme soreness, thirst, fever, coated tongue, etc.

Rectum - Diarrhea in summer, brought on by cold drinks or from vegetables or being overheated, movements in the morning on moving around; diarrhea from suppressed eruptions; during typhoid fever (of putrid odor), brown. Constipation, stool large and hard.

Genitalia - female - Suppression of menses, with the characteristic gastric derangements, or with periodical discharge of blood elsewhere, nose, throat, etc. Inflamed ovaries. Puerperal fever is the early stage, with headache, pains in limbs, weakness. Suppressed lochia. Pelvic peritonitis. Inflammation of mammary glands, breasts much swollen, hot, sharp pains.

Back - Severe muscular pains in back, lumbago, etc.

Extremities - Acute inflammation of numerous joints, especially of the large joints, characterized by swelling, heat, shiny redness, better with warm wraps, intolerance of slightest motion, etc. Sciatica worse lying on the affected side. Muscular rheumatism. In all forms of rheumatism, acute, chronic, muscular or articular, there is generally the additional indication of easy, profuse perspiration.

Fever - It is frequently indicated in scarlet fever, when the eruption does not develop well and the general symptoms of the drug are present; the same is true of measles. In typhoid fever it is very frequently indicated in the early stage with the occipital headache, furred tongue, thirst, abdominal soreness, etc. In a great variety of fevers not eruptive. For febrile states, which are the accompaniment of inflammatory processes in various organs and tissues, always with headache, thirst and intolerance of motion (closely allied to *Iod.*).

Causation

Anger; fright; chagrin. Suppressed eruptions and discharges. Alcohol. Gluttony. Wounds. Cold winds. Heat of the sun. Drinking cold drinks when heated. Taking cold,

getting chilled.

Relationships

Compare: *Asclep-tub.*; *Kali mur.*; *Ptelia*; *Stellaria*..

It is followed well by: *Alumina*, *Abrotanum*, *Antimonium tartaricum*, *Arsenicum album*, *belladonna*, *Berberis*, *Cactus grandiflorus*, *Carbo vegetabilis*, *Dulcamara*, *Hyoscyamus*, *Kali carbonicum*, *Muriaticum acidum*, *Nux vomica*, *Phosphorus*, *Pulsatilla*, *Rhus toxicodendron*, *Sabadilla*, *Silica*, *Squilla*, *Sulphur*.

It follows well: *Aconite*, *Antimonium crudum*.

It is complementary to: *Alumina*, *Rhus toxicodendron*, *Sulphur*. *Alumina* is the "chronic" of *Bryonia*; and *Kali carbonicum* and *Natrum muriaticum* hold a similar but less pronounced relation to it.

Incompatible to: *Calcarea carbonica*.

Antidotes

It is antidoted by: *Aconitum napellus*, *Alumina*, *Camphor*, *Chamomilla*, *Chelidonium*, *Clematis*, *Coffea*, *Ferrum muriaticum* [the best, considered so by Teste], *Ignatia*, *Muriatic acid*, *Nux vomica*, *Pulsatilla*, *Rhus toxicodendron*, *Senega*.

It antidotes: *Alumina*, *Chlorum*, *China*, *Fragaria vesca*, *Mercurius*, *Rhus toxicodendron*.

Inimical to it: Wine, tobacco, warm food, green vegetables, turnips, spoiled sausages, **sauerkraut**, salad, rich food, raw food, peas, pancakes, oysters, heavy food, **flatulent food**, fat, cold drinks in hot weather, frozen food, fruit, coffee, old cheese, cabbage, black bread, **bread**, beer, **beans and peas**.

Dosage

From the lowest to the highest but the usual potencies are from 200 upwards.

5

Bufo rana

The Toad.

(The common variety, proved by Mure).

N.O. Bufonidae, Batrachidae.

Solution in rectified spirit of the poison expressed from the cutaneous glands.

"In spite of modern scepticism regarding the poisonous properties of the toad, Shakspeare, who seems to have known everything, was absolutely correct in speaking of the toad as having "sweltered venom". The poison is excreted by glands in the skin of the back.

"Quintessence of toads" figured largely in the therapy of Salmon's *Doron Medicin* (1583), where it is commended as a "Specifick in the Dropsy." Homoeopathic experiments and poisonings have shown that this reputation is founded on fact. But the chief laurels of Bufo have been won in the treatment of epilepsy. Bojanus has cured many cases; and no medicine has served me better in the treatment of this disease. Few people who have witnessed a characteristic epileptic seizure can have failed to notice the curiously toad-like aspect assumed by the subject. The epileptic seizure and the status-epilepticus give the clearest correspondence to the Bufo range of action. Again, epilepsy is often found among the effects of self-abuse in the young, and Bufo provokes the tendency to the practice, and even causes impotence. The Indian women of Brazil are aware of this last property, and administer the venom to their husbands in food or drink when they wish to free themselves from their marital attentions."

The essential features

The main features of Bufo are the following:

1. The poison of this toad has a remarkable action on the **nervous system, sexual organs and skin**. A suppressed skin eruption will bring about symptoms in the central or peripheral nervous system, usually taking the form of convulsions or epilepsy.

2. Mental **retardation**, immaturity, childish behaviour, while the physical body is **overly well-developed**.

Bufo is a remedy that can be confused with *Bar-carb.*, as both feature **mental retardation** in their symptomatology; however, while both are **immature** intellectually, an important difference must be pointed out. The *Bar-carb.* mental retardation is usually accompanied by physical underdevelopment, while the Bufo mental state is usually to be found in a well developed, strong muscular body that is almost overdeveloped. The *Bar-carb.* cases generally look small and sometimes dwarfish, while the Bufo cases are **large in the physical body and "small" in the mind**.

3. **Arousal of the lowest passions**: the person becomes a slave to his sexual desires, which are excessive and usually perverted. Excessive masturbation is practiced with no limits. The person, usually a boy or man, **seeks solitude to practice masturbation**. Bufo provokes the tendency to the practice, and sometimes **causes impotence**. It also causes a desire for intoxicating drink.

The tendency of Bufo is to "bring down" the person to the most basic or primitive instincts -- to bring the whole being down to earth, or rather to muddy waters. As well as a low level of intellect, the Bufo individual exhibits the lowest type of passion, particularly in the sexual sphere. Here the patient shows no sign of refinement; on the contrary, a basic unstoppable sexual urge will drive him to seek satisfaction under any circumstance.

You may for instance be faced with a muscular boy who looks large for his age, and who behaves strangely, as though his mind were far younger than his body; the only thing on his mind is how to satisfy his sexual appetite. The boy is not really interested in you or the environment, but in his inner drive which is ruled by his hormones. In the text we read: "**seeks solitude to practice masturbation**"; this is symbolic of Bufo, but you will never gather such information from the patient. Kent writes that this symptom "...*alone throws a flood of light upon the nature of the remedy, the lack of government, the lack of control over the sexual longing, and the low mindedness whereby he is willing to abandon himself to the lower things that are in the human race, to perverted practices and vices.*"

This symptom has to be taken as symbolising the patient's state, a state in which it is apparent that he is driven by his hormones. It may serve as a guide to the kind of morality or intelligence you may expect to find in a person who is so driven by his sexual appetites. This behaviour has to be understood in the general context of

the patient in order to guide you to the selection of Bufo.

In conjunction with this description, it is interesting to observe the appearance of such a boy. His lips are thick, and usually half open. The tongue is visible through the half open mouth. As the inner pathology progresses and the mental weakness becomes more and more apparent, the tongue also extends more and more, until you have the full blown picture of Bufo where the tongue actually protrudes from the mouth. The tongue is peculiarly connected with, and appears to represent a large portion of, the brain. The more the brain is paralyzed, the more the tongue goes out of control and falls out of the mouth. That is why we have the typical picture of the buffoon in this remedy.

Care should be taken not to be confused by this picture and prescribe this remedy to any young boy who is interested in masturbating. The majority of young boys practice masturbation at one age or another, but of course not all of them need Bufo.

The practice of masturbation in this remedy is really quite impressive. It is indulged in frequently, without any reservations, be they moral or other. The Bufo individual is interested only in the pleasure to be derived from masturbation; nothing else matters. The frequency of the practice can be so excessive as to exhaust the vitality, causing states of epilepsy or even insanity. Bufo is similar to *Anantherum* in this respect.

The Bufo patient cannot prevent himself from indulging in perverted practices of whatever kind. He does not recognise the importance of the perversion, and does not feel that he is doing anything wrong. Even if such a feeling should cross his mind, or even if he admits his error, it is not enough to make him control himself. He is quite **shameless**, utters **obscenities**, and may suffer from erotic insanity due to masturbation.

4. **Epileptic attacks** that usually occur at night, and are **followed by a deep sleep** like a coma, with a headache on waking. Epilepsy as an after effect of self-abuse in the young. Since this is a remedy that covers a considerable area of the pathology of epilepsy, the different modifications of this disease are dealt with in detail below.

The characteristics of epilepsy in bufo

Bufo is especially indicated in epilepsy when the attacks occur **during sleep at night**. The patient may or may not be awakened by the attack; if not, when he does **awaken he will have violent headache**.

The patient falls to the ground unconscious, with a blood-curdling, wild cry, followed by spasms in the limbs; distorted facial muscles, **becomes red in the face**, **grinds his teeth and bites his tongue**, **foams at the mouth**; **there is an involuntary discharge of urine**; **he suffers from vertigo**. **Severe spasms are followed by loud snoring sleep**.

External numbness before epilepsy or numbness of the parts lain on.

Head drawn sideways before epilepsy. [*Caust.*, *Lycop.*, *Stram.*]

Stiffness before epilepsy. **Stiffness of upper limbs before epilepsy**.

Restlessness and **shrieking before convulsions**; runs about everywhere;

runs shrieking through the house until he is unconscious. Foolish, nonsensical, unintelligible speech before convulsions. He walks the floor and **wrings** his hands.

Up to the period of beginning the epileptic fit, the muscles are in a state of tonic contraction, and then jactitations or twitchings commence.

Clenching of thumbs in epilepsy.

Convulsions begin in abdomen or in the face; **convulsions with cerebral softening**.

Convulsion of limbs with repeated shocks through the whole body.

Twitching over the whole body increases rapidly in severity, until the entire muscular system becomes violently agitated.

Between the convulsions the patient sleeps.

Keynotes before the epileptic attack; aura

Aura with sparks before eyes, which are turned upwards to left. Pupils largely dilated and unaffected by light before epileptic attack.

Aura starts in **genitals**, in uterus, moves up to stomach; with **jerk in nape**.

Aura with mouth wide open, with pupils dilated.

Aura starting from solar plexus.

Numbness of brain before epilepsy.

Anger before convulsion.

Laughing before, during or after epilepsy.

Restlessness before convulsions. Shrieking and restlessness before convulsions.

Speech unintelligible before epileptic convulsion. Spasmodic laughing in epilepsy, before, during or after.

Sighing before epileptic attacks.

The characteristics of convulsions in bufo

Constant convulsive movement of eyeballs.

Red face during convulsion.

Involuntary urination during convulsions.

Perspiration during convulsions.

Prematurely senile. Epileptic symptoms. Convulsive **seizures occur during sleep at night**. More or less connected with **derangements of the sexual sphere**, seem to come within the range of this remedy.

The mental symptoms

Bufo is one of the main remedies to cause mental retardation. The Bufo individual will act very immaturity, almost idiotically, but the remedy never touches real idiocy.

Typical behaviour includes causeless and childish laughter, laughter over serious matters, idiotic and childish behaviour, tittering, **giggling** and making gestures.

The senses seem to vanish and he becomes feeble-minded and **absent-minded** with great weakness of memory. He cannot remember what he has just done and he makes mistakes in speaking, misplacing words or using the wrong words. In the morning, after eating the mind is confused as if he was intoxicated. The state of dullness

and sluggishness is ameliorated in the evening. The patient is sensitive to music, sensitive to noise, is easily startled and will start from fright or from noise. Stupefaction after dinner, after vertigo, between convulsions with an inability to speak. Unconsciousness after convulsions or epilepsy or transient unconsciousness with coma like state.

Anger is aroused before the manifestation of a convulsion crisis and also when he says something and **thinks that he is misunderstood**. This is characteristic of the remedy and a keynote.

Bufo has an irascible temperament and easily becomes angry, wanting to bite objects.

The anger can go far and cause the patient to become **enraged**.

Rage while he is alone. Bufo has a tendency to be destructive and malicious with fits of mania and a **desire to strike** like *Hyosc*.

Irritability in the morning on waking, at night after retiring, after menses.

Talking and moaning or weeping and tearful mood **during sleep** and then on waking he is weepy over trivial things.

Complaining **and lamenting, alternating with crying**. He laughs and cries very easily and tends to cry a lot.

Bufo has many fears and is easily frightened by little things.

Fear of being alone, of animals, of a crowd, of death, of impending disease;

fear that something will happen; **fear of infection; fear of mirrors** in a room, and fear of misfortune on waking.

Aversion to the presence of strangers yet dreads being alone; desires company. Indisposed to talk, desires to be silent, taciturn. Or he desires company but is afraid of people.

Shining objects like mirrors aggravate.

Deceitful and sly.

Indifference and indolence with aversion to work.

During fever the head is hot, there is delirium with delusions and illusions of fancy.

This remedy is **restless, especially before an attack of convulsions or epilepsy**. Restlessness with sleepiness.

The bufo child

This remedy is of use in feeble-minded children. The child may have difficulties in expressing himself, or may appear to be dreaming. A mother may report: "My husband and I have the impression that he is **constantly living in another world**. His thoughts are somewhere else. It is very difficult for **him to sit still**." This child likes to be outside, playing alone, or with his animals. He likes animals very much. He **prefers to go without clothing**, has a desire for and is **ameliorated by the open air**, and wants to go outside, regardless of the weather. He is warm natured, tending to get flushed, cranky, and almost **acts sick in the heat**. He is a real dreamer. You **often have the impression that he doesn't listen**. He often lapses into his own world. But if you ask a question the child is interested and hears it. He likes music and will dance to it and enjoys reading, but also has aggressive fits. He is anxious for others, and easily excited and upset.

The child may also be very aggressive, impolite and rude. She smashes everything to pieces. She is very impatient and will have angry outbursts if she cannot have what she wants immediately. The mother comments that she has been a little simple-minded since birth.

The child may sit and constantly **toss his head**. The head shaking **began after a fright and** now continues all day. He is restless and impatient and **cannot remain still; he is constantly moving** and tosses the whole of his upper body. **When scolded the child tosses about at night, making noises and shaking his head and it is thought he bangs his head against the wall, although no bruises appear.** When something goes wrong the child doesn't stop weeping. He can come home from school, throw away something and afterwards cry for it. The child may hold back his temper, refusing to get into a rage, but may be obstinate and take hours to get over his mood.

The Bufo child sleeps badly, because of the itching. Sleep is poor and he often lies awake the whole night. He bites his nails and may have inflammation of the nail beds. The child plays with his penis, and **bores his finger into his nose.**

This remedy is indicated for convulsions in children and infants. Convulsions in children may occur while the angered or frightened mother is nursing. The attack may start with the face turning very gray and the eyes rolling back. The arms and legs move back and forth.

A child can have one seizure after another, sitting on the floor playing with a set of toy drums. During such play he may repeatedly go into a seizure and begin to fall backwards, and then come out of the seizure before actually falling over, sitting up again and returning to his play, seemingly unaware of what has happened. Most of the seizures are partial in their expression. They may start with a **facial grimace that looks like he is straining at stool** or straining in the way that strong-willed young children sometimes do to assert themselves and demand their way. The **right arm may frequently extend out to the side and back and he may also make a fist.**

Generalities

Bufo causes low grades of inflammatory action, fetid exhalations and discharges. Removes the fetor in hopeless cases of cancer.

Guernsey commends it in **panaritium** and also **when the fingers have been injured and look black, with pains running in streaks up the arm.**

E. E. Case has reported a cure with Bufo cinereus of "**epistaxis daily for several weeks with flushed face, heat and pain in forehead ameliorated by the bleeding;** there was also easy perspiration in general, apt to be offensive, especially on the feet." Marked periodicity: quartan fevers.

Uterine symptoms marked. Lymphangitis of septic origin. Symptoms of paralysis agitans. Striking rheumatic symptoms.

Dipsomania.

Early senility with idiotic behaviour.

It affects the circulation, causing ebullitions of heat, flushings and **burnings** in different places.

Convulsions with tonic and clonic spasms. Convulsions **at night during sleep, from sexual excesses, masturbation** or from sexual excitement; from suppressed menses or before and during the menses. Convulsions after anger, or without consciousness; in children and infants; from fright, during perspiration; or **after tooth extraction.**

Spasms caused by or associated with suppuration of internal parts.

Spasms from fright; **during coition with cramps of the muscles.** Dreadful paroxysms several times a week or fifty paroxysms occurring during fifteen hours, with complete unconsciousness. Attacks appear every fourteenth day or with the **change of moon; at full moon or at the new moon.**

Putting the feet in hot water and drinking something hot sometimes breaks up the attack.

The **body feels swollen** and he has strange sensations; as if forced through a narrow opening or of a plug externally.

Paralysis and dropsy.

There is weakness during sleep and during painful menses.

During the chorea he cannot walk. **He must run or jump.** The tendency to jump can be observed in several Bufo children.

The bones are sensitive and brittle and he suffers jerking in the joints.

Ulcerative pain in the bones and pain from cancerous affections. **Suppurating wounds,** carbuncles, buboes and fistulae of the bones.

Lymphangitis due to injuries, **when the pain runs up in streaks.** Ulcers of the glands.

Foetid discharges and exhalations.

Passive, oozing hemorrhages from the nipples and the saliva is bloody.

The perspiration is oily and offensive, especially on the feet.

Hot swelling of the glands.

Trembling during coldness or trembling with coldness.

Capricious appetite, he doesn't know what he wants or he refuses things when they are offered. **Faintness after breakfast** or before a meal. Faintness in gastric affections.

Aversion to salt and a **desire for sugared water and intoxicating drinks.**

Aggravations: becoming cold aggravates; aggravation by the new moon, sexual excitement, **masturbation,** least movement, slight hemorrhage, on waking in the morning, and a warm room.

Warm bathing ameliorates the symptoms and hemorrhage from the nose ameliorates the pain in the forehead; **also amelioration from rubbing the clothes.**

Vertigo

Vertigo in **the morning after breakfast** with weakness as from loss of blood; then the face flushes, the heart feels compressed and the chest seems squeezed in a vise. The head feels as if it is carried along by the motion of waltzing. Moving aggravates the symptoms.

Vertigo after dinner.

Epileptic vertigo.

Objects seem inverted during vertigo.

Head

Numbness of the brain before an attack or a sensation as if there was hot vapour rising to the top of the head.

Before an attack there are motions of the head. It is drawn first to one side, either right or left, then backwards. Lancinating pains in the occiput incline the head to fall backwards and resting the occiput on the pillow is painful and will bring on a headache in the occiput. Eruptions on the occiput.

Headache and flushed face which is much worse in a warm room or near a stove but better from cold bathing or in cold air.

The patient has a headache with the epilepsy; dull headache in the left side; violent orgasm in the head with a congestive headache and flushed face; the face is bathed

in sweat; the pain in the forehead is **ameliorated by epistaxis**. **Heat of head with coldness of body**. Cold perspiration on scalp.
The head feels heavy in the afternoon and evening.
Sore headache in the afternoon at 5 p. m; headache **from work**, in the vertex on waking in the morning; on waking at night, after midnight, after breakfast, from artificial light, and after stool. Ulcerative headache.
Boring headache while walking; with pain in the temples like two iron hands holding the temples or he has a distended feeling, **especially in the right temple**.
Trembling sensations in the head **or a feeling of water in the head**.
The pain is ameliorated at night, from cold air, and from spirituous liquors. The pain tends to increase and decrease gradually.

Eyes

The eyes become highly injected; and as the attacks multiply they look shrunken and lifeless. The eyes are sunken during a spasm.
The right eye is open, the left nearly closed and the eyeballs roll upwards and to left before an attack. The patient has a frightful, squinting look and finds it hard to keep the eyes open. The left lid is paralysed and hangs down. The lids feel heavy in the evening.
There are constant convulsive movements of eyeballs with nystagmus.
The sight of brilliant objects is unbearable and the eyes are sensitive to bathing. **Objects seem crooked**; and the vision is dim while eating.
Foggy vision in the afternoon from 3 - 4 p.m. When the vision is more acute the eyes are less sensitive to the wind.
Pulsation and coldness in the eyes.
The margins of the lids become ulcerated, blistered and red with some crusts in the lashes. The eyelashes drop out and hair falls from the eyebrows. The canthi become inflamed and ulcerated.
During heat and perspiration the pupils are dilated. **Before an epileptic attack they are largely dilated and unaffected by light**.

Ears

The least noise is unbearable and particularly music.
The heart beat reverberates in the ears and the patient has noises in the ear synchronous with the pulse.
Inflamed and ulcerated wart-like growth behind the ear and on the ears with discharges of blood, purulent material and pulsating pain in the ear. Itching and herpes behind the ears. History of eczema behind the ears as a baby.
The earlobe is inflamed and discharges viscous moisture.
Cold applications aggravate.

Nose

Epistaxis with congestion of the face and pain in the forehead.

Epistaxis in the evening. The nose is sensitive and **burns and smarts on inhaling cold air**. Gnawing, stitching pain which extends to the forehead.

He sneezes on going to bed in the evening and bores his fingers into his nose. The head feels heavy and there is fluent discharge of coryza. **Constant itching in nose before attacks**. Coryza again in the morning with more sneezing and then crusts and scabs form inside the posterior nares. Ulcers develop in the nostrils. An offensive, fetid, putrid, yellow-green discharge then follows. Mucus descends from the nasal fossae into the throat.

Face

His lips are thick and usually half open while you can see from the inside the tongue which may not be protruding but is manifesting through the half open mouth.

Tongue protruding from half open thick lips.

Foolish, confused or besotted expression. **Before an epileptic attack the patient feels his face. He rubs his face in the morning.**

Distortion and turgescence of face looking a greyish or red color; the mouth and the eyes convulse and **the face is covered in profuse sweat during a spasm.**

Flushes of heat every now and then.

The muscles begin to twitch in the face and then spread over the whole body.

The bones of the face are sore and there are lancinating pains in the face.

Greasy complexion with black lips; pimples on the lips; pustules on the nose and painful swelling of the submaxillary glands.

Phlegmonous erysipelas.

Convulsions: begin in the face.

Mouth

A kind of lapping motion of the tongue, feeling of the face and rubbing of the nose **with the mouth wide open** before attacks. He gets angry when his incoherent, stuttering and stammering speech is not understood. During chorea the speech is not clear and motion of the tongue is difficult. There is a constant inclination to clinch the teeth together and grinding of the teeth during an attack. During violent agitation of the muscular system, there is ejection of frothy, bloody saliva from mouth. The teeth become loose and fall out and he suffers with digging toothache. Tearing toothache in the cold air; pain as if the teeth were being pulled out; stitching, stinging toothache in the evening and at night. **Convulsions after extracting the teeth. Burning pain in the mouth aggravated by cold water.** The palate aches and the gums have abscesses and burn.

The tongue is pasty and the mouth clammy and cracked. During the spasms he bites the tongue. The tongue is cracked, bluish-black in color and fissured down the centre. Blood oozes from excoriation in the mucous membrane; the mouth tastes bloody or sweetish in the morning. The breath is fetid and there is a desire for sweet drinks.

Throat

Dryness of throat in the morning and of the esophagus with a **sensation of stone in the throat**. Painful swelling of the right submaxillary gland. The esophagus is inflamed and **inhaling cold air causes rawness in the throat**. The throat feels so sore that he cannot eat supper or breakfast. Cutting and lancinating pain with pulsations in the throat and eruptions in the pharynx like spots on the skin.

Stomach

Nausea in morning for a week. Nausea before menses, on motion, with palpitation and after stool.

Vomiting after drinking cold water, on motion, or from smoking.

The vomit is acrid and **bitter or sour after drinking**, with yellow fluid in it, like that from an eruption. Vomiting of blood and bile.

An empty feeling and **indigestion in the morning with pain before breakfast**. **Cramping pain on motion**. The aura is felt in the stomach.

The appetite is irregular with an aversion to drinks, salt food and a desire for delicacies, sugar water and **intoxicating drinks**. Only feels thirsty while he is eating.

Fetid eructations all day like rotten eggs.

Abdomen

The epileptic attack **originates in abdomen and strange sensations are felt there; coldness in abdomen as if cold water were running through**.

Convulsive movements in the abdomen after spasms.

The suppression of gonorrhoea causes suppurating buboes to form in the abdomen and the groin.

The abdomen rumbles in the morning and there is fetid flatus and eructations after eating.

The liver, the spleen and the inguinal glands are inflamed; suppuration of the inguinal glands.

Gnawing pains in the liver at night and during the menses. The pains are pulsating and **worse for motion**. The liver becomes enlarged and incurably obstructed.

Drinking milk and **smoking** causes **cramping, griping** pains in the abdomen. The hypochondria is painful and the patient suffers with lancinating pains which nearly cause him to faint. Movement of any kind aggravates the pain.

Contraction of hypochondria and stitching, lancinating pains in the spleen during the menses.

Rectum

Dysentery, with delirium, headache and sleeplessness.

Flatus in the morning. When straining at stool there is hemorrhage from the hemorrhoids around the anus. The anus swells and smarts and the rectum itches and burns.

The stool is thin, yellow and liquid and looks curdled or is white and milk like.

Urinary organs

Involuntary urination during convulsions.

Before and after urination **there are stitching pains in the bladder and stitching pains in the kidneys** after urination.

Pulsating and burning pain in kidneys with oppressed breathing and faintness.

The urethra emits a profuse and greyish discharge. Copious and frequent urination or scanty urination during constipation. The urine smells strong like fish-brine or of ammonia and has a yellow or reddish-brown sediment which looks like flour.

Bloody urine in children.

Genitalia - male

Disposition to masturbate and will seek solitude to do this.

Ailments from masturbation; masturbation in epilepsy.

Impotence. **Seminal discharge fails during coition or is too quick; sometimes there is an involuntary discharge of semen. There is either violent sexual passion or he does not enjoy coition.** Spasms during coition.

Atrophy and constricting pains in the testes; **buboes** around the groin.

Eruptions of tubercles on the scrotum. Swelling of the penis with burning on the prepuce.

Genitalia - female

The menses are too early and too profuse, returning every three weeks or else are scanty in epilepsy. **The attacks are worse at the time of the menses** with spasms occurring just before each period. The flow is fluid but contains clots. Burning pains in the vagina before the menses; voluptuous itching and tingling in the vagina and itching before the menses.

Menses with suppressed convulsions.

Swelling and great sensitiveness of the ovarian region with violent cramps extending into the groin. **Great heat in ovaries** with burning and stitching pain, **especially during the menses.**

Cysts and tumors in the ovaries.

Heat in the uterus with burning or cramping pains **in the morning;** before the menses. Sharp, dagger-like pains which are **worse on walking or sitting too long.** The pains extend down the thighs.

Polyps and fibroid tumors in the uterus with ulcers on the cervix.

Enormous blisters on a tumefied uterus, discharging a thin, serous, yellow fluid. Puerperal convulsions if suppuration is suspected.

Discharge of offensive, purulent leucorrhoea in the evening. The leucorrhoea looks cream or flesh colored, sometimes transparent or has a yellow fluid in it as if an

eruption had discharged.

Epilepsy in children as a consequence of the mother having a fright or fit of anger whilst nursing her baby **The aura extends from the uterus.**

There is a disposition to masturbate. Increased desire during menses or

sexual aversion at night.

Hematuria in childbed. The breast milk is bloody.

Cancer of the breast with violent pains in the breasts, worse at night.

Cord-like swelling from the groin to the knee (Milk leg).

Chest

Larynx and Trachea - Fissures in larynx with rawness and burning during coughing and from coughing. **A membrane forms in the larynx; the larynx ulcerates;** stinging and stitching pains in the larynx.

The air passages tickle and irritate at night and at 3 a.m.

Laryngitis, hemoptysis, and phthisis pulmonalis.

Respiration - Respiration impeded in the morning, ameliorated when sitting bent forward. Breathing is impossible when lying down and difficult at night after 3 a.m.

"After convulsive movements became less rapid and violent, breathing became heavy and stertorous, with usual puffing of lips at every expiration, directly culminated in a deep-drawn sigh, and patient sank into coma, soon followed by the restlessness and convulsions as before." **

Cough - Nightly cough from a tickling and stinging in the larynx which starts around 3 or 4 a.m. and is only felt at this hour. Excitement and getting cold feet brings on the cough; the cough is dry and causes burning in the larynx and a sharp pain and burning in the chest. The lungs burn like fire.

Violent cough, with vomiting or suffocative cough; asthma.

Frequent stools or diarrhea ameliorate the cough.

Inner and Outer Chest - The chest feels oppressed in the afternoon and evening and aches while walking or going upstairs. Pain in the heart every few hours with retching, cough and bloody expectoration.

Gnawing pain and oppression in the heart after eating and from motion, ameliorated by pressing the hand to the chest.

The heart feels full or too large and **has a sensation as if it were floating;** the chest feels as if it is full of water. There is constriction about the heart and numbness in the chest.

The patient suffers with palpitations on waking, during the evening, during a headache, during the menses, during the pains and from walking quickly.

Paralysis of heart or shocks in the chest and in the region of the heart.

The chest burns during coughing.

The sputa which is raised mostly in the morning and evening is mucous or bloody, sometimes formed of pure blood and accompanied with a sensation of cold in the chest which is then often succeeded by heat and congestion.

The pulse becomes more and more rapid and threadlike as the paroxysms multiply.

Abscess on axilla and the breast with bleeding nipples. The breasts are inflamed, have sensitive nodules and the **milk is bloody** or bad. The axillary glands become

indurated and painful.

Cancer of the breast with burning, gnawing and cutting pains.

Back

Epileptic attacks preceded by a jerk in the nape of the neck.

Stiffness and twitching in the cervical region; in the morning.

Curvature of the dorsal spine with caries of the dorsal vertebrae and a swelling of bone the size of a fist.

The whole back is painful particularly when straightening up. Aching in the lumbar region in the morning or from motion; **lancinating pains in the lumbar area as from a hot iron**. The sacral region is painful while sitting and the back pain is only ameliorated when lying on the back.

Extremities

The limbs become stiff and numb before an attack of epilepsy.

Heat in extremities; numbness in the morning on waking or while lying on them. The limbs go to sleep easily.

Paralysis of extremities.

Convulsion of the extremities during coition with restlessness before convulsions and afterwards the limbs feel tired.

Pain in middle of long bones and in the joints with a sensation as if a peg were driven in.

Shooting pain in the extremities.

Upper Limbs - The arms become stiffened before an attack following the lapping motion of the tongue, with contractions of the fingers of the right hand, then the left, with the thumbs drawn into the palms.

The upper limbs go numb whilst lying on them, particularly the left arm and they feel heavy. Restlessness and shaking of the upper limbs; the patient has a great desire to move the arms about. The upper arm feels tense; he suffers cramps in the upper right limb and stitching, burning and lancinating pain in the bones. The forearm is weak.

Erysipelatous inflammation of upper limbs; the arms and hands swell and look bluish and hot with burning pains and the **lymphatics in the arm become inflamed**. Pain in the extensor muscles of the upper limbs on motion; **the pain runs up the arm**. Boring pains in the elbow.

Burning eruptions appear on the palm of the hand, the hand and the wrist; yellow vesicular eruptions on the palms. The vesicles itch and urticaria breaks out on the hands. Blisters appear on the hand annually.

Inflammation around the nail, panaritium.

Injuries to the fingers with tearing pains, **redness going up the whole arm and causing swelling and inflammation of the axillary lymph nodes**. **Burning and pulsating swelling of the finger joints; stitching pain in middle joint of fourth finger.**

The hands tremble at night.

Panaritium with a blue-black swelling around the nail. The pain goes in streaks up the arm.

Warts on hand.

Ischias

Lower limbs - Corrosive itching of lower limbs; itching around the patella and down on the inner side of the foot.

Eruption of vesicles and yellow fluid on the lower limbs with blisters on the sole of the foot.

Erysipelatous inflammation of the leg.

Lower limbs are more in motion than upper and **before an attack they become straight and stiff.**

The thighs are weak while walking and he has to walk with sticks to get about. The gait becomes staggering and unsure.

The legs tremble at night and in the morning.

Cramps in the lower right leg in the morning from 4 - 5 a.m. , with discharge of semen. Aggravated by cold air.

Stretching out the leg causes cramps in the calf; also cramps from motion.

The lower limbs are cold during the menses; the feet are cold during fever and during a headache. The knees and feet feel dislocated.

The legs are drawn backwards.

The skin is excoriated between the nates, the thighs and in the bends of the joints.

Podagra with arthritic nodosities in the foot.

Arthritic nodosities in the knee. The knees are very painful with shooting, stitching and bruised pains. Boring pains in the knees, ankle and foot, **aggravated by motion.**

Sciatica.

Milk-leg; the legs swell in the evening.

Varices of lower limbs.

Felons which begin in the thumb nail and run around the nail.

Offensive perspiration on the feet.

Sleep

Very profound coma subsequent to the attacks; deep and comatose like sleep between and after convulsions from which it is very hard to wake the patient.

The patient wakes from sleep after midnight **around 3 to 4 a.m. ,** sometimes waking with palpitations. All symptoms are worse on awakening. **He feels sleepy in the morning after smoking, after meals and after being in the open air.** Restlessness with sleepiness.

He cannot sleep from the pains, from fornication, from diarrhea or after 4 a.m. in the morning.

Prefers to sleep on the left side and **dreams of greatness,** of business matters or of projects.

Fever

Chilliness during the menses, after stool or **creeping chill in the cold air**.

The limbs get cold, the head and face increasingly hot, as the paroxysms multiply. The body, especially the hands and arms, are bathed in a clammy perspiration. The head is hot, the body cold with delirium or apathy; **quartan fever with intense heat and violent delirium**.

In the morning, in bed, the patient perspires quite profusely which makes him feel weak. The sweat is oily and cold.

During convulsions he perspires.

Skin

Acne appearing on the back, face and neck. Her skin is very greasy.

Cracks in the corners of the eyes.

He has eczema on his eyelids, on his ears.

The skin looks dirty, and greenish in color and has an oily appearance.

He has a sensation that the skin is hanging loose.

Phlyctenoid eruption, on the skin, discharging a thin, yellow fluid, similar to that appearing in the vomit and the leucorrhoea.

Eruption of large blue boils on the skin or **vesicular, grape shaped eruptions**. Gangrenous, yellow eruptions which exude an ichorous fluid.

Blisters which open and leave a raw surface on the palms and the soles. The stitching pain prevents him from sleeping at night.

Every little injury seems to suppurate and turn into pustules with corrosive pains. Red, or purplish streaks appear in the neck, the back or other parts of the body under the skin. Bluish-black swelling around the thumb nail, followed by suppuration **and pain tracking up the arm**.

Pompholyx in hand returning every year.

Ulcers and cancerous ulcers with burning pains. Eruptions of malignant and fetid pustules; carbuncles with the surrounding skin discolored blue.

Chilblains.

Clinical

Softening of brain. Buboec. Cancer. Carbuncles. Caries. Chorea. Dropsy. **Epilepsy**. Affections of heart. Impotence. Intermittents. Malignant pustule. Meningitis.

Panaritium. Pemphigus. Phlegmasia alba dolens. Plague. Podagra. Self-abuse. Affections of skin. Stammering. Suppuration. Whitlow.

Relations

Compare: *Baryt-carb.*; *Asterias*; *Salamand.*; *Cicuta*. In convulsions from low grades of suppuration, *Arsen.*; *Canthar.*; *Laches.*; *Tarent.*; in epilepsy *Artem.*; *Calc.*; *Nux vom.*; *Silica*; *Hyosc.*; *Mercur.*; ***Sulphur***; in bullae, panarititia, etc.; *Hepar*; *Laches.*; *Phosph-ac.*; *Silica*.

Complementary: *Salamandra* (epilepsy, cerebral softening) *Heloderma*, *Amphisboena*.
Antidoted by: *Laches.*; *Senega*.

Dosage

From 6c to the highest.

Butyricum acidum

A volatile acid obtained chiefly from butter.

The essential features

Butyric acid is a reliable medicine whose proving is quite sound, unlike some other provings about which I have great reservations.

This remedy is indicated in cases of fatty infiltration or fatty degeneration of the liver, in cases of gastritis, spastic colitis, enteritis, or viral infections of the guts. In all such cases, the main indication is the excessive accumulation and expulsion of gas from the abdomen or stomach. You may try this remedy in cases of excessive gas formation or expulsion of gas instead of stool, where other remedies such as *Lycopodium*, *Arg-n.*, *Raphanus*, *Gambogia* or *Podophyllum* have failed. Other indications for this remedy are lumbago, sciatica or arthritic conditions accompanying liver or gastric symptoms.

Butyric acid cases suffer from restlessness, anxiety and apprehension. They live in a constant state of fear and nervousness. They may be sad and restless, with impulsive, suicidal thoughts, full of worries over trifles. They may also sink into an indifferent and apathetic mood.

Generalities

Principally affects the gastro-enteric tract.

Symptoms are worse at night, from 9 p.m. to 5 a.m.

Worse during menses.

Chronic appendicitis.

Going upstairs, rapid motion and **fats aggravate.**

Infants are aggravated by fats.

Head

Dull, hazy aching headache.

Headaches which make him apprehensive about trivial matters.

Mouth

Profuse salivation. The gums become sore and the breath is fetid. A little thick, black blood oozes from the gums and lies on the teeth. The mouth has to be rinsed frequently.

Stomach

Poor appetite or loss of appetite. **The stomach is distended** and has a sensation of fullness. Sour, bitter, rancid or tasteless eructations with much **gas in the stomach**. Cramping pains in the pit of the stomach, worse at night, followed by palpitations, worse after eating.

Aversion to food.

A feeling as though the stomach is overloaded.

Abdomen

A sense of **soreness and fullness over the region of the liver**; a general sense of fullness in the upper part of the abdomen with **severe palpitation and painful breathing**.

Cramping, griping pain in the hypogastrium. Pains below the umbilicus which come and go suddenly and cause the patient to draw the knees upwards and are **relieved by passing large amounts of gas**. Soreness and colicky pains over the region of the ileo-caecal valve which is tender on pressure.

A tremendous amount of gas developed in the abdomen and large quantities of gas were passed through the rectum which gave temporary relief.

Sharp cutting pains through the abdomen.

Pains below the umbilicus.

Rectum

Often the **stools were preceded by much gas**, thought he was going to have a stool and only **great volumes of gas were passed**. **There were frequent and tense crampy pains in the bowels with desire for stool, but only gas passed**. The bowels become irregular and there is pain and straining in the morning during stool.

Desire for stool but only large amounts of gas is passed. Constipation alternating with diarrhea. Stools vary in color from very dark brown, formed, and offensive, to light yellow. **The dark stools are expelled with an enormous amount of gas, sometimes offensive.**
Soreness and colicky pains over the region of the ileocaecal valve. **This was accompanied by tenderness on pressure.**
Stools vary in color from very dark brown, formed, and offensive, to light yellow.
A great deal of straining and urging to stool.

Urinary organs

Sudden urging in women to urinate immediately.
Odor of urine as if the provers had eaten asparagus.

Genitalia - female

Leucorrhoea which is **offensive like horse's urine or yeasty.**
Thin, watery, scanty or albuminous leucorrhoea.

Chest

Palpitation of the heart after eating a full meal and accompanied by a sense of heaviness and fullness in the region of the liver.

Back

Tired, weak feeling in the low back. Dull pain in lumbar region which goes down into the hips; aggravated by walking and standing.
Severe backache at the lumbo-sacral junction.

Extremities

Profuse, offensive sweat on the feet. The feet swell and are cold. Pain in the extremities and in the ankles extending upwards. The hands sweat and the finger nails crumble and are crippled.
Very tired aching feeling in the lower extremities; particularly down the calves. A feeling as though one had been sick for a long time and the limbs were weak and tired.

Sleep

Restless sleep from digestive troubles with dreams of a serious nature.

Fever

Perspiration during slight exertion.

Dosage

FROM "A COMPLETED PROVING OF BUTYRIC ACID WITH CLINICAL CONFIRMATION" (WILLIAM B. GRIGGS)

Cactus grandiflorus

Cereus grandiflorus.

Night-blooming Cereus. (Mexico and the West Indies.)

N.O. Cactaceae.

Tincture of youngest and tenderest stems and flowers collected in summer.

The essential features

Cactus grandiflorus is a remedy that has a special relationship to heart conditions, whether functional or severely pathological, and in particular to cardiac infarction and angina pectoris. The reason for this is that Cactus possesses in its pathogenesis the main characteristics of cardiac pathology. I have seen beneficial effects from the use of Cactus in cases of pulmonary oedema, myocardial infarction, and pericarditis, though additional remedies were necessary to complete the cure. Although Cactus can cure the case on its own, this is rare. It, of course, only acts curatively, if the symptoms agree, and especially if they include the keynote 'constrictive sensation about heart,' discussed below. Indiscriminately prescribing Cactus 'for heart disease' without individualisation will usually lead to unsatisfactory results.

Some examples from my experience, are:

A woman in the initial stages of pulmonary oedema, with fever exhaustion, arrhythmia and dyspnoea, needed Veratrum album as her first remedy. After considerable improvement, severe constrictive pains developed. Cactus immediately relieved the symptoms, though Calcarea carbonica was still needed to complete the cure.

In a case of endocarditis, after the initial remedy, Arsenicum, the symptoms changed to Cactus. The case needed another two remedies thereafter to complete the cure.

In a case of cardiac infarction, Cactus was the first remedy needed. It was followed by Lycopodium and eventually Sulphur before the patient was out of danger.

Functional and pathological heart disorders

Some physiological actions triggered by Cactus grandiflorus are:

the blood clots easily

the arteries and the heart contract excessively and painfully

the blood stream congests selectively on one organ or another (heart, vagina etc.)

the heart palpitates violently

In functional heart disorder the Cactus patient suffers from irregularities of the heartbeat with strong, and many times, violent palpitations and constricting pains, especially, but not exclusively, in the heart or thorax. Kent provides us with a description of the constriction:

'Around the attachment of the diaphragm feeling as if a cord was tied tighter and tighter; round the lower part of the chest. This is a strange symptom; it clutches him so tightly around the waist line that it takes his breath away and he struggles for breath, and wants to do something. It clutches him tighter and tighter.'

The patient experiences occasional attacks of palpitations, at times very severe. Any unusual physical or mental exertion can induce an attack.

Palpitations might arise on rapid motion, upon stooping, turning around, etc. The palpitations of the heart are aggravated when walking or when lying on the left side. They are also reported to come on in sleep, and are often connected with fright or anxiety from dreams. There is also a fluttering sensation in the heart, like a bird's wing. Concomitant symptoms can be an uncomfortable sensation in the pit of the stomach, a feeling as if fainting, or a suffocating constriction of the throat, with throbbing carotids.

In the pathological picture Cactus displays much graver conditions like valvular diseases of the heart, pulmonary oedema, myocarditis, endocarditis, pericarditis, etc., with all the attendant symptoms. In a typical Cactus heart case we observe the patient complaining of a constant sense of constriction in the region of the heart and epigastrium, as if the heart is grasped and compressed by an iron hand. This is the most common description, but in practice the descriptions vary. We find a good many examples of patients describing the same symptom in different ways : as if the heart were 'bound down'; as if it 'had not room enough to beat'; 'as if bolts were holding it'; 'as if it were constricted by an iron band that prevents its normal movement'; 'as if it were twisted in wires'; 'as if it were compressed, squeezed and released alternately by an iron hand'; 'as if compressed violently and violently struggling to burst its bands'; etc.

This sensation is often accompanied by great soreness and aching, soreness to the touch. An example quoted by Hering is: 'Great pressure at heart, going around under left axilla to left back like a belt of pain; like a hand grasping the heart, with soreness and aching, and soreness to touch in all the affected region.'

It is obvious from the symptoms mentioned so far that it is easy to confuse Cactus with Lachesis. In both remedies these sensations are very distressing, causing the patient to worry a lot.

A condition resembling *angina pectoris* may be induced by sudden shocks, such as a misstep in crossing the street or a jarring sensation when riding in a car. Physical exertion, such as stretching the arms above the head, may also cause this condition, or it may come on from sitting down low without taking care. The constrictive sensations around the heart are much increased by muscular exertion, by shocks, by jars, by reading aloud and by loud talking, by any emotion, any strong excitement, and also by lying on the left side at night.

Cactus also exhibits the typical sore pain extending in the left arm down to the elbow that we see so frequently in *Latrodectus mactans*. The heart pains may be accompanied by numbness of the left arm and in particular by oedema of the hands, or even only the left one. They are mainly of a

constrictive character (there are also stitches, etc.), as are all the pains in other regions of the body, and they are so violent as to force the patient to scream.

With the pain there is dyspnoea and a death-like feeling in the heart region. Hering states that in such cases the breath sometimes stops altogether for some moments, while the skin gets colder. Violent gasping and palpitation follow. Kent describes that when a patient holds his breath, his heart beats so fast it feels as if it would fly to pieces. This condition is most often found in conditions of toxic goitre with heart involvement. Clarke relates that a case of *angina pectoris* where *Cactus* acted had the following strange sensation: as though a swarm of hornets were going to the heart. During and after an attack of *angina pectoris*, great anxiety is also typically observed: a fear that there is some organic lesion of the heart that will cause sudden death.

If the heart condition becomes a great deal worse, the patient may arrive at a state of acute pulmonary oedema. In really severe conditions there may be violent palpitation, distressing dyspnoea, disorder of the valves, mitral regurgitation, and congestion of the lungs. The breathing becomes very laboured, and it is impossible for the patient to lie down. Oedema occurs in the extremities, especially in the hands, and the face is bloated and swollen. Eventually the whole body becomes oedematous. The urine is scanty and high coloured, breath is short, the heart labours very hard, and the patient is unable to make the slightest motion.

During this progressed pathological state you may no longer see the constricting pains that are the main keynote of the remedy.

We homeopaths do not frequently see full-fledged cases because the whole of such symptomatology is typically masked by allopathic drugging.

Allopathic medicine has at its disposal a lot of drugs to suppress these symptoms, while the real disease progresses and the patients condition worsens in spite of not feeling the pains. When allopathic suppression has taken place, it is often difficult to recognise the symptoms. For example, it is possible, for the patient to exhibit a slow and feeble pulse instead of intense palpitations. In such cases the practitioner should go back and study the initial pathology of the case to see if *Cactus* is appropriate.

I have tried to separate the functional from the pathological states, but in reality they cannot be so clearly demarcated. The student should use his imagination to perceive how a patient under the influence of this remedy might feel, and to grasp the idea of the pattern behind the symptoms.

Constrictive pain and irregular congestion

The first and most prevalent keynote of the remedy is the constrictive pain that is often so intense that the patient is forced to cry out. The sensation of tightness and constriction is not only to be found in the heart but is a general characteristic of the remedy. You may find it in various other places, like the oesophagus, the bladder, the vagina, the uterus, the chest (sometimes marking the attachments of the diaphragm), all over the abdomen, etc. A spasmodic constriction of the vagina upon introduction of the penis (*vaginismus*) is an indication of the remedy. The tightness is such that it not only prevents any movement, but inhibits the withdrawal of the penis. The sensation the woman has is as if an iron ring squeezes her vagina immediately after the intromission of the penis and gives her such severe pain that she can go into convulsions. Her partner feels as if a string were tightly drawn

around his penis. This trouble typically occurs only in the beginning of coitus. However, in severe cases, it can prevent it altogether, except for during menses and one or two days before, when the vagina does not exhibit this tendency to spasm. In a German Journal (*Archiv für Homöopathic*, 1993) there is a report about a mare that could not be covered by a stallion because she always got vaginal convulsions in this situation, whereas there was no problem with the veterinary vaginal examination. Cactus 30c helped immediately.

The second characteristic of the remedy is its congestion which is totally irregular. It seems that the distribution of blood is capricious. There is, for instance, congestion in the head with coldness of the extremities. In a German proving conducted in the 1930's (Hans Ritter) the prover observed as the most prominent symptom 'a gradually increasing headache, very intense in the final stage, increasing and decreasing, worse from sudden movements, with heat in the head, feeling of congestion, like a pressure out of both ears, with striking redness of face'. Here the face was mentioned, but there may be congestion of blood in any organ, in the chest or the heart, in the vagina, in the uterus. The circulation of blood is never equal throughout the body.

The above two dominant symptoms can occur separately, as well as together. Constrictive pains and sensations in various parts of the body are very often accompanied by violent congestion of blood in the affected part. Kent describes this combination perfectly: 'Suppose you should tie a tape round a violently congested organ and tie it tighter and tighter. It seems to me that is about the kind of suffering the patient has with that constriction of a congested organ.'

For example, the most violent cramps are produced in the uterus. Painful constriction is felt in the uterine region, as if the uterus were grasped and held tightly, like a spasm. This takes place in conjunction with a rush of blood to the part, with violent congestion and insupportable pulsating pain. The rush of blood comes on suddenly, and the spasms are so violent and intense that the woman screams from pain and fear. Therefore, the remedy is indicated in dysmenorrhoea with the most horrible pains where the characteristics of violent congestion and constrictive cramping pain are present. In the case of dysmenorrhoea, the flow of the menses ceases upon lying down. Often the dysmenorrhoea is complicated with heart symptoms, or is connected with rheumatism of the joints.

Farrington describes a characteristic form that the constrictive feeling can assume: 'as if her whole body was in a wire cage, and that each wire was being twisted tighter and tighter.' Lilienthal gives the following description from a clinical case: 'Pains everywhere - head, arms, legs, back, chest, heart; darting, springing like chain-lightning, terminating with a sharp, vice-like grip, only to commence again a moment afterward, with restlessness and groaning.'

Constrictive spasms of this sort and congestion may also be encountered during labour, where extremely strong pain or even suppression of labour may occur. Constriction is also to be seen at the neck of the bladder and can be so severe as to prevent the passage of urine.

As apparent from the above, the combination of congestion and constriction is a very characteristic feature of Cactus. Its congestive violence resembles Belladonna or Aconitum. In both Cactus and Acon., the pains are unendurable and force the patient to scream. However, you cannot confuse Acon. with this remedy, because the tremendous agony and fear of death that Acon. experiences are lacking in Cactus. Though Cactus people can be extremely anxious about their condition they do not show it that much and even try to hide it. The practitioner perceives their anxiety because of

frequent telephone calls and the detailed descriptions of all the pain and suffering. He may perceive it as hypochondriacal anxiety, but it does not resemble the intense fear of death that the Aconite patient expresses. In addition, the Acon. pains are not as clearly constrictive as the Cactus pains. One might say that Acon. is indicated in 'pseudo' angina cases where the patient experiences a real fear of death.

Cactus can be differentiated from Belladonna in that it does not produce the amount of heat produced in Bell., nor will Bell. typically have a constrictive pain quality, but rather a throbbing one.

In Cactus cases you often see a severely sick person whose heart is in a precarious situation and whose valves are affected. There may be oedema of the extremities, no appetite, restless sleep, and emaciation. If this is discussed with the patient, he confesses that he is despondent, has no hope, feels that he will not recover, and weeps copiously and easily. This might even take the form of a feeling that he is dying and will not live till the next morning. However, the patient's despair is definitely not accompanied by an excessive fear of death. We see nothing violent in his suffering, as is the case with Aconite or Belladonna.

Cactus also shares a certain similarity with Arsenicum. The Cactus patient may be almost as full of fears and have the exact sensation of tightness around the chest as Ars., but it may occur without cyanosis, which is a marked distinguishing feature of Ars. The Cactus patient is also more silent and much less restless than Ars., as movement worsens his condition.

Additional pathology

Some other forms of pathology that fit the remedy are:

Complaints that recur with **marked periodicity**, such as:

intermittent fever with a predominant chill that returns every day at 11 a.m. or 11 p.m. The fever may be accompanied by bleeding, especially from the bowel, and by convulsions. Paroxysms may be followed immediately by cold sweat, with terrible anguish;

periodic neuralgia: headaches, especially right side and vertex, often provoked by **missing a meal**. Chronic trigeminal neuralgia, right-sided, brought on by wine, music, strong light or missing a meal at the usual hour; worse with least exertion but cannot lie still in bed either.

periodic attacks of suffocation, with fainting, cold perspiration on the face and a very weak, scarcely perceptible pulse.

Rheumatic conditions that look like Rhus toxicodendron, but Rhus. does not hold and eventually the heart gets involved. A typical case (*Journal of Homeopathic Clinics*, 1870): 'Rheumatism affecting all the joints of the extremities with a great deal of pain, stiffness and swelling; worse in the evening and again in the morning on first rising; aggravation while at rest, on beginning to move, and from a change of weather, especially if the change be a cold, damp one. Amelioration from continued but gentle motion.' Ultimately the heart gets involved and the characteristic constrictive pains that require Cactus ensue. Such a case can look like Rhus-toxicodendron or Tuberculinum, but the final involvement of the heart is the determining factor in favour of Cactus.

When the organism is **exhausted from a severe infectious disease and eventually the heart shows symptoms of failing**. A feeling as if the heart

will stop beating every time the head is raised from the pillow is characteristic.

Cardiac asthma, when the patient cannot lie down on account of the oppression and the excessive secretion of mucus. The attention of the patient is focused on the heart symptoms, of which he constantly complains. He has **rattling of mucus** with dyspnoea, which causes him great anxiety. He has a raw feeling and a sensation of constriction in his chest as if it gets tighter and tighter until he cannot take a breath. There may be no cyanosis and no great restlessness. There is also a possibility of hypostatic congestion of the lungs due to cardiac weakness. The patient is unable to lie down and must sit up in bed. 'Could only breathe with shoulders elevated and lying on the back.' (Hering)

Cactus may congest the brain in such a way as to create a situation **simulating a brain stroke**, most probably brought on by a constriction of a vessel in the brain. While this is happening the patient loses the ability to move. A partial blindness and difficulty in speaking may ensue, and his **walking becomes unsteady**. His face becomes red simultaneously with a sensation of constriction about the heart.

Cactus is also a **haemorrhagic remedy**. It has bleeding from vascular relaxation accompanying cardiac and vascular conditions and also from violent congestion of a part. The bleedings may come from the nose, the lungs, the rectum, the bladder or the stomach. However, as the blood flows it **quickly forms large clots** which cause blockages in the organs.

The mental picture

The mental symptoms produced correspond to those found when there are **heart disorders with sadness** (Aurum iodatum). Patients are in a sad, anxious and weeping mood. They are melancholy, without being able to find any reason for it. There may be an irresistible inclination to cry. This is particularly strong in women before and during the menses. There is also hysterical behaviour during the menses.

The patient is **taciturn**, disinclined to speak or answer questions, and generally ill-humoured. He loves solitude and **avoids those around him who wish to comfort him** (Nat-m.). This depressive mood is coupled with feelings of self-reproach. The provings give us the following symptoms: 'Feeling of semi-remorse at having done something wrong.' 'Feeling of having done violence to myself.' Extraordinary irritability has been observed; the least contrariety puts him into a passion. In Schoeler's proving, there was a tendency to develop a quarrelsome mood, sometimes over the most trivial things, and later the irritability increased even more, with the prover flying into fits of rage. The Cactus person is sensitive to noise, the sound of talking and music, and also to strong light.

In heart diseases like *angina pectoris*, the patient becomes really **hypochondriacal**, calling the physician frequently and describing in detail how he feels. The intensity of the suffering causes him great distress. The patient is an easily frightened person who **screams and shrieks with the pain** and who may even lose consciousness. A fear of death may manifest, but the patient does not make a big point of this. He tries to hide it and accepts it as natural to think this way because he has a heart problem. When the pains become severe he believes that he will not survive until the next day and that his condition is incurable, but all this is explained as a logical conclusion of the pains and suffering.

The indescribable fear that something terrible will happen to him is a symptom that is also found in other remedies. In those cases where the patients

mind readily focuses on his heart, he can develop the fear that he has a severe heart disease. Cactus differs from these remedies in that while it is one of the main remedies for **the fear of heart disease**, the fears are grounded in reality.

Night is a difficult time for Cactus patients, because in heart conditions **lying down aggravates** and in cardiac asthma **they fear they will suffocate at night**.

The patient feels very **anxious on waking up**. Cactus has morning aggravation like most heart conditions and remedies (Lach.), but in him it is mostly the anxiety that bothers him. The anxiety manifests in the morning. As the day progresses it goes away, only to return in the evening. There are also delirious states that manifest at night and **upon waking**. Rubini's proving produced the symptom 'Talking nonsense while asleep at night; on awaking, he talks unconnectedly.' And Hering lists the symptom 'Felt much alarmed on waking, but could not tell cause of alarm.'

Another peculiarity of this remedy are the impulses to do something facetious, even bordering on the grotesque. This 'irregularity' in the mental sphere may be compared with the unbalanced circulation system and its tendency to produce erratic congestion of blood.

Concerning the intellect, we see a slowing of the mental processes, a certain dullness and stupidity. The **slowness** is especially exhibited when the patient tries **to arrive at conclusions**. He 'felt a considerable degree of difficulty in fixing upon anything settled or fixed in what he was pursuing; when conclusions were arrived at, however, they were to the mind quite satisfactory.' Hering also observed a 'difficulty in finding the right expression when writing symptoms down.'

Generalities

Constriction, contraction, congestion and haemorrhage are the main points of Cactus.

In addition to the above mentioned symptoms, there may be low blood pressure from weakness of the heart and high blood pressure from arteriosclerosis.

We find general weakness with sadness and bad humour. Weakness and prostration with low blood pressure and **coldness of the extremities**.

The constrictive sensations can also be induced by **touching the affected part**, which provokes a twitching of the muscles.

Kent comments on the constrictive pain sensations: 'When pains occur in the intestines they are constricting, but when the pains are in the long muscles they are not the constricting pains, for it is not the circular fibres then but the long fibres that contract and we call them cramps. Cactus produces some spasmodic conditions in long muscles, but not to any great extent.'

He also provides a description of the congestive states: 'Violent congestion and he grows stupid under it. Congestion of the brain, first with very red face, then darker from the venous stasis and then stupor. He grows sluggish under the cerebral congestion.'

The Cactus patient can also experience sharp pains in the diaphragm and girdle pain round its attachment together with indigestion.

Causation: Symptoms are brought on by any emotion, excitement, irregularities of breathing, a disappointment in love, from exertion; or attacks may come on during sleep and are connected with fright or anxiety in the dreams. **Lying down**, especially **on the left side**, may also provoke symptoms.

Worse: Many symptoms are worse from **lying down**, lying on the left side, 11 a.m. or 11 p.m. , at night, from going upstairs, from the sun, from damp and from noise. Many of the complaints of *Cactus* are aggravated or induced by irregularities of breathing.

Better: from continued but gentle motion; **from the open air**; vertex headache better by pressure on the vertex.

Vertigo

Vertigo from congestion: face red, bloated; pulsation in the brain; mental imbalance, anxiety. Unsteadiness of gait, amounting almost to staggering, and a reeling sensation.

Vertigo brought on by physical exertion, turning in bed, stooping, rising from a recumbent position or from deep inspiration.

Head

The headaches often come on from congestion of the head or brain. They are, therefore, violent and accompanied by intense heat in the head. Heat in the head from mental exertion is a strong symptom. The headaches often have a constricting or pressing quality.

Heavy pain, like a weight, on the vertex. This pain is diminished by pressure. It is made worse by the sound of talking, by any noise, or by strong light.

The sound of voices seems to go through the head, and the brain is so sensitive that the sound feels like a material substance hurled at the brain, much like in *Theridion*. The pressure may feel as if the top of the head will be crushed in, or like a pressure that is pushing outward ('out of both ears', as expressed by the German proverb *Ritter*). The pressive headaches in the vertex may develop as a result of menorrhagia or at the time of menopause in women (*Lippe*).

There can be a feeling as if the head were compressed in a vice and will burst open from the severity of the pain.

We also find headaches in the form of a tightness across the vertex, as if the scalp is tightening upon the skull.

There is also a pulsating headache. Right-sided headache and neuralgia which are periodic, pulsating, throbbing, and of an extreme type.

Spells of pain in the right temple, caused by drinking a glass of wine, attending the opera, or after eating evening meal at too late an hour; It begins in the morning, increases during the day, with vomiting; and a nose that is extremely dry; The patient must lie perfectly still; is worse from staying awake, from noise, light, and exertion.

Pulsating pain, with a sensation of heaviness in the right side of the head, continuing day and night, so severe as to make him cry out loudly.

Sensation as if something is whirling up from the chest to the brain, and all the arteries seem to throb; the patient feels as if he is dying. Kent describes:

'It has been recommended for threatened apoplexy, when the congestion is so violent and the face is flushed and purple, or very red and the pulsation is felt in the brain and all over. Feels as if the head would expand from the pressure of blood in the head, but without any great rise of temperature. It has fever, but it has these without fever. Heat in the head from mental exertion is a strong symptom of *Cactus*. This symptom is found in persons who

are trying to break off from coffee and Cactus is often the remedy. '

Eyes

Dimness or weakness of sight, recurring periodically; objects appear as if clouded or obscured; does not recognise a friend at a short distance.

Momentary loss of sight; circles of red light appear before the eyes, which dim the sight.

Sensitivity to light, especially during headache.

Eyes bloodshot; cerebral congestion even to coma, when perspiration fails (in intermittent fever).

Acute rheumatic ophthalmia; exophthalmic goitre.

Ears

Pulsations in the ears, with buzzing, singing or ringing.

Rheumatic otitis.

Otitis from checked perspiration.

Nose

Profuse epistaxis which ends after a short time. This haemorrhage is caused by the violent rush of blood to the head mentioned above.

Constant dry nose during headache.

Dry coryza, must breathe during the night with his mouth open.

Fluent and very acrid coryza, which makes the nostrils sore.

Face

The face looks red and bloated, with a pulsating pain in the head.

Flushes of heat in the face, with a feeling of suffocation.

Alternately, there is a paleness of the face, coupled with emaciation.

During chill and with weakness of the heart, we can see a blue face, with purplish or mottled lips.

Prosopalgia, right-sided, chronic, worse from the slightest exertion, tolerable only when lying still in bed. It is brought on by wine, music, strong light or the missing of a meal at the usual hour.

Mouth

Loss of taste for food, with nausea.

Foetid breath in the morning.

Tongue purple, with thick, brown sordes on the teeth.

Prickling in the point of the tongue.

Throat

Suffocative constriction at the throat, with full, throbbing carotids.

Constriction of the oesophagus which prevents swallowing; must drink a large quantity of water to force anything down into the stomach.

Choking, with a feeling as if there were a tight collar around the neck.

Globus hystericus, like a ball coming up into the throat, with constant swallowing and choking, even cramps and numbness of the left arm.

Respiration and cough

Difficulty breathing; continued oppression and uneasiness as if the chest were constricted by an iron band and cannot expand for normal respiration.

Breathing oppressed, as from a great weight on the chest.

The breathing becomes more and more laboured, so that the patient cannot lie down flat and becomes acutely anxious. Breathing may only be possible by lying on the back with the shoulders elevated.

Suffocative attacks, with turbulent action of the heart; worse at 11 p.m.

Chronic bronchitis, with rattling of mucus, which becomes acute after a cold and causes great anxiety and suffocation.

Chronic bronchitis, with rattling of mucus which is continuous day and night; oppression of breathing on going upstairs, with an inability to lie flat in bed.

Bronchitis, with palpitation of the heart and bronchial catarrh, from overexertion of the heart.

Periodic attacks of suffocation, with fainting, cold sweat on the face and loss of pulse.

'Sometimes the breath stops altogether for half a minute, but without unconsciousness, skin gets colder; afterwards gasping.' 'When breath stops, there is violent gasping and palpitation.' (Hering)

Abnormal respiratory murmur and bronchial respiration.

Frequent attacks of asthma, with a stricture around the chest, like a band of iron.

During asthma attacks, every year, a sensation of a hoop around the throat, another around the heart, and another around the diaphragm.

Inspiring fresh air is very reviving.

Various kinds of cough, due to cardiac disorders.

Catarrhal cough, with much viscid expectoration.

Haemoptysis, with marked arterial excitement and a convulsive cough.

Cough, with thick expectoration, like boiled starch, and very yellow.

Excessive secretion of mucus, with oppression, when attempting to lie do; the heart feels as if it is clutched; the face and limbs become cold.

Chest

Painful sensation of constriction in the lower portion of the chest, as if a cord were tightly bound around the false ribs, along with obstruction of the breathing.

Sensation of great constriction in the middle of the sternum, as if the parts were compressed by iron pincers.

Feeling of constriction in the chest, preventing free speech; when forced to speak, voice is weak and hoarse.

Sudden and violent congestion of blood to the chest with awful dyspnoea and constriction of the heart; the patient is unable to lie down; the attack passes away without causing inflammation.

The chest complaints often come on or are exaggerated at 11 a.m. or 11 p.m.

Inflammation of the lungs; pneumonia with hepatisation of the lungs; the first stage of pulmonary tuberculosis.

Gripping pain behind the sternum.

Pains from the lower part of chest through to the shoulder blades.

Rheumatism of the chest muscles.

'Cactus is also a remedy for hypostatic congestion of the lungs. He cannot lie down, must sit up in bed, and there is a dullness of the lower part of each lung, gradually growing higher from an effusion of serum into the lower portion of the lungs. This hypostatic congestion is due to a cardiac weakness. Cactus will often relieve this a few times when it occurs in old broken down cases towards the end of Bright's disease, and at the end of dropsical conditions and heart troubles. It will postpone death.' (Kent)

Heart

Constant pain in the region of the heart, with a sensation as if the heart were 'bound down', or 'had not room enough to beat,' or 'as if bolts were holding it.' The heart feels as if it is compressed, squeezed and released alternately by an iron hand.

Dull, heavy pain in the heart, aggravated by pressure; suffocating respiration; face blue; oedema, especially of the left hand and of the legs to the knees; feet icy cold; pulse intermittent. Heart disease, with oedema of the left hand only.

Great pressure at the heart, going around under the left axilla to the left side of the back, like a belt of pain; like a hand grasping the heart, with soreness and aching, and sore to the touch in all the affected region; also, sore aching in the left arm down to elbow; the cardiac pain ultimately causes dyspnoea.

Very acute pain, and such painful stitches in the heart as to cause him to weep and to cry out loudly, with distressing palpitations, faintness and dyspnoea.

Paroxysms of violent stitching pain in the heart, with icy coldness of the limbs.

Lancinating pain in the heart when perspiration fails (in intermittent fever).

Endocarditis with mitral insufficiency together with violent and rapid action of the heart, pressure and heaviness.

Acute inflammatory disorder of the heart, idiopathic or from rheumatism.

Mitral regurgitation; angina pectoris; valvular derangement and dilatation of the right ventricle; insufficiency of the aortic valve; valvular diseases, with the second beat of the heart being replaced by a harsh murmur. Endocardial murmurs; excessive impulse; increased praecordial dullness.

Aneurysm of the heart and the large arteries.

Functional disorder of the heart, from emotions or mental excitement. The palpitation of the heart consists of small, irregular beats, with the necessity for deep inspiration; slight excitement or a deep thought is sufficient to produce this condition.

Nervous palpitation of the heart, augmented gradually on the occurrence of menses.

Irregular and intermittent action of the heart. Violent, turbulent action; it beats violently for a short time, then ceases entirely.

Palpitation of long standing, caused by an unfortunate love affair.

Palpitations continuing day and night which are brought on from slight excitement, from walking or at night when lying on the left side.

Palpitations with vertigo, dyspnoea and flatulence.

Strange sensations: as if the heart has turned over; as if it were grasped firmly by someone and whirled around.

The pulse is feeble, intermittent, or entirely missing.

Stomach

Dyspepsia with heart symptoms, palpitation and constriction.

Constriction, pulsation or heaviness in the stomach with an uncomfortable sensation in the pit of the stomach, as if falling.

Continuous and annoying pulsation in the stomach; also violent burning. Very troublesome pulsation of the coeliac artery, after evening meal, corresponding with the pulsation of the right temporal artery.

Rumbling in the stomach precedes the palpitations.

Violent vomiting when perspiration fails (in intermittent fever).

Copious vomiting of blood.

Nausea in the morning which continues all day.

The appetite is lost, or else the appetite is good, but the digestion is weak. No desire for meat, which he previously used to enjoy. If he does eat, then there is weight and distress in the stomach.

Acrid acid in the stomach, which rises into the throat and mouth, making everything he attempts to eat acid.

Sharp neuralgic pains in the cardia, causing the patient to weep and cry loudly.

Abdomen

Acute or chronic engorgement of the liver due to heart disease.

In a case of rheumatism of the diaphragm, cured by Farrington with Cactus, he observed a constriction around the lower portion of the chest as from a cord, the constriction marking the periphery of the diaphragm; jerking breathing; sharp pains shooting through the body, towards the back and upwards into the chest, with the sensation of a rush of blood to the chest.

Insupportable heat in the abdomen, as though something is burning him internally. The abdominal walls, when touched with the hand, impart a burning sensation, and are much hotter than the rest of the body.

Beating of the abdomen, in connection with palpitations.

Pain in the lower portion of the abdomen and a bearing-down sensation, at times quite severe.

Peritonitis; severe gastro-enteritis; gastric fever.

Rectum

Sensation of great weight in the anus and a strong desire to evacuate a great quantity, but nothing passes.

Pricking pains in the anus, ceasing upon slight friction.

Anal fistula with violent palpitation and oppression of the heart.

Swollen haemorrhoids that cause much pain. Bleeding piles, with heart symptoms.
Copious haemorrhage from the anus; also in malarial fevers, with heart symptoms.
Constipation, as if from haemorrhoidal congestion, very troublesome.
Morning diarrhoea of very loose faeces, preceded by great pain; diarrhoea with heart disorders.
Stools scanty, resembling dirty water, occurring on the average as often as every hour (in a low fever).

Urinary organs

Constriction of the neck of the bladder which prevents the passage of urine. There is not only retention of urine but also suppression of urine, from congestion of blood in the kidneys.
Paralytic weakness of the bladder, with retention of urine.
We also find a strong inclination to haematuria, haemorrhagia from the bladder. The tendency of *Cactus* to rapidly coagulate the blood leads to the formation of clots that may block up the way of the urine: bleeding into the bladder with retention of urine by clots; bleeding into the vagina, causing pressure on the urethra with an inability to pass urine.
Suppression of urine and pains in the bladder during the onset of fever when perspiration fails (in intermittent fever)
Frequent desire to urinate, with an abundant flow of urine each time, during the night. Very profuse urine of a straw colour or reddish and turbid.
Alternately: Urine passed in drops, with much burning. Urine scanty, not very frequent, yet burning and scalding.
Insupportable irritation in the urethra as if he needs to urinate constantly.

Genitalia

Prostatic disorders: weight in the anus; constriction of the bladder; desire to pass water, unable to pass it for a time, but finally succeeds; irritation as if he needs to pass water all the time.
Menstruation with horrible pains, causing her to cry aloud and weep.
'Before the flow starts, or just at the beginning, there is a violent spasm. The circular fibres clutch; and she describes it accurately as if a tape were tied around her sore and congested uterus. The uterus fills with blood clots and the spasm to expel that blood is like a labour-pain making her scream again. It is some time before the flow becomes free enough to give relief.' (Kent, emphasis *GV*).
The pains are often coupled with suffocative attacks and constriction of the heart; they are worse in the evening.
Menses scanty, and ceasing when she remains lying down.
Menses too soon; black, pitchy blood; rather abundant.

Painful constriction around the pelvis, extending gradually towards the stomach, causing a sensation as of a great blow in the region of the kidneys, making her cry out.

Pulsating pain in the uterus and ovarian region, like an internal tumour suppurating; pain extending down the thighs, returning at the same time each day. Constriction of the vagina preventing coitus (*vaginismus*). Spasmodic constriction in the uterus and vagina, often from the least touch, coming on suddenly and going off in a few minutes.

Suppressed labour.

Metritis.

Inflammation of the mammae; sensation of fullness in the chest; oversensitive to cold air.

Neck and back

Exophthalmic goitre, with characteristic heart symptoms.

Rheumatic pain in the region of the heart and small of the back.

Lumbar muscles tender on pressure and stiff, especially on first moving after resting.

Extremities

Oedema of the left hand in heart disease. Oedema of the legs up to the knees; skin shining, pits on pressure, impressions are long-lasting.

Numbness of the left arm. Formication and weight in the arms, worse in the left.

Pain in the apex of the heart shooting down the left arm to the ends of the fingers.

Rheumatic pains, in the shoulders, upper and lower arms, in the hips down to the feet; not better by rest, motion or assuming any position.

Sleep

Insomnia on account of the pulsations in different parts of the body or from pain.

Restless sleep with many dreams; frightful, lascivious or dreams of falling.

Wakes up in a fright.

Fever

Intermittent fever, with derangement of the stomach. Intermittent fever, with congestion to the head; flushes in the face; suppressed urine; pains in the bladder; lancinating in the heart; violent vomiting; sweat does not appear after exposure to sun. Intermittent fever where perspiration fails.

Quotidian intermittent fever recurring every day at the same hour; at 11 a.m. , with great coldness for two hours, then burning heat, with great dyspnoea, violent pain in the head, coma, stupefaction, insensibility until midnight, then unquenchable thirst and sweat.

Fever with paroxysms of chill, regularly at 11 a.m. and/or 11 p.m. ; accompanied by bleeding, especially from the bowel; coldness predominates; followed by cold sweat and anguish.

Fever from exposure to the sun's rays.

Inflammatory fevers; simple rheumatic fevers.

Coldness in the back and icy-cold hands.

General chill, so severe as to make his teeth chatter; not relieved by covering.

Burning heat at night after a chill, with headache, shortness of breath and inability to remain lying in bed.

Skin

Dry, scaly herpes, without itching, at the outside of the elbows and at the inside of the ankles.

Violent itching at the tibia and ankles.

Every evening very annoying itching, like flea-bites, without eruption, on the chest and abdomen, compelling the patient to rub the area; is relieved on going to bed and is not felt during the day.

Clinical

Aneurysm. *Angina pectoris*. Apoplexy. Atheroma of Arteries. Asthma. Bladder, paralysis of. Congestion of Brain. Bronchitis. Rheumatism of Diaphragm.

Dropsy. Inflammation of Ear. Fistula. Goitre, exophthalmic.

Haematuria. Haemorrhages. Headache. Disorders of the Heart and hypertrophy of the Heart. Indigestion. Intermittent fevers. Haemorrhage from Lungs.

Melancholy. Menstruation painful. Miliaria. Neuralgia. Otitis. Ovaritis. Pneumonia. Disorders of the Prostate. Rheumatism. Effects of the Sun.

Sunstroke. Traumatic fever. Vaginismus.

Relations

Compare: Dig.; Spig.; Conv.; Kalm.; Naja.; Magnol.

Antidotes: Acon.; Camph.; Chin.

Cadmium sulphuratum

Cadmium sulphide, CdS

Trituration

The essential features

The physical picture

This remedy is indicated mostly in cases that present symptoms of severe gastritis or gastro-enteritis. Primarily, it is the mucus membranes of the stomach that are irritated and they react with forceful vomiting. The vomit may be brownish and even black in colour, and may look like coffee grounds. This is because there is a slow oozing of blood from the mucosae of the stomach and the blood stays there for some time before it is ejected.

The intensity of the nausea, which is felt all over (in the chest, abdomen, mouth, etc.) and which is similar to Ipecacuanha or Tabacum, and the kind of vomiting (persistent, forceful and often black) suggest a severe ulceration with slow bleeding or, in chronic cases, a malignancy.

The cases that need Cadmium sulphuratum give the impression that something really serious is going on, not only because of the intensity of the pains but primarily because of the type and effect of the vomiting. The patient is prostrated from the exertion of vomiting, wants to lie down quietly and does not want any interference. He tries to stay the vomiting by remaining still, but the nausea persists and the forceful vomiting continues. The nausea is so excessive that vomiting is excited even by something merely touching the lips. Such a severe reaction of the stomach may occur in acute gastro-enteritis, yellow fever, cholera, or in acute exacerbation of chronic cases of gastritis, duodenal ulcer, or cancer of the stomach.

In cases of yellow fever or cholera, assuming the rest of the pathogenesis is similar, the black vomitus is the most important symptom initiating the choice of Cadmium sulphuratum. The forceful and persistent vomiting that tends to be black is the main guiding symptom for this remedy. It is often accompanied by burning and cutting pain in the stomach, excessive salivation, and intense nausea accompanied by violent retching and gagging. Once the extreme prostration, the desire to lie down quietly and undisturbed, is added, the picture of yellow fever or cholera becomes complete. Indeed,

Hering relates the successful use of Cadmium sulphuratum in a murderous epidemic of yellow fever. An additional striking symptom that usually occurs in Cadmium sulphuratum cases is general chill, which is so deep that it cannot be ameliorated even if the patient stands near a heater. Frequently the practitioner gets the idea of the indicated remedy simply by looking into the overall pathological history of the case. There are numerous examples where one problem disappears only to be replaced by another and the specific pattern indicates the appropriate remedy. For example, if you see a case with a persistent skin eruption where eventually the eruption is 'cured', but then a duodenal ulcer sets in, think of Graphites. If a skin eruption disappears and epileptic convulsions set in, then the first remedies to think of are Zincum and Causticum. If skin eruptions disappear and then a chorea manifests, think of Staphysagria or Agaricus. If injuries are followed by an epileptic attack, think of Arnica. If mental problems, especially depression, follow injuries to the head, think of Natrum sulphuricum.

Every remedy has its own preferred steps for the development of its pathology. The differences may be subtle, but this subtle differentiation can be learned through the study of the materia medica. What is important to understand is that each organism has specific sensitivities *in its different layers* and what we are trying to do is to match these sensitivities with the pathogenesis of the remedy *as a whole*.

With regard to Cadmium sulphuratum the typical constitutional case is as follows: there, in your consulting room, sits an individual suffering from chronic stomach problems, who has also had a history of chronic eye troubles. He has had recurrent inflammation of his eyes and has had to struggle with eye-drops practically all his life, especially with every change of weather and with every cold spell. He developed conjunctivitis and inflammation of the lids, and since then the conjunctiva have remained thickened. The inflammation corresponds to the picture that has been called 'scrofulous sore eyes.' One day such a patient finds himself free from his eye troubles or these problems are much better, but then in the course of a few months his stomach breaks down. For years after he has digestive troubles that are not manageable regardless of the remedy given. Such a case may eventually turn towards malignancy.

It is this kind of history: - chronic eye problems that end up in irritation of the mucus membranes of the stomach - that hint at Cadmium sulphuratum.

The mental picture

The main mental picture of this remedy is that of a person who has no energy, no vitality and, therefore, takes no initiative, does not communicate, nor do anything demanding. This explains the above mentioned trait that any demands put on him are unbearable. He cannot bear anyone asking him for anything, however small it may be.

At the same time the Cadmium sulphuratum person wants company and does not like to be alone, especially during the fever stage. However, as mentioned above, the one who is with him should not burden him with anything. This is the meaning of the symptoms from the proving: 'Horror of work'; 'Apprehension at the approach of anybody', and Kent's statement: 'there is a dread of work; indolence; aversion to doing anything, mental and physical.'

Such conditions can be encountered in progressed stages of cancer of the stomach, in acute exacerbation of duodenal ulcers, or in severe acute

diseases. The patient is excessively irritable or easily irritated and this irritability has a repercussion on his stomach pains. The patient is aware, though, that being vexed or irritated aggravates all his symptoms and so tries to avoid any disturbance that might provoke these states of mind. Clarke states that Cadmium sulphuratum is a cross between Bryonia and Arsenicum: It has the desire to keep quiet and the complete aversion to motion of Bry., with the exhaustion and stomach irritability of Ars. In my perception there is no way to confuse it with Ars. or Bry. as there are clear differential points. As opposed to Bry., there is usually no great thirst, only a desire for small, infrequent sips which the patient vomits immediately. Though the patient has a horror of solitude, cannot stay alone and wants somebody with him, he differs from Ars. in that he does not like it if the doctor or someone else comes near him to 'burden him', i.e. , to demand something from him or to discuss with him. He is too tired and prostrated to communicate. The impression one gets of the patient is also distinguished from Ars. in that he stays quiet, does not want to be disturbed, and in that there is little or no fear of death, even if the patient is obviously going to die. In addition, in Cadmium sulphuratum, it is the idea of malignancy that prevails. This idea comes immediately to your attention: the black vomit, the chill, the extreme prostration, the horror of solitude and the desire to be left quiet so as to be able to die in peace. All this shows that the patient is really going towards death. These symptoms unite to create a case that is unique and one that demands Cadmium sulphuratum.

Generalities

The action of this remedy is primarily upon the mucus membranes of the stomach, and the digestive system in general; the eyes and especially the conjunctiva; the mucus membranes of the nose; and the nervous system. These symptoms were mentioned already in the previous sections. With regard to the nervous system Kent tells us that 'it has paralytic conditions like Causticum; paralysis of one part or on one side of the body. After an apoplectic attack when the patient recovers, but weakness of one arm and leg remains, it competes with Phosphorus.'

Petroz reports two cases of one-sided paralysis of the face with distortion of the mouth and difficulty in speaking, after exposure to cold wind. They were both cured by Cadmium sulphuratum.

Crawling sensations, numbness and pain in the paralysed parts are characteristic. There is numbness in particular parts of the body, e. g. the nose, the head, the thighs.

The nasal symptoms are accentuated in Clarke's Dictionary. He says: 'No remedy has served me better in cases of ozaena and polypus.'

Margery Blackie recommends the remedy for rheumatic pains at the top of the spine. She says, 'I am always surprised how well it works, especially if they point to one particular point and they say that that is what hurts them.'

Chill, amounting to icy coldness, which is not better when standing near a fire, is an important general symptom.

Cadmium sulphuratum is useful when sweat is checked after exposure to a draught of air. Ailments come on from vexation, from a fit of passion, or from cold winds; on waking from sleep, in open air, in a draught, in cool weather; in the sunshine; when climbing stairs.

Symptoms are worse from cold air, open air, arising from bed in the morning, from the least motion, in the morning after sleep, from walking, after

grief, after vexation, after stimulants (alcohol, coffee etc.).

In particular, the pains in the stomach and abdomen are aggravated as mentioned above, by walking and by carrying heavy things.

The symptoms force the person to rest. There is a general amelioration from eating. Two more keynotes of the remedy are smiling and moaning in sleep and anxiety before stool.

Head

Vertigo- the bed and room seem to spin around.

Sensations of constriction, stitches and hammering in the head, pulsation in the temples.

'It is not so often called for in ordinary headaches, but in headaches occurring in the low forms of fever, with great rush of blood to the head.' (Kent)

The headache may be accompanied by restlessness, anxiety, icy coldness of the body, nosebleed, trembling of the jaw, constriction of the throat, thirst, nausea, and vomiting.

Tightness at the root of the nose, pressure above the eyes.

Herpes on the temples.

Eyes

Opacity of the cornea connected with slow forms of eye affection, inflammations and blennorrhagic disorders. Swelling of the conjunctiva that remains after blennorrhagic disorder.

Maculae on the cornea, as a result of injuries to the eyes.

Chronic conjunctivitis with discharge, the eyes become sore again with every cold spell or change of weather.

Burning lachrymation.

The lids may swell and become paralysed and drooping; there is an inability to close the eyes in one-sided paralysis of the face.

One pupil is dilated and the other contracted.

Is unable to read small type, night blindness.

Nose

Ozaena; old nasal catarrh which slowly destroys the nasal bones.

Polypus.

The nostrils are ulcerated.

Tension in the nose.

Swollen and obstructed nose.

Numbness of the nose.

Erysipelatous inflammation of the nose; boils on the nose.

Face

Hollow eyes, surrounded by blue circles; greyish complexion of the face.

Sensation of crawling in the face.

One-sided paralysis of the face with an involvement especially of the lid which is drooping; with an inability to close the eyes; with distortion of the mouth and difficulty talking and swallowing; with painful drawing in the face. Cold air, especially cold wind, may bring on or aggravate this condition, which appears more often on the left side.

Mouth

The tongue may show traces of vomit, which is dirty brown or black. Sordes on the teeth, a bleeding tongue, mouth very dry as in typhus, typhoid and yellow fever.

The tongue may be difficult to move, and talking may be difficult.

Disturbances in taste. There is a taste like pitch in the mouth; food tastes salty; is felt mostly when swallowing.

Throat

Constriction of the oesophagus: with paralysis of the muscles, which makes swallowing very difficult; is accompanied by thirst, nausea and vomiting.

Chest and respiration

Contraction or constriction of the chest e.g. in asthma.

Palpitation of the heart, with constriction of the chest.
Dyspnoea and suffocation on dropping off to sleep and on waking.
The chest symptoms are worse when assuming a squatting posture.

Stomach

Gastric irritation. Intense retching and gagging. Black vomit. Deadly nausea; he must lie quietly to ward off the black vomit, which is already in the stomach and can be smelt.

Patient craves small quantities of cold water that are immediately vomited.

Instead of giving all the stomach symptoms of Cadmium sulphuratum, I shall quote some impressive passages of Kent's Lectures:

'Every time he takes cold water, which he craves, goose-flesh comes out, a creeping or horripilation like Capsicum Ö The stomach quits business; no digestion. Everything sours and the simplest things taken are changed and come up sour, mixed with blood and bile; rancid eructations; with great exhaustion. Nauseated all the way down to the abdomen like Ipecacuanha, Antimonium tartaricum, and Arsenicum, extensive nausea. Cold sweat. Vomiting of yellow-green mucus. Touching the lips brings on nausea. Looking over the symptoms narrated here an experienced practitioner would think of gastritis-vomiting of the simplest things. Irritation of the stomach after tedious sicknesses, like cerebro-spinal meningitis, typhoid, yellow fever. The stomach gives out; there is no digestion, and everything is vomited. ...

' Many of these patients die because they cannot eat, but this remedy will save some of them. When you have a case of cancer, with burning, prostration and vomiting, Cadmium sulphuratum relieves these symptoms for weeks. Ö It is a great remedy in the gastric irritation of carcinoma, a great palliative; coffee ground vomiting. Burning and cutting pain in the stomach. Gastric symptoms, such as occur in pregnancy, in old drunkards. Burning in the stomach extending up into the oesophagus; fluids burn all the way up into the mouth and throat; sour, acrid fluids. Cold sensation in the stomach.'

Petroz tells us that the gastric symptoms are worse during pregnancy, in drunkards, after cramps in the stomach, after drinking beer, and in the morning.

Abdomen

Lancination in the left hypochondrium.

Pulsation, pressure, pain in the sides.

Cutting pain in the bowel and kidneys.

Pain in the abdomen, with vomiting.

Coldness in the stomach and abdomen.

The abdomen is sore, tender and tympanitic; the region of the liver is sore.

Pains in the stomach and hypochondria are made worse by walking or carrying heavy weights.

Inflammatory disorders of the liver, spleen, stomach and other abdominal viscera.

A case of cancer of the liver benefited greatly from Cadmium sulphuratum, as reported by the journal '*Klassische Homeopathie*', 1959, p. 282.

Rectum

Alvine evacuations, almost gelatinous, of a yellowish-green semi-fluid character. Semi-fluid stools, with urinary suppression.

Black, offensive clots of blood from the bowel.

The stools are black, bloody and offensive.

Cholera infantum.

Urinary organs

The urine is mixed with pus and blood.

Urethra feels raw and sore.

Sleep

'The breathing stops on going to sleep, he wakes up suffocating. Fears to go to sleep.' (Boericke)

Sleepiness in the morning, drowsiness while sitting; on falling asleep, has nightmares, *subsultus tendinum*, jerking in the extremities.

During sleep: Moaning, smiling, eyes open, lies with head low and hands under it; interrupted breathing; feet agitated by shocks and jerking; thirst, heat, itching; want of breath when awakening.

'Can hardly sleep; if at all, with open eyes.' (Hering)

Fever

Yellow fever.

Useful in fever when sweat is checked after exposure to a draught of air.

Icy coldness.

'Relapses in fever, with vomiting, diarrhoea, and great prostration. At times a case of yellow fever gets along fairly well, but a draft causes a slight cold and on comes sudden prostration, black vomit, death. In that state it competes with *Carbo vegetabilis* which used to be the main remedy in the hands of good prescribers'. (Kent)

Skin

There is much itching of the skin: at night in bed; when touched; when cold; better with scratching, which causes a voluptuous feeling.

Blue, yellow or sallow complexion; scaly, cracking, damp, suppurating herpes.

Chloasma; yellowish stains on the nose and cheeks aggravated by exposure to the sun and wind.

Formication of the skin and also between the deeper tissues; a crawling sensation as of ants.

Hyperaesthesia or anaesthesia; numbness of parts.

Chilblains.

Clinical

Apoplexy. Boils. Chilblains. *Cholera infantum*. Corneal opacity. Eyes, disorders of. Facial paralysis. Indigestion. Meningitis. Nasal polypus. Ozaena. Yellow fever.

Relations

Compare: *Cadmium oxide*; *Cad-brom*. (pain and burning in stomach, and vomiting); *Cad-iod*. (Itching of anus and rectum felt during the day only; constipation, frequent desire, tenesmus, abdomen bloated); *Zinc*; *Ars*; *Carbo*; *Verat*.

Cainca

Chinococca racemosa. (Brazil.)

N.O. Rubiaceae.

Tincture of dried root bark.

The essential features

This is a remedy that is needed in cases of chronic kidney problems with marked urinary problems where the manifestations are: pain in the kidneys in the morning upon waking that prevents the patient from moving; dropsy with dry skin; albuminuria; **and** dyspnoea on lying down at night.

According to the abdominal symptoms, it is a remedy that clinically may look like a Lycopodium or Podophyllum case, with: constant nausea and retching; gurgling and rumbling in the abdomen; cutting and pinching pains; and liquid stools mixed with air bubbles. The peculiarity of Cainca is that copious urine and a constant desire to urinate occur together with the above conditions.

The abdomen is distended and tender to the touch, especially in the region under the umbilicus. There is copious vomiting of saliva, bile, chyme and even faecal matter.

Another peculiar symptom is a pressure in the orbital bones that is accompanied by the inclination to vomit and pain in the abdomen.

There is a definite aggravation of symptoms towards early evening, between 4 p.m. - 6 p.m. The patient can become very irritable and irascible, almost violent. He is angry without real cause, due to exhaustion. On the other hand, at night he is restless and cannot sleep. Little exertion is enough to exhaust him, and he is averse to mental work. Headaches prevent him from any mental exertion, and if he does engage in mental activity, the pain worsens. He becomes disinterested and forgetful.

The proving of Cainca brought out an additional symptom 'All his actions are marked by a certain haste'. Hering mentions 'weeping with cough' as a clinically confirmed symptom. There are feelings of anxiety and uneasiness in the abdomen.

Generalities

Cainca has not been used much, but has been given with success in cases of dropsy, especially when associated with **dry skin**.

Pollakisuria may be an indication for Cainca, especially while travelling, as hinted at in Hering's description: 'While travelling 18 miles in the cars, he had to urinate 18 times.'

The remedy has also cured fatigue due to bumpy travelling, e.g. riding on horseback.

The abdomen is sensitive to touch.

Motion and eating aggravate, while rest ameliorates.

There is a general weakness, especially after evening meal.

In general, Apocynum cannabinum is remarkably analogous to Cainca.

Head

Vertigo when climbing stairs, with nausea and an inclination to vomit.

Severe headache, particularly in the occiput, forbidding reading or any mental exertion. If he insists upon reading or studying the headache becomes more intense.

Heaviness and pressure in the occiput and temples; fullness in the head and pressure in the frontal region.

Stitching and tearing pains in the forehead and temples.

Eyes

Inflammation of the eyes with fluent coryza. Burning in the eyes. Increased sensitivity of the eyes.

Oedema of the upper lids, especially the left one, with pain in the eyes and impaired vision. The pain consists of a pressure in the eyeballs, from above downwards and then from below upwards, with a sensation as if the pupil were turned upward. There is also a burning and pressing-stitching pain in the eyes.

Pressure in the orbital bones and pain in the abdomen with an inclination to vomit, as mentioned earlier.

Ear

Intolerable hissing in the ears.

Buzzing and roaring, as if from a swarm of insects.

Nose

Violent catarrh of thin mucus, that excoriates the nose, especially in the daytime.

Mouth

Irritation of the buccal membrane as far as the larynx, with increased salivation.

Saliva is thick and abundant; tongue is coated with white mucus.

Pasty, pap-like mucus on the teeth after evening meal.
Breath is offensive upon waking.

Throat

There is roughness, rawness, burning, grating, scraping, and dryness in the throat, which causes hoarseness and stimulates the patient to cough or hawk up mucus.

Scraping sensation in the uvula, with pressure in the stomach which rises to the oesophagus and is not ameliorated by eructation. This is accompanied by a slight inclination to vomit; later on there is rumbling in the abdomen, as if diarrhoea were about to commence.

Annoying dryness in the throat.

Inflammation of the throat, foul-smelling saliva.

Difficulty swallowing, coming from the upper part of the oesophagus.

Cold feeling down the oesophagus.

Ulcers in the Eustachian tube.

Respiration and chest

Hoarse and hollow voice, with burning heat in the oesophagus; hoarseness with a constant inclination to vomit and colicky pains, ameliorated by diarrhoeic stool.

Inclination to cough; tickling cough awakening the patient at 3 a.m. with tough, greenish-grey expectoration; attacks of rough coughing from 7 p.m. till 1 a.m. , with rattling of phlegm and short breath, and with an accumulation of wind in the abdomen.

Cough with weeping.

Constriction and oppression in the chest, with difficult respiration on climbing stairs.

Shooting pains over the trunk or isolated lancinating and bruised pains.

Tension in the praecordia. The pulse is agitated.

Stomach

Tasteless eructation, dry throat and loss of appetite.

Stomach upsets with diarrhoea where the patient continually tries to vomit, has borborygmi, and then several liquid stools follow.

Inclination to vomit, with shivering.

Copious vomiting of saliva, bile, chyme and faecal matter.

Coldness in the stomach.

Thirsty.

Abdomen

Inflation and discomfort in the abdomen, with tenderness to touch, especially under the umbilicus; later many much flatus. Fullness and discomfort are not improved by eructation.

Much gurgling and rumbling with cutting and pinching, wandering pains and a desire to produce stool. Diarrhoea mixed with air bubbles.

Cutting pain after eating, and every time before stool.

Anxiety and increased warmth felt in the abdomen.

Pain in the area of the liver; prover went to bed, because of fear.

After supper, while at rest, perceptible pulsation of the *aorta abdominalis*.

Stitches in the region of the spleen.

Ascites.

Rectum

Frequent desire for stool but only wind is passed.

Desire for stool with pressure at the anus.

Burning, tickling, or scraping sensations in the anus.

Copious, soft, frequent stool; semi-fluid and yellow, invariably preceded by a sensation of cutting in the abdomen.

Urinary organs

Constant desire to urinate with frequent micturition, and urine may be increased as well.

A polyuria of six months' duration disappeared with *Cainca*.

Pollakisuria while travelling.

Burning in the urethra when urine is passed, especially in the portion that traverses the glans; the urine may be dingy brown or acrid, with a strong animal smell.

Pain in the kidney region in the morning; cannot change his position.

Male genitalia

In the evening, continual drawing in the testicles and spermatic cord, with flaccidity of the scrotum and a sensation as if it were enlarged, with pain.

The pain increased during the passing of a pungent-smelling urine.

Back and extremities

Pain in the small of the back, as if in the kidneys, is ameliorated by lying bent over backwards. The back feels generally fatigued.

Pain in the left upper arm, as if bruised or broken: pricking pain in the left hand.

Prostration of the lower extremities, with drawing in of the calf muscles and knee joints, as well as rheumatic pains in the muscles of the right shoulder and back. Heaviness of the lower limbs; stretching of the limbs.

Weakness of the knee joints, with the feeling as if the femur snapped over the patella. Tearing sensation in the feet.

Sleep

Yawning; with stretching of the limbs and cramp-like feelings in the lower limbs.

Sleepiness; somnolence; an inclination to sleep.

Restless sleep; disturbed by frequent waking and heavy dreams, such as of falling. Awakes with screaming and starting from a heavy dream; awakens from coughing. Lascivious dreams, with erections and restlessness, finally awakened by a morning emission.

Sleeplessness all night.

Fever

Slight shivering, shaking, then heaviness of the head, with heat in the face, then buzzing and ringing in the ears.

Dry heat, no perspiration, worse towards evening, without thirst. The proving also exhibited sweating in the evening, on the slightest motion and even though it was rather cold.

Clinical

Bright's disease. Cough. Dropsy. fatigue. Pain in the Kidneys. Ophthalmia. Polyuria. Pain in the Spleen. Effect of Travelling.

Relations

Compare: Apoc.; Ars.; Coffea (similar botanically and in relieving effects of fatigue).

Cajuputum

Cajuput oil, distilled in water from leaves of *Melaleuca leucadendron*, *M. cajupute minor*. (Moluccas.)

N.O. Myrtaceae.

Solution of the oil in rectified spirit.

The essential features

Cajuputum is primarily a hysterical remedy characterised by fears and fixed ideas. It has two main keynotes:

The **feeling of enlargement**- patients feel **large all over**, or **parts of the body feel enlarged**, especially **the head**. On looking down, the **nose seems large** and appears to stick out from the face. The **tongue may feel so swollen that it seems to fill the whole mouth**.

A persistent, **hysterical feeling that the patient will choke** and as a consequence will die, which brings on a state of panic. The provings relate a **spasmodic constriction of the oesophagus which is worse on attempting to swallow solid food**. The Cajuputum hysteria is a mixture of hysterical dyspnoea and hysterical choking. The excessive swelling of the tongue together with the choking sensation make the patient feel that he will soon no longer be able to breath. This Cajuputum state has been confirmed by cures of, as Hering calls it, 'nervous dyspnoea'.

The anxiety about choking and breathing compels the patient to take a bottle of water with him everywhere he goes and to sip it from time to time. He has no thirst, but drinks in order to confirm that he can still swallow and breath. He feels great insecurity if the water is not in the car or with him at all times.

The hysteria about choking even extends to the point that if a Cajaputum person is caught in heavy traffic he suddenly feels as if he will suffocate, and soon enters into a panic state. He fears that he will not be able to get out of the traffic jam in time, and so reacts in a totally psychotic manner, e.g. , he simply leaves the car in the middle of the road. Such states may be accompanied by a feeling of disorientation, as if the person cannot get himself together or as if he is scattered (Baptisia).

Other hysterical phenomena exhibited by Cajaputum are: a constant tendency to spit; a constant hawking up of mucus from the throat; nervous or hysterical vomiting; nervous distension of the bowel; the rectum seems paralysed; the arms feel heavy and useless, as if they were tied to the body, and especially the left one, which actually feels as if it were out of joint; a numb feeling in general, but particularly in the face.

In the typical constitutional Cajuputum type you can see a peculiar over-stimulation of the brain together with above normal intelligence. You perceive that they read your mind before you say anything. 'Can think of a thousand things in a minute' is an expression of this feature that was observed in the proving. They tell you that thoughts are coming in rapid succession, that a lot of ideas come to their minds, that their intellect is extremely clear. You wonder how it is possible that such an intelligent and fast-thinking person is unable to control their fears or to alter their fixed ideas and instead slip so easily into states of panic. In Cajuputum, as in other remedies, there can also exist an opposite state: a stupefied, dull feeling, sometimes described as if the person is intoxicated, with slowness of ideas and an absolute inability to concentrate on any kind of study or work. There is a kind of haughtiness in these patients. They do not associate easily with people whom they consider of lower status. For this symptom, the provings state: 'Wants to walk in a slow and very dignified manner, prefers to walk alone,' and 'I do not want anyone to speak to me; nevertheless I like to be where I can see persons and hear their talk.'

Generalities

Hale reports that Cajuputum has cured nervous vertigo, headache, nervous vomiting, dysphagia, spasmodic stricture of oesophagus, hiccups, flatulent colic, suppressed menses, epilepsy, hysteria, paralysis (probably hysterical), and other nervous disorders.

The remedy is almost a specific for hiccups that starts with the least provocation-hysterical hiccup.

In addition to the main keynote already mentioned, the sensations of **enlargement** and the **choking**, we find one more characteristic feature: a **sudden redness of cartilaginous tissues**, like the lobes of the ears or the **alae nasalis**.

Cajuputum causes copious perspiration.

There may be feelings of confusion: feels as if his whole body has been poisoned; as if he had drunk too much beer; as if he cannot pull himself together. These states are ameliorated in the open air.

Many symptoms are worse at night and in the early morning (particularly around 5 a.m.).

Symptoms appear and disappear suddenly; **disappear suddenly upon eating**.

Head

The head feels enlarged, full, dull, and heavy.

Feels as if drunk, can hardly walk straight. Feels as if he would stumble over his own legs. **Nervous vertigo.**

Frontal headache, especially in the eyes, worse on bending forward. Severe headache at 5 a.m. with neuralgic pains in the malar bones and a stiff dry feeling in the jaws, with prosopalgia, suddenly disappearing after breakfast.

Eyes and ears

The eyes feel heavy, but without sleepiness; the upper lids feel as heavy and thick as shoe leather.

Lobules of the ears turn red.

Nose

During the day, sudden **redness of the alae of the nose**, which disappears as quickly as it came.

On looking down, nose seems large and appears to stick out from the face.

Face

Face feels all puffed up, feels rough.

The skin of the face is not hurt by pinching it.

Excessive prosopalgia with severe headache at 5 a.m.

Mouth

The tongue feels as if it fills the whole mouth and makes the patient lisp.

The tongue is moist, feels as if it is scalded, looks white and rough.

Profuse salivation, with a desire to spit.

Speech becomes thick and slow.

Throat

Spasmodic constriction of the oesophagus which is worse on attempting to swallow solid food. The patient constantly feels as if he is choking. There is a constant inclination to spit and hawk up large quantities of tough, white mucus, which he feels is drawn through the nares. Acrid taste and burning in the pharynx and oesophagus as if there was lye in it.

Respiratory organs

Nervous dyspnoea; hoarseness.

Constant feeling of slight warmth right down the trachea into the lungs.

Coughing almost makes him vomit.

Sharp pains through the superior portions of one or both lungs; they seem to go right through the lungs from the front to the back.

Stomach

Hiccups on the slightest provocation from: talking, laughing, eating or any motion.

Burning from the throat down to the stomach, nausea.

Nervous vomiting; vomiting when hysterical.

Abdomen

Tympanitic abdomen in the typhoids. **Flatulent colic**, particularly after retrocession of an inflammation.

Rectum

Rectum seems totally paralysed.

Nervous distension of the bowel.

Watery, yellowish diarrhoea; **worse at night**.

Choleraic diarrhoea from a sudden check of perspiration.

Urinary organs and genitalia

Urine decreased, milky, smells like cat's urine.

Erections with great desire

Long standing erections without the least desire; penis becomes shrivelled.

Menses suspended or diminished and accompanied by pain, when caused by a cold or suppressed perspiration.

Neck, back, and extremities

All the muscles of the neck are very sensitive to pressure.

Rheumatic symptoms in all the limbs.

Joints feel enlarged, with some pain. A pain as if the joints are enlarged in both shoulders. The arms feel heavy and useless, as if they were tied to the body. There is a numb feeling, particularly in the left arm; the left arm feels as if out of joint.

Weakness and pain in both knees, can hardly walk. Stitching pains through both knees on rising from bed.

Skin

Intense itching, aggravated by scratching; measles-like eruption.

Sleep

Desire to sleep with his arms locked under the head.

Clinical

Deafness. Diarrhoea (night). Dropsy. Epilepsy. Gout. Headache. Heartburn. Hiccups. Hysteria. Menstruation, disorders of. Oesophagus, stricture of. Paralysis. Rheumatism. Tongue, affections of; swelling of. Toothache. Urinary disorders. Vertigo.

Relations

Compare: Bov.; Nux-m.; Asaf.; Ign.; Bapt.

Caladium seguinum

Caladium seguinum. *Arum seguinum*. Dumb Cane. (South America.)

N.O. Araceae.

Tincture of the whole fresh plant.

The essential features

Caladium has come down to us as a remedy mainly for disorders of the sexual sphere and, more specifically, for **impotence** and the problems that arise from it. This is described very graphically by Kent who states:

'It is indicated in old debauches who are unable to perform the marital act. He has the most tantalising craving for the opposite sex with no ability to perform coitus. Lascivious ideas. Such men stand on the street corner and feast upon the forms of passing girls and their semen dribbles away; a state also found in Picricum acidum and Selenium.'

My experience is that if you wait for a case to present itself whereby the patient tells you that his semen dribbles while looking at a woman, you will, rarely, if ever, have occasion to prescribe this remedy. Kent's description is solely of the advanced stage of the remedy, the idea of Caladium at this stage being one of sexual deterioration. He does not describe earlier stages or the development of the pathology. It would be a mistake, however, to expect to see this deteriorated state in all Caladium cases. I used to make this error myself, in the beginning of my work, and, therefore, missed the remedy for many years.

There are a number of misunderstandings regarding Caladium. One of them, an etiology emphasised by certain writers, is that the Caladium symptomatology is due to **sexual excesses** or to masturbation. This is only partially true. Exhaustion is prominent in the remedy, but this exhaustion need not derive solely from sexual excess. It can come from other causes as well: from suppression of sexual passion, from mental or physical

overwork, from **suppressed eruptions**, and/or from **excessive tobacco smoking**.

There is a further misunderstanding concerning tobacco and Caladium. Kent, along with other authors of our materia medica, tell us that Caladium can stop or temper the craving for tobacco. This is not true, or if it happens, it most probably is a suppression. Caladium does not affect the desire for tobacco. What it does is create a **special sensitivity to tobacco smoking**.

Smoking cigars or cigarettes is disastrous for the organism and the organism is **greatly aggravated** by it. The organism reacts with a kind of tobacco poisoning - coughing, aggravation during sleep, palpitations, etc. If the person continues to smoke despite these warnings permanent damage will ensue, most probably in the lungs or elsewhere, affecting his memory, heart, and circulatory system. A **burning sensation** may remain in the lungs for years after heavy smoking. It feels as if the lungs were raw, exposed to the air inhaled almost without protection.

Caladium can help in those cases where smoking has brought about a deterioration in the smoker's health, i.e. , in his lungs, memory, vascular system and in his sexual ability. Actually, if the person starts to smoke again, after the administration of Caladium, he or she will not have as severe a reaction as before. Caladium should, therefore, not be prescribed for excessive desire, but rather for cases where there is an aggravation from smoking.

Another misunderstanding about the remedy is the impression that persons needing Caladium always have an psychotic **craving for sex**. This is true of the state described by Kent, which is a rather advanced state of deterioration of the patient's health on the mental, emotional, and physical levels. However, in earlier stages, though there may be a strong interest in sex, it is not this intense craving. In these early stages, young people can be very excitable in general, and in particular in sexual matters. Later stages follow, though, where we frequently see an **indifference to sex**, or infrequent desire. Even in this stage, though, when the desire is there, it can be very strong. Ultimately, the Caladium patient continues to deteriorate until he reaches the state of craving portrayed above.

Development of the pathology

Caladium suits individuals whose organism is of a **weak hereditary disposition**. As stated above, the persons who are in the first stages of Caladium are so prone to sexual stimulation, even through casual contact, that an orgasm can occur quickly. Young men may get so excited that they cannot hold back their orgasm. Semen dribbles out against, and in spite, of their efforts to hold it back, and thus runs out without much pleasure. This is similar to Lycopodium and Selenium, where premature ejaculation results after excesses in sexual contacts. In contrast, Caladium's response comes from their enormous excitability, and is not necessarily preceded by sexual excesses.

There is over-excitability without potency. Caladium men, even when young, frequently do not have a strong erection that lasts and so they often resort to masturbation. When their desire is most marked they have no ability. They have **intense sexual desire but the penis remains soft**, or else they have **strong and painful erections** in the morning upon waking **but no desire**. What may also occur is that they have an erection in the morning and perform coitus, but then suddenly the pleasure ceases, and they don't know if an ejaculation has actually taken place or not. They can be haunted by lascivious thoughts and ideas which keep them awake the whole night. This latter sign may also be seen in women together with a

nymphomaniac tendency.

This state can go on for years and will never reach the picture described by Kent, unless they are the type of human beings who pursue sexual pleasures and thinks of nothing else. You won't often encounter the late stage of Caladium in our day, though you may meet some cases over years of practice. In this excitement stage, the Caladium person has a constant underlying feeling of being hurried, mingled with anxiety. It is particularly exacerbated when he feels excited. Everything has to be done in a hurry, but he has no energy to do so, or perhaps his lack of energy is the reason he feels he must quickly finish everything he undertakes.

Lack of enthusiasm

Eventually, the over-excitability stage passes and a state develops that can best be described as a **lack of enthusiasm**. It resembles indifference or sadness, but this is not really an accurate description, as the person can still be stimulated - mentally, emotionally, or sexually - and then again reacts in an over-excitability manner. The problem is, however, that nothing excites these people that easily any more. They live for years in a state of joylessness and lack of enthusiasm, which worsens with time. Only occasionally do they leave it, i.e. when they are stimulated by the external environment, usually through intellectual discussion or emotional, erotic stimulation. In contrast to Phosphoricum acidum or Aurum, it is not a very painful state; it is neutral. The feelings of joy and enthusiasm are missing, but the patient does substitute them with negative feelings. The state borders on depression, but is not as painful.

Caladium people are often irritable and depressed. The depression may come on after masturbation or coitus, but may also be connected with impotence.

A symptom that Hering observed in his proving is 'loud weeping about a mortification, like a child.'

At this stage, the emotions and thinking processes of Caladium are almost shut down, in the same way that the pathways to sexual pleasure are closed.

The patient seems to be passing the time without interest, joy, or sexual pleasure. He cannot fall in love, and if he enters a relationship, once the initial excitement is over, he is bored and disinterested. There seems to be no mental, emotional, or sexual energy to maintain a continuing, erotic relationship.

On the mental plane, an absent-minded state takes over. There is an overall vague feeling. Everything around the Caladium person 'just happens', as though he is not in control. He may have the energy to initiate things, but not to follow through. There is a kind of mental disorientation and confusion.

Forgetfulness

In the next stage, the joylessness (described above) and a deterioration of memory set in. Kent describes this particular kind of mental deterioration very graphically. Furthermore, I was able to confirm his description in my own practice, so I leave the words to him:

'An individual puts his mind to bear upon something which seems to have taken place during the day, but he is not quite sure whether it took place or not;

he thinks the matter over, and yet he cannot be really sure whether it took place or not, until he actually goes and puts his hands upon the object thought about; proves to himself by actual contact and observation that his vague impression was so, that it was true, then he goes away and again he is undecided as to whether it was so or not. This relates to things that actually happened. 'Very forgetful, he cannot remember,' etc. This led to the use of Caladium for a good many different kinds of mental affections, loss of memory where there is that vague state of mind. It might be bordering upon imbecility, or might be the borderland of insanity. All day long he finds himself looking into the things that should have been done; they simply escaped his mind; he has forgotten them.

'So the mind is worn out in places. A state of absent-mindedness. It may come on in an acute state, with unconsciousness. There is a good deal of congestion of the brain, more or less excitement, but more important is prostration of the mind, weakness of the mind; feeble-mindedness; inability to perform intellectual work. It is impossible. He cannot think; the more thought he puts upon a thing the more fatigue he has and the further away that thing seems to be; the more he attempts it the less concentrated is the mind upon a subject. It is not strange, then, that the provers themselves were unable to put these ideas into speech so as to give us an intelligent idea of the proving.' (Emphasis GV)

This picture suggests that Caladium may be suitable for persons who have Alzheimer's disease after a life full of sexual pleasures and mental over-activity.

The things that the patient forgets during the day, however, come to his mind while he is half asleep, during a 'dizzy sleep' (as Hering describes it in the proving), or else when his sleep is interrupted and he lies awake in the night. He suffers from insomnia, and cannot get enough sleep. He is extremely sensitive to noise, especially when he wants to sleep. He then becomes more and more irritable, and may even stay awake the whole night.

Sometimes he feels **apprehensive before going to sleep, without knowing why**. At other times he falls asleep very easily, **sleeps for three or four hours till he awakens**, and then stays awake for another two or three hours. This may also be the time that he remembers all the things he has forgotten during the day.

After this time he falls again into a deep, very heavy, yet unrefreshing sleep. When Caladium people do fall asleep, they generally sleep deeply for two or three hours, during which, nothing can awaken them. They snore tremendously and also **moan and groan anxiously** during sleep. It is an intensely frightening sleep for those who sleep in the same room.

Caladium's fears

During the earlier Caladium **excitement state**, where there is enthusiasm and enjoyment from the pleasures of life, especially sexual pleasures, the Cadmium patient's nervous excitement is such that he starts from the slightest noise, when a door is slammed or even a newspaper folded. He is very irascible, and anger may be stimulated by the slightest provocation.

In this excitable phase, the Cadmium patient has many **apprehensions and fears**, which are worse in the evening or just before he goes to sleep.

Caladium people at this stage are also afraid of the future and, more specifically, about their own health; 'Very apprehensive about his health, worried

and anxious about everything.' (Hering). It is a state of anxiety mixed with excitement and a hurried feeling. Caladium men become anxious whilst shaving and fear they might cut themselves. They are very careful and meticulous about everything connected to their health, worry a lot about any medicine they are given and ask repeatedly what effect it will have on their organism. They also have a fear of catching a contagious disease. They wash their hands every time they touch a cat or a dog for fear of becoming infected with worms and contracting echinococcosis.

In the later stage, when joylessness and **lack of enthusiasm** prevail, the Caladium person no longer cares about such things, and it seems as if the fears and apprehensions from before are deeply hidden inside. The patient no longer cares about his health, does not care to fix it, cannot be bothered, and actually becomes careless about his well-being. There is no energy left to care about anything, not even his health.

During this state of indifference or whatever he chooses to call it, he is also wholly incapable of appreciating danger. It is as if he has already died; what does it matter to him if he is in jeopardy? He goes into peril without thinking. Other people may consider it a **foolish boldness**. Actually, the reason he does this is not because he is brave; it is rather a kind of miscalculation. His mind is too lazy to think about the possibilities of danger. Hazardous situations may often be a sort of stimulation for his dead feelings, and if others admire him for that courage or indifference to danger, he likes it.

Physical keynotes

The nervous system of Caladium people is, at least in the earlier stages, in a of extreme excitement. Nervous, fantastic things run throughout the remedy showing its relation to neurasthenic and hysterical patients.

Skin

Caladium has an intensely irritating effect on the mucous membranes and skin, and **produces many burning sensations**.

The special sensitivity of the Caladium patient makes him feel as if there are crawling and creeping sensations on the skin, such as the **sensation of a fly crawling on the skin** or the feeling as if spider-webs were sticking here and there. These sensations are felt particularly **on the face**. There may also be a **coldness of single parts** of the body. A dry feeling, in parts of the body that would normally be moist, has also been observed.

Perspiration

Caladium has a marked effect upon the **perspiration** which may make it **sweetish**. The strange, rare and peculiar trait of Caladium perspiration is that it **attracts flies**. Margaret Tyler comments upon this: 'One has observed this with horror in some poor old almshouse people, where it was impossible to

keep the flies off the face!

Male/female

As already discussed as far as the male sex is concerned, Caladium has a special action on the **genitalia**. In women, the most striking action of Caladium in this region is to cause **intense pruritus vulvae**. It may be indicated in extremely nervous women who suffer from pruritus vulvae, keeping them awake at night.

Respiration

In the respiratory organs, an important keynote is catarrhal asthma where the mucus is not easily brought up, but when it does come up the patient feels better.

Very characteristic is **asthma alternating with an itching rash**. Sometimes we also find both conditions present, as if the organism does not have the strength to bring out to the surface all the disturbance.

Fever

In fever, Caladium is especially indicated when the temperature is aggravated in the evening. The Caladium fever is actually aggravated when the Lycopodium fever is ameliorated, around 8 p.m. , or sometimes a little earlier, that is, around 6 p.m. Sleeping makes the fever disappear, and a characteristic modality is: **Falls asleep during evening fever, and wakes when it stops**.

Generalities

The Caladium patient dreads motion, and perpetually wants to lie down -though he is strong enough to move when he makes the effort. After writing, thinking, when lying down or when rising after lying or sitting, he feels as if he is going to faint. In acute states, we also find delirium, unconsciousness, and stupefaction.

The patient experiences **ill effects of smoking**, especially headaches and mental states.

The patient, in general, is **aggravated by warmth** - warm room, warm air, in the warm bed - and ameliorated by cool open air. On the other hand, he has an aversion to drinking cold water, and only **tolerates or wants warm drinks in the stomach**.

Aggravation can also occur **after sexual excesses**, from sudden noises, and from lying on the left side (stitches in right side of chest). Besides the relief from open air, particularly cool air, we see a general amelioration **from sweating** and after a short sleep during the day.

The **worst time** for Caladium is **from 9 to 11 p.m.**

Another characteristic state that Caladium produces, and that is not mentioned in any of our books, is a peculiar momentary **relaxation**-not to call it paralysis-**of the sphincters** of the body. The sphincter of the urethra is relaxed and if there is urging the urine dribbles. The patient has the impression that the sphincter is very weak, is clearly not strong enough to hold back the urine. During the first sleep of the night, he regurgitates food as if there were no barrier and as if the oesophagus was an open pipe. In the same way stool can pass unnoticed, if there is some unusual pressure on the abdomen.

Vertigo

Vertigo is experienced upon closing the eyes; rocking, dizzy sensation after lying down and closing eyes, which prevents falling asleep.

Giddiness and nausea in the stomach, when he is sleepy, in the morning after rising; cannot keep his eyes, open while walking in the open air. Vertigo after some walking.

Vertigo and nausea in the morning, with stitches in the pit of the stomach.

Head

Dull, frontal headache and throbbing pains in the head, especially in smokers. Headache with nausea and a dazed feeling in the head; symptoms like those of Tabacum. While smoking tobacco, stupefying pressure in the eyes and forehead, with the face hot and restlessness.

Pain in the shoulder accompanies the headache.

Dull pressive or sharp cutting pains in the temples.

Fullness in the head as if too much blood were present.

Numbness in the right or left side of the head.

Eyes

The **eyes become violently inflamed and water; eyelids are red and inflamed, eyes smart and burn.**

Pressure in the eyeballs, with pain and sensitivity to touch or pressure.

Stitches in the eyes, together with pain in other parts of the body: stitches in the right eye and throbbing in the left knee; stitches in the left eye and in a corn on the little toe.

Ears

Extremely sensitive to noise, especially if he wishes to sleep; slightest noise startles him.

Feels as if something is placed over the ears, diminishing the hearing.

Throbbing in the right ear, with a sensation as if warm water were flowing around it in a circle.

Face

Sensation as if spider-webs were sticking here and there or of a fly crawling on the face; other crawling and creeping sensations.

Heat in the face, flushed face, almost scarlet red.

Mouth

Mucous membrane of the mouth very red; swelling of the lips, tongue, uvula, etc. Along with a swollen tongue, there may be an excess of saliva that resembles the white of eggs and which may run out in large quantities.

Red, dry stripe down the centre of the tongue which widens towards the tip (Boger, Synoptic Key).

Milk tastes sour and is repugnant.

Throat

Dryness and burning in the fauces, **without any thirst, even with an aversion to cold water.** Scratchy dry sensation in the throat which makes him hawk.

After smoking, hawking up of mucus and vomiting of slimy matter.

Respiration and chest

Larynx and trachea seem to be constricted, with wheezing sounds upon breathing deeply and **cough that seems to originate** in the upper part of the air passages, **above the larynx**.

Tickling in the throat, causing cough, worse at night.

Catarrhal asthma, sometimes with hard cough, mucus not readily raised, but giving relief when it comes up.

Asthma alternates with an itching, burning rash. An example that Hering observed in his proving: *'Rash at inner side of forearm, red and big pimples, violently itching and burning; when it disappears, immediately severe oppression of chest, that he cannot get his breath, as if mucus would suffocate him, without anxiety Ö'*

Breathing in sighing jerks.

Dull stitching pains in the right side of the chest, which are better when lying on the right side and worse when lying on the left.

Pulse hard and bounding, or rapid and scarcely perceptible.

Stomach

Pulsating in the pit of the stomach after walking; he soon becomes tired.

Sensation as if a bird were fluttering in the stomach and trying to escape, causing nausea.

Nausea often comes on in the morning upon rising. It may be accompanied by a dazed feeling in the head, by a certain giddiness, feels like an empty sensation in the stomach, and by stitches in the pit of the stomach.

Much **belching**; repeated eructation of small amounts of wind, as if the stomach were full of dry food.

He drinks without real thirst, because of the sensation that the dry food lies in his stomach; eats only because the stomach feels hollow, but without any appetite.

Lack of thirst has often been observed: thirstless during a fever, thirstless for days. There is even an **aversion to cold water**; the patient often only tolerates or wants warm drinks. Alternately, there are Caladium patients who are thirsty all day. They drink tea, coffee, cold drinks, but not water.

Hering also observed a desire for beer without real thirst in his proving; the patient said he actually couldn't get himself to drink water. This symptom doesn't necessarily take the form of a strong aversion to water. It may just be a kind of indifference to it; the patient simply does not like it.

Burning in the stomach, which is not relieved by drinking. 'Dull, internal burning in stomach and epigastrium; becomes a violent pressure and finally a gnawing at the cardia, which prevents from deep breathing.' (Hering)

Abdomen

The abdomen is swollen and tender to the touch, and there are spasmodic cutting pains in both the stomach and abdomen.

Twisting pains, and a sensation **as if a long worm were writhing in the region of the transverse colon or duodenum.**

Burning in the hypogastric region.

Rectum

Stools soft, yellow, **pasty**, mushy, as in typhoid; **very scanty pasty stools.** Pasty, clay-coloured stools, which are passed with difficulty. There are also stools containing hard lumps.

Passing of thin, red blood or of slime and a thin brown fluid from the anus after stool. Burning in the anus after stool. Stitches in the rectum after stool; as from knives.

Relaxation of the sphincter of the anus.

Urinary organs

There is a sensation of fullness in the bladder with pain, but no urge to urinate.

The region of the bladder is sensitive to pressure.

Violent pain during urination.

Stinging deep in the hypogastrium, behind and above the bladder. Stitches in the urethra, in the evening.

Relaxation of the sphincter of the urethra. Urine either dribbles after urination or the patient loses some drops before he reaches the toilet.

Urine is offensive, with sediment, scanty and smells putrid.

Male genitalia

Sexual desire with relaxed penis, or strong painful erections without desire.

Impotence with mental depression.

Erections when half asleep in the morning, ceasing when fully awake.

Ejaculatio praecox, ejaculation and orgasm missing in coitus, or pleasure suddenly ceases during coitus and the patient cannot tell if an ejaculation has taken place or not.

Caladium is useful in gonorrhoeal disorders. **Impotence after suppression of gonorrhoeal discharge** (Thuja).

Frequent nocturnal emissions; without dreams or from non-sexual dreams.

After coitus the prepuce remains retracted and cannot be drawn back over the glans; pain and swelling. Prepuce swollen and sore in the margin, with a biting sensation upon urination.

Glans of the penis is red, dry and flabby; from masturbation or in impotence.

Genitalia enlarged, as if bloated, relaxed and sweating. Feeling of coldness and cold perspiration in the region. Profuse sweat on the scrotum.

Pruritus. Caladium gave prompt relief in a case of long standing, violent itching eruption on the scrotum, which was worse at night, dry and scaly (Lindsay, *Journal of Homeopathic Clinics*).

Female genitalia

The most striking symptom of the female sexual organs is the **pruritus vaginae and vulvae**. Two cases serve as examples:

'A girl, four years old; violent itching on external genitals, which compelled her to scratch; severe punishment could not prevent her from doing so; the child was reduced in body and mind.' 'A girl, twenty years old, suddenly complains of frequently returning itching on the genitals, which is finally accompanied with voluptuousness; three months later, it was followed by a mucous discharge and a very troublesome eruption of pimples around the genitals.' Both cases were cured by Caladium. (Source: *Journal of Homeopathic Clinics*.)

The pruritus may also be caused by worms that travel from the rectum into the genital region.

Cramping pains in the uterus after midnight.

Back

The back is stiff and full of rheumatic pains, e.g. between the shoulders, so that he can hardly turn in bed.

Extremities

Pain in the shoulder, with headache.

The limbs feel so weak that he cannot get out of bed; all morning fatigued, weary, and ill-humoured.

Trembling of the limbs; rheumatic pains in the limbs.

Numbness in the arms and hands. 'All the fingers felt very large, like sausages, she could not use them well; they felt as if they were going to be

paralysed.' (Berridge). 'Arms asleep on waking in morning; can hardly move them.' 'Left thumb as if asleep; also little finger, with crawls.' (Hering)

Sleep

Strange, crawling sensations keep him awake. **Sleeplessness from pruritus**, especially in the genitals.

Sleepiness in the morning and morning, with weakness of the limbs, ill humour, dazed head. Sleepy in the morning after rising, cannot keep eyes open when walking in the open air, with nausea and giddiness felt in stomach.

Sleepy during the daytime but cannot sleep because **the itching is unbearable**, especially **in the genitals**, or on account of shivering and feeling very giddy. When wants to sleep is very sensitive to any noise.

Very loud **snoring**. **Groans and moans anxiously** in sleep.

Restless sleep; violent starting in sleep.

Vivid, anxious dreams which he remembers better than the activities of the day. Dreams of dead people and past events are so vivid that when, after waking, he immediately falls asleep again, he continues to dream of the same subject where he left off.

Awakes at night from thirst, with dry lips. 'It seemed uncertain whether she was always aroused by a noise, or whether she was not often aroused by thirst; each time she was aroused she asked for water.' (Hering)

Fever

Kent says that this remedy 'has a continued fever; it has no great amount of fever in it, but it is a continued fever; we shall see that there is coma and stupor from fever; 'delirium, unintelligible murmuring;' mental prostration. Murmuring and muttering during the delirium; he does not recognise anyone. The speech is incoherent and prattling. This remedy is suitable in low, murmuring, exhaustive cases of typhoid fever, cases that run a very sluggish course; not a very active delirium; but muttering; a low form of semi-consciousness, very often coma or stupefaction like Phosphoricum acidum, or a dazed mind.'

This is true for *febris continua*, for the typhoid type of fevers. In other cases the fever has an **exacerbation in the evening** around 6 or 8 p.m. , and is **ameliorated by sleep**.

Falls asleep during evening fever, and wakes when it stops.

Coldness of single parts of the body.

Chilly, even in a warm room.

Face, head and hands hot, legs and feet cold. Or: Before midnight head, face and surface of the abdomen hot, with cold feet; after midnight abdomen cold, but feet hot.

Skin hot and dry during fever.

Sweating in the evening with prostration, yawning and sleepiness. Sweetish smell; sweat attracts flies.

Skin

Violent itching on various parts of the skin.

Itching, burning rash that **alternates with asthma.**

Frequently and suddenly a violent **burning arises in small spots** on the skin, on the cheeks, nose, toes; compelling the patient to touch the parts.

Skin feels rough and dry.

Strange sensations as if a fly is crawling on the skin or as if a spider web is on the face.

Clinical

Asthma. Dropsical swellings. Non-specific urethritis. Impotence. **Irritation.** Nymphomania. Pruritus vaginae. Spermatorrhoea. Typhoid. Typhus. Worms.

Relations

Compare: *Caps.*; *Phos.*; *Caust.*; *Sel.*; *Lyc.*; *Ikshugandha* (sexual weakness, emissions, prostatic enlargement).

Complementary: *Nit-ac.*

Incompatible: *Arum-t.*

Calcareo carbonica

Impure Calcium Carbonate. CaCO_3 .

Includes symptoms of *Calcareo acetica* and *Calcareo ostrearum*, for which Hahnemann also made provings. Koch's provings were made from carbonate of lime precipitated from a solution of chalk in hydrochloric acid.

Trituration of the middle layer of oyster shells.

The essential features

The remedy picture of this great polychrest needs to be introduced with a few preliminary remarks.

Calcarea carbonica is a remedy which covers all stages of life, from infancy to old age, and all stages of pathology: on the physical level from the common cold to malignant tumours, and on the emotional/mental levels from simple anxiety to manic depression and schizophrenia.

One intriguing observation I have noted in the course of my clinical experience is that a disproportionately high percentage of babies, perhaps 40%, require *Calcarea carbonica* in the beginning of their lives, while this remedy is indicated much less frequently in adults. Why then, may we ask, do we not see more *Calcarea* adults?

The explanation is not obvious, nor easy to perceive, and is a function of the developmental process, from baby to adult. In babies and young children, the need for calcium is tremendous. It is the main element necessary for the development of the skeleton and teeth and the quantities required at this young age are enormous. If there is even the smallest disturbance in the absorption of calcium it becomes apparent through a certain group of symptoms, which are identified as belonging to *Calcarea carbonica*. This explains the applicability of this remedy to young children.

As the child grows and the need for calcium decreases, one of the following takes place:

The disturbance is automatically corrected and the person grows into health;

The absorption problem is not corrected and is accompanied by new layers of disease disturbance; or

The absorption problem is not corrected and no new layers are created.

In (b) the absorption problem is not corrected and the patient slowly progresses along the road to chronic disease. As he encounters various stresses in the course of his life, his symptomatology changes in accordance with each *new layer* of disease disturbance that is *superimposed upon the original layer* of disease predisposition.

For example, grief superimposes a layer of *Ignatia* and *Natrum muriaticum* on a constitutional *Calcarea* case. A vaccination further superimposes a *Thuja* (or *Morbillinum*) layer. Then influenza adds a layer of *Influenzinum*. In such a case you will not cure the patient unless you follow the exact reverse sequence in prescribing that is, in my example: first *Influenzinum*, then *Thuja*, then *Natrum muriaticum*, then *Ignatia*, and only finally *Calcarea carbonica*. The exact sequence and time frames are determined not by theoretical speculations, but only from the symptomatology of the patient. This is the concept of 'layers of disturbance' referred to in my earlier writings, and this is also the idea underlying the theory of the miasms.

In (c) the problem is not corrected, yet the stresses mentioned above do not create new layers. They serve to *only exacerbate the Calcarea symptoms* and shift the pathology to a deeper level. The patient retains his *Calcarea* symptomatology and, in this case, remains a *Calcarea* case throughout his life. His case is not complicated; there is only the *Calcarea* layer and no others. It is for this reason that I have said that if we find an older individual whose symptomatology calls for *Calcarea carbonica*, that person tends to have quite a strong constitution. In these instances it does not matter how severe or malignant the case may be; the possibility for a cure is great.

The *Calcarea* state itself, according to my experience, is one which is seldom added as a new layer, but is, rather, a more basic, 'ground-level' disturbance. These persons are usually relatively healthy and well balanced; their solidity and stability is not easily undermined. Finally though, when

their vitality is compromised through some stress, such as excessive allopathic drugging, the Calcarea state of pathology surfaces. For instance one often finds that elderly patients who have received Calcarea carbonica for lumbago again require Calcarea carbonica when they develop another pathology, e.g. bronchitis. This need not always be the case because, at other times, an acute remedy such as Belladonna, Rhus toxicodendron, etc. may be required without the subsequent necessity to return to Calcarea or to any other deeply acting remedy. In response to our question, in today's world only a small percentage of those we see have constitutions strong enough to retain the Calcarea layer throughout their lives. Therefore, in our practices, the majority of cases fall into the second category. This means that even those adults who might have begun as Calcarea babies will usually have at least one additional layer that masks this underlying one. This is why, relative to babies, we see so few cases of Calcarea carbonica in adults.

Some orientation points

Calcarea carbonica is such a huge remedy with vast symptomatology, that the student can get lost in it. He might think that every case is a Calcarea case or that none of his cases have all of these symptoms. For the sake of the novice student and in order to provide clarification for those who are experienced, I will present my observations regarding the symptoms that *usually* point to this remedy.

I have separated the indications into two categories: the keynotes of Calcarea during physical ailments and the keynotes during mental disturbances.

Ninety percent of the cases of Calcarea have been recognised because they exhibited all or some of the following symptoms.

During **physical pathology** we usually observe:

a **general aggravation from cold and wet weather**. The patients are **chilly, cannot get warm, especially their feet which are cold and at the same time may have a slight clammy sweat**. They need to **wear socks in bed and cannot go to sleep unless they feel that their feet are warm**.

a tendency to **be overweight and obese**, and to **sluggishness**;

perspiration during sleep, around the neck;

desire for sweets and soft-boiled eggs;

vertigo in high places.

During **mental pathology** we most often see:

that patients have **numerous fears**, such as **a fear of the dark, of ghosts, of thunderstorm, of high places, of mice, of dogs, of infections, etc.**;

a **prevailing fear of insanity**;

a particular **fear that others will observe and perceive their mental confusion**;

despair of recovery;

an **overwhelming anxiety about health**, especially the **fear of cancer**.

If the **cause** for the pathology is **exhaustion after physical or mental exertion**, then the case is further confirmed.

The practitioner should not get lost in the vast array of symptoms but should look for these main keynotes of the remedy. Of the above ten symptoms, at least four or five should be found in a Calcarea case. The following observation regarding Calcarea is particularly important:

The characteristic constellation of physical symptomatology may change and/or diminish as the mental pathology becomes more prominent. For example, during the stage of initial fears where the patient fears heights, the characteristic perspiration and aggravation from cold and wet weather and from dampness are present. However, when the case deepens in pathology to the point where fears dominate his life - fear of cancer or heart disease, fear of insanity, etc. - the physical symptomatology and the earlier fears often subside, and the prototypical picture of Calcarea is lost or becomes unclear. For example, in such cases it is possible to find that the person is no longer chilly, or that the usually cold feet of the Calcarea subject are neither cold nor damp. Also, the desire for eggs might disappear. At this stage, therefore, it becomes easy to confuse Calcarea carbonica with other remedies, such as Arsenicum or Phosphorus.

In addition, the development of pathology in **stages** must always be considered when looking for 'guiding symptoms' in a case. For this reason, the practitioner must not refer to the above list of symptoms as an unvarying, stereotypical guide. It is there to provide a guideline by which to identify the remedy which is valid for the majority of Calcarea cases. It is, for obvious reasons, impossible to enumerate all the aspects and combinations of symptoms that a Calcarea case can assume.

Flabbiness and obstinacy

Calcarea has a unique and characteristic type of polarity: the ideas of **flabbiness** and **obstinacy**. This may relate to the physical body (flabbiness of muscles vs. hardness of tissues) and/or to the mind and emotions (which may also be 'flabby' and/or 'hardened'). To simplify matters, we might say that the pathology in Calcarea patients develops from a calcium imbalance, either a lack of calcium or an excess. Cases that evolve from a lack of calcium far outnumber those from excess. A caution, however, to remember is that this is merely a generalisation. Not all cases of Calcarea can be classified into such simplified patterns.

In the cases of calcium deficiency, where the organism does not absorb or metabolise enough calcium, the result is **softness in places where the natural state is hardness**. There is **softness in the bones and teeth, and flabbiness of the muscles, especially the muscles of the heart**.

On the other hand, wherever an excess of calcium develops, the result is excessive deposits of calcium in segments within individual bones, deformities of the bones, excessive hardness of the nails, scrofulous swelling of the muscles and hard swelling of the lymphatic glands. In the realm of mind and emotions, this translates into an inflexibility in thinking and into obstinacy

There is also the possibility of uneven or irregular nutrition of bones: As Nash explains: 'One part of a bone, the vertebrae for instance, is nourished,

while the other is starved.'

As stated above, it is typically the idea of **softness** and **flabbiness** that prevails in *Calcarea carbonica*. The word 'flabbiness' implies more than just 'weakness': patients are weak and soft; the element that gives stamina, strength and support to their tissues is missing; their mental and muscle tone is deficient. The general flabbiness ultimately leads to disintegration where the organism feels that it will soon collapse, mentally and physically. In addition to knowledge of physiology the perceptive faculties must be at a keen and functioning level in order to understand what occurs in a system that cannot absorb this element so basic to its existence. What you will observe is how the lack of stamina and strength, which result from the malabsorption, affect all the levels: physical, mental and emotional. Any small exertion can trigger a state of exhaustion. The patient has a sensation of inner trembling; all kinds of fears prevail. His mind can deal only with trivial matters; it cannot address the more essential, important and useful things because this would require an effort, and call on reserves of power and stamina that he does not have. His mind does not have the power to overcome difficulties, to endure, nor to concentrate and so, ultimately, the *Calcarea* subject feels compelled to give up. He then either withdraws and stays homebound or gives himself over to medical care.

Little ideas

This trait, the fixation on **little ideas**, is characteristic of the remedy, but the degree to which it is evident may vary and depends upon the stage of the mental pathology. It is peculiar to see how, under the pathology of *Calcarea*, a mind that used to be sound and whole, becomes fixated on little things. In its mildest form this keynote may appear as a simple inflexibility of thinking. At a later stage it becomes a striking obstinacy in daily life, and ultimately, a preoccupation with trivial ideas that amounts almost to psychosis.

By the time *Calcarea* has degraded to a relatively serious condition, his mind loses its perspective and gets obsessed with little ideas. It is not merely that the *Calcarea* patient pays attention to trivialities and details; these minor concerns prevail and actually dominate his life and mind. This kind of **inflexibility** of mind, the fixation on minor issues, makes it impossible for him to think about anything else. He does not even seem to realise that his focus is on small, insignificant things, and that he is overlooking the essential.

Kent describes this state graphically:

'When the *Calcarea* patient begins to relate to his friends how he feels they all naturally say to him, 'Why don't you put that aside; that doesn't amount to anything,' but to him it is a big thing, and he cannot put it aside; all these little things combine to convince him that he is going crazy.'

While in this state, *Calcarea* patients may talk endlessly about these little things that are of no interest to anyone else. Kent asked some of his *Calcarea* patients why they behaved this way, and he generally got an answer like: 'I tried a good while to stop it, and when I could not I just kept right on at it, for it seemed to do me good.'

This type of rigidity of thinking may be coupled with a laxity of the mind, as the underlying polarity of *Calcarea* suggests. As a result, the affected subject loses his ability to think deeply and consistently. Kent relates that there is also a particular inability to calculate: 'He cannot add and

subtract even in the simplest forms... He may have been a philosopher, and he has lost his ability to think out things in philosophy. He has lost his mental depth.'

Obstinacy may combine with flabbiness of the intellect to form wishful thinking, as Kent's lucid remarks concerning this trait illustrate:

'He forms conclusions out of his emotions rather than from his intelligence. He forms conclusions about things as he wants them to be. You would almost think he wants to grow crazy, he keeps talking about it so much. He is unable to accept any sort of argument, and this grows worse and worse. He is unable to accept the assurance of his physician, in whom he has always had confidence. It is no use, it seems, to try to reason with him; yet he is not so far gone but he can reason about other things except his own mental state.'

A Calcarea patient may say, 'I am restless on a mental level. I like to be stimulated intellectually, philosophically; this is, perhaps, where my restlessness lies', as was the case with one Calcarea patient I had. However, this kind of 'philosophical interest' does not represent an ability to think deeply, nor does it at all resemble the genuine involvement with philosophical matters that we see in Sulphur patients. On the contrary, it arises from his fear of dying. This fear of death is at the core of what stimulates the patient to ask questions such as 'Is there a God? What kind of God?' **Worrying about salvation** is a striking symptom in Calcarea persons. This point will be elaborated upon further in the chapter on Calcarea children, where this kind of religious inquiry is most frequently seen.

The fixation on little things is also the feature that is responsible for the well-known **obstinacy** of Calcarea, especially in children. If their mind is stuck on an idea, they cannot set it aside. Their desire must be satisfied and this takes on great importance for them. They must gratify their need in order to stay balanced and even seem to derive strength from it.

Over-exertion

Calcarea people tend to be very attached to their work. They are industrious, conscientious and hard-working, and they also have a fear of poverty.

Their industriousness compels them to push themselves, which in turn contributes to a growing **sense of being over-exerted**. They feel exhausted, but ignore this and push themselves further despite their exhaustion. In these cases of overexertion (which may, ultimately, result in a breakdown) we see different stages:

In the first stage, they are **easily irritated**. They become irritable, even from trifles. The patient is easily riled, and a few words are enough to make him fly into a temper, especially if he feels that demands are being put on him. He feels fatigued after far less exertion than was previously required, and begins to complain about his workload, etc. He is **easily offended** and tends to take everything negatively. He is easily excited and tends to break out in a sweat when a situation seems too much for him. His emotions are easily excited and as easily prostrated.

Vertigo and confusion are often present, as Calcarea's circulation tends to be disturbed. The patient has palpitations, quivering, inner trembling, and physical exhaustion. It is, in particular, in cases with nervous irritability and excitement that we see patients **who tremble easily: from fear and anxiety, after coitus, when waking up at night, after frightful dreams, from any mental or physical exertion**. It is as if the muscles cannot

take any exertion. Their quivering creates the sensation of internal trembling.

The Calcarea person is unable to apply himself to anything that requires an effort. Focusing his attention becomes increasingly difficult; his mind wanders when he attempts to concentrate. His brain becomes 'paralysed' when he makes the effort to speak. Words get mixed up and confused; he tends to make mistakes and slips of the tongue. He feels confused and is unable to remember the subject of the conversation. His memory is weak. His confusion while reading is such that he has to stop and try to remember where he was. Due to the weakness of mind and difficulty of thinking, his self-confidence disappears; he is easily overwhelmed by his work.

This mental exhaustion predisposes the patient to have an apprehensive, anxious disposition with a **tendency to worry about the future**, about his health and about salvation (as mentioned before). He feels **restless anxiety**. He is easily frightened and his agitation prevents him from resting and may even bring on palpitations, ebullition of blood, and shocks or jerks felt in the pit of the stomach. His fear tends to rise up from the stomach.

During this phase, in which Calcarea individuals begin to break down and to develop anxiety, they are often troubled by sleeplessness, especially after 3 a.m. They may sleep well for hours, but then awaken around 3 a.m., and cannot fall asleep again.

In the next stage the patient enters a period where even the least responsibility looms over him as a **tremendous responsibility**, so large he no longer feels able to cope. He feels overwhelmed; situations and problems seem insurmountable. He becomes **averse to his work** and in fact dreads it and the responsibilities and demands made on him by others. His **indisposition to any kind of work**, aversion and loathing of work, is accompanied by a general mood of tremendous irritability and a heaviness in his lower limbs. Anxiety and the 'fear that something bad is going to happen' are evident. He feels a very great urge to leave his business, yet he stays on.

If, at this stage, some additional stress is encountered (e.g. a grief or an acute illness complicated by allopathic drugging), the patient will progress to a far deeper state of pathology. He will develop a tremendous anxiety about his health and, consequently, a very pronounced fear of cancer or a fear of insanity. The intensity of these two fears - that of cancer and that of insanity - tend to have an inverse relationship; that is, if the fear of cancer is quite strong, the fear of insanity is minimised and *vice versa*. The patient also has the disconcerting impression that other people can, simply by looking at him, perceive his insecurities and read his mind. These fears will be discussed further in the sections 'Fear of Insanity' and 'Despair of Recovery'.

Calcarea persons are able to endure this state of overexertion for a long time. Eventually they arrive at a stage where they cannot continue with their business, and, therefore, **quitting of business due to over-exhaustion** is a keynote of this remedy. Kent describes this situation in the following way: 'A Calcarea patient sometimes takes an aversion to work, and quits work. He will quit a most thriving business, and go home and do nothing, after being fatigued in carrying on the business until it reaches a most thriving condition. He says business is not good for him. He is tired of business, and when he goes to his business again it seems as if it would drive him crazy. He does not want to see it, he does not want to know anything about it. Of course, you can readily see that it is not so much in the Calcarea patient that he is driven to weakness and fatigue from distress in business, although it has that, but that which I am speaking about is that he has overworked until he has given out, and right in the midst of his success he quits his business and goes home, and leaves all-it looks just as if he were lazy.'

And he adds an important differentiation: 'It is not such persons as were born that way, born lazy, never would work; but those that become lazy.' This is the symptomatology that has given Calcareo the reputation for curing cases that are in a state of breakdown, from prolonged overexertion and worry.

Fear of insanity

This third stage, in which the mental condition is the main problem, is much more severe and disturbing than the previous one. The general condition of the patient is one in which he has the feeling that he is really breaking down mentally and does not believe that he can function under the present circumstances. His mind is weak, and he forgets important things. His thoughts are occupied with a lot of small things, while the main and important issues remain unresolved. He is unable to concentrate, nor solve business problems. All the while the stress continues. He may or may not have left his business, yet the expenses keep accumulating and he has to pay the bills. As a consequence, he despairs.

Against this background the patient begins to develop a very pronounced fear of cancer, or to develop a fear of insanity. In this section we will focus on the latter.

The Calcareo patient usually keeps to himself the secret that he **feels he may be going insane**. He conceals it for a long time, because he fears that were he to admit it, others might think that he is really psychotic and commit him to a mental institution. He dwells upon his state of mind day and night and cannot sleep. This is a fear that, in time, becomes overwhelming, and the more he continues to endure stress, the more the fear develops. Eventually, the mind is constantly occupied with this fear.

At this stage, the practitioner may experience clinical situations such as the following: A patient comes to your office and relates different ailments. While you are listening to them, paying close attention, a breakdown suddenly occurs. He or she begins to cry; tears trickle down the face and despair becomes apparent. You ask him or her why they are so desperate. After some hesitation they finally confess their fear of going crazy. If they do start telling their real problem, they will eventually confess everything that is happening to them.

Apart from the fear that they are going crazy, Calcareo also has a **fear that others can recognise their mental confusion**. They feel they are being observed suspiciously by the people in their environment, that they can be 'looked through' or 'seen' by them. As Kent puts it: 'He thinks people look at him suspiciously, and he looks at them suspiciously, and he wonders why they do not say something to him about it.' Similar to the above situation, this information is not volunteered by the patient, but if you suspect that the case is Calcareo carbonica and start inquiring, especially about these matters, he will confess his fear to you with some relief.

This is a condition bordering on delusion, and it may truly be accompanied by **delusions, especially when closing the eyes**, even during the daytime. They see horrible visions and must open their eyes immediately and try to persuade themselves that they are not crazy, that what they are experiencing is only a trick of their mind. This is a far cry from a healthy mind, as we can easily perceive, but it is not yet real psychosis, as they are still able to control themselves in their dealings with others. However, at this stage, Calcareo people definitely feel that they are quickly approaching

insanity.

They also might confess to you at this time that they are talking to themselves. When in the presence of others they are able to maintain their self-control, but once they are alone in the house they start carrying on a conversation with themselves. This is particularly true in cases of prolonged grief. We can picture the case of a woman whose husband has not been faithful, and she has suppressed her anger and emotions against her husband for a long time. She then starts talking to herself, and says a lot in these 'conversations' without a partner. It is a state of confusion, weakness, and breakdown of the intellect.

Psychosis

Such a state eventually transforms into real psychosis. The Calcarea psychosis usually assumes a **passive form**. Calcarea patients have **numerous delusions which develop very quickly**, such as the person seeing **horrid visions upon closing the eyes**, grotesque faces, etc. We also find delusions such as the impression that clothing hanging over the back of a chair is really a person sitting there or that someone is walking beside her (similar to Petroleum or Silica). In Hahnemann's proving, we find the example of an illusion: 'she heard a rumbling and clattering over her bed, which made her shiver'.

Concerning Calcarea's behaviour when in company, they mostly sit and do nothing, or else they do strange little things like play with their fingers all the time, break sticks or cut little pieces of paper. Margery Blackie reports a case where the patient open and shut her handbag the entire time she was with her.

The general idea in Calcarea psychosis is a **passive state with delusions, coupled with the motif of fixation on little things**, which was discussed earlier. The delusions may also come on quickly in serious fever cases, as in cases of pneumonia or pyelonephritis. Two examples from Hering's Guiding Symptoms are: 'Mania; sees many curs [dogs] crowding around him; fights them off', 'Sees and plays with cats and other animals in delirium.' In these more acute states, we see a greater degree of restlessness and activity. Another example from Hering is: 'Feels as if she would like to run up and down and scream.' Kent comments: 'Feels as if she could not help it, she must scream. That occurs in persons overwrought, dreadfully excited from a loss in the household by death.'

During an acute exacerbation of this chronic psychosis, a pronounced aggression might surface. Then conditions resembling the following description by Hering ensue: 'Throws herself forcibly about, rolls on ground, tries to catch hold of bystanders' clothing, which she puts into her mouth, bites and spits, makes a loud barking noise, all with open, dull eyes.'

This condition does not assume the extent and the intensity that occurs in Belladonna or Stramonium, whose delirium is much more characterised by activity, desire to bite, spit and so on. On the whole, Calcarea tends to passivity in delirious and delusional states.

I must note here that the differential diagnosis between remedies is often a function based on the degree of severity of the symptoms, as the symptomatology, especially in acute states, is often quite similar.

Fear and phobia

In 1976, during an international seminar in Athens, I heard Dr. Paschero, the renowned homeopath, say that Calcarea has all the fears of the materia medica, and that unless the patient was full of such fears you could not prescribe this remedy, or that if the patient had a lot of fears then the remedy was most probably Calcarea. Though it is true that Calcarea has a lot of different fears it is equally true that not all Calcarea persons have fears. Some of them actually have none! (I shall discuss this point in the Calcarea Child section, because it is especially in younger children that we often do not see any fear.)

It is equally important to realise that the fears should be evaluated according to their intensity and severity. A fear in a mild form may accompany some physical ailments, while at other times, the same fear becomes overwhelming and the physical complaints disappear. There are certain fears in particular that point to the remedy when they prevail and totally overwhelm the patient.

An overwhelming fear of thunderstorms, for example, would not lead one to conclude that the remedy is Calcarea, though Calcarea has this fear. An overwhelming fear of insanity, without any other accompanying symptoms, indicates Mancinella rather than Calcarea. However, when one of these fears is coupled with an overwhelming **fear that others will observe their mental state**, it points exclusively to Calcarea. It is a strong enough keynote that, if the patient has this symptom, even without additional fears or physical ailments and modalities, Calcarea is the indicated remedy.

One of the fears that in Calcarea can grow to tremendous intensity is **the anxiety about health and the fear of death** (thanatophobia). When physical ailments prevail, this fear can be of mild intensity, and the Calcarea patient will not pay much attention to it. This anxiety, however, is capable of increasing to such a degree, and the fear of death can be so overwhelming, that the patient lives in an inferno; his life is totally destroyed by it. In this case, the fear dominates and is the first thing of which the patient complains. The most common forms of this fear are: **fear that he will die from cancer or heart disease, or that he will lose his reason. The fear can become the main pathology.** In contrast, the fear that he will catch or has caught some contagious disease, is often to be found in Calcarea persons, but I have never seen it as the main pathology in mental cases. The symptom, anxiety about health, will be discussed in further detail in the next section.

Another tremendous source of anxiety is a **guilty conscience**. The patient develops it to such a degree that neither reasoning nor logic can pacify him.

The guilt develops over little things that would have been ignored by another person, but in Calcarea, due to the focus on 'little things' the problem is so exaggerated that it overwhelms the whole person and his life becomes intolerable.

Fear of high places or vertigo in high places is one of the main ailments that accompanies most cases of Calcarea carbonica. They may really freeze with fear when they go up a ladder, even three steps above the ground. This fear is so great that many times they dream that they are standing in a high place and feel vertigo. Calcarea cannot even tolerate somebody else standing close to the brink of a high place; they shout to the person not to go so close to the edge of the balcony for fear they will fall. They are also afraid to descend stairs, especially if they are stairs without a railing.

Calcarea has a strong **fear that a misfortune will happen to him or to others or that bad news will come**. A fear of being alone is also often

evident. A special time for their fears is **when evening draws near**, as was confirmed by Hahnemann.

Other fears that appear often in Calcarea subjects are the fear of: thunderstorms, supernatural things, ghosts, infection and microbes, poverty, mice, insects, spiders (arachnophobia), leaving the house, public places (agoraphobia), narrow places (claustrophobia). There is also an anxiety or anguish that is excited by **listening to cruel stories**.

In the early stages, these fears and anxieties aren't usually overwhelming and typically accompany physical ailments. Calcarea patients may have many of these fears, but sometimes they have only a few or even only one.

If we compare Phosphorus with Calcarea carbonica during the stage of fear of thunderstorms and of the dark, we see that Phos. is much more open than Calcarea, and that the Phos. fears are much more accentuated. The fear of thunderstorms is terrible in Phos.; they express a desire to hide under a table during a storm. Calcarea people would never communicate their fear in such a strong manner. Phos. persons also manifest their anxiety about health in earlier stages than does Calcarea. In Calcarea the anxiety about health develops in association with a pervasive anxiety about life and the future. Phos. could be called a thin Calcarea, with more accentuated fears and with a great desire for cold water. The perspiration in Phos. is less than Calcarea, while their vitality tends to be higher. Phos. is also more responsive than Calcarea.

Despair of recovery

The anxiety about health can assume high intensity, even when there are no signs of physical illness. One proving illustrates: 'She thinks she is sick to death, hypochondriacally, but she couldn't complain about anything.' Calcarea patients can have a fear of any type of disease-heart disease, liver or intestinal disease, etc.-but the **fear of cancer** is the most prominent. Their anxiety drives them to visit one doctor after another. Sometimes all it takes is a slight colitis or a slight feeling of pain that originates in the abdomen, for the patient to become totally preoccupied with this little discomfort. It is a state of unbearable anxiety, coupled with inner trembling and palpitations that only serve to exacerbate the anxiety. They go to the specialist who can find nothing wrong with their colon, and this, instead of pacifying them, only makes things worse. They are now certain that they have cancer and that it will be discovered too late.

While engrossed in their suffering, Calcarea is quick to conclude that nothing can be done in their case, nothing can save them. They become desperate and believe that no one can help them. They despair of their recovery. This tremendous **despair overwhelms them** and they cannot be pacified. You see the despair in their expression, their utter **hopelessness**. In this symptom, **despair that they will never recover**, Calcarea, together with Arsenicum, leads the entire materia medica.

This despair may not be revealed during the first homeopathic interview; the Calcarea patient may think the practitioner is his last chance and, consequently, waits to see what can be achieved. If Calcarea isn't given after the initial visit, however, he will, during the second visit, express his despair. If the practitioner tries to persuade the patient that his case is not that serious and that, in all probability, something can be done for him, his words fall on deaf ears. The patient reiterates that there is no hope for him and that he cannot be cured; he knows this for a fact.

These cases can be confused with those of Nitricum acidum. Both remedies possess great anxiety about health, and both have a desire for sweets and salt. Where they differ is that in Calcarea the desire for sweets is stronger than that for salt, while in Nit-ac. the reverse is true.

Depression from grief

Calcarea many times has a **depression** so severe that it recalls the Aurum state. However, the suicidal disposition is never as strong as in Aur. The Calcarea depression is accompanied by despair and physical fatigue; the patient is unable to do anything; there is no stamina, whether mental, emotional, or physical; and the world looks altogether black for them. They may just sit around and say absolutely nothing. People surround the Calcarea patient and talk, but he or she doesn't want to do anything, doesn't want to enter into a conversation and even refuses to speak. When Calcarea persons are alone in such a state, though, they may talk to themselves, as was mentioned earlier.

These patients are tired of life; they do not want to continue living. They have suicidal thoughts, although, as previously mentioned, this symptom is not strong as, for example, in Aurum. A characteristic modality is that both anxiety and the tendency to commit suicide are especially strong **during perspiration**. They think of stabbing themselves as a means of finishing their lives.

The **melancholy and despondency** may be coupled with a kind of anguish. They feel dejected and moody and have a strong, irresistible tendency to **weep**. Weeping may be brought about by admonitions or by trifles, and they are inclined to complain and grieve about offences long past. The patients moan and whine, weep and whimper. They feel forsaken and **pity themselves** and do not want to be consoled. Consolation even tends to aggravate their state.

Many times, though not always, following an experience of grief, the Calcarea patient may enter a kind of hysterical state where weeping alternates with spells of wild laughter. Then they can enter into a peculiar state of such excitement that they want to scream and to shriek in order to get it out of their systems. Violent screaming spells may occur; they feel that if they do not scream they will go crazy; it is as if they have to compensate for the hysteria. They feel tremendous restlessness; they walk up and down in the room and feel as if they should do something.

Kent provides a vivid picture of this kind of excitement after grief:

'The mother loses her child, or husband; or a young girl loses her intended. She is broken-hearted, and greatly excited. It is a hysterical state. And yet I have seen the same in men. I remember one. It came upon him from business cares. He had that same feeling; he would walk up and down the house, he said he felt as if he must fly or jump out of a window, or do something. That is analogous to the mental state found in hysteria, or a great state of nervous excitement.'

Mental and emotional symptoms

Anxiety

The **anxiety** is, as was said, often worse in the evening. Some modalities of the anxiety states from Hahnemann's proving are:

'anxious thoughts in the evening, coming and going, with delusions and fear of dark, tries to look into lighted areas; all disappearing after passage of flatus. Anxiety and oppression of chest after stool. Anxious waking at night, after midnight, often from anxious dreams. **Great anxiety with palpitation of the heart.** In his anxiety states, he may make a nuisance of himself, tormenting those around him day and night.'

The provings also report, as a polarity to the aggravation of anxiety and fears in the evening, an amelioration of the mental state in the evening: 'Vexed and peevish in daytime, in the evening bright and inclined to conversation.' 'First part of day anxious, last part of day cheerful and satisfied with himself.' The abundance of thoughts and liveliness of mind in the evening, however, may make it difficult to fall asleep; the patient cannot sleep before midnight. Lazy sitting around makes him peevish and sleepy, and he becomes averse to everything. He feels better when occupied; mental occupation ameliorates a headache; he feels better when his attention is engaged. On the other hand, many symptoms, including nervousness, are aggravated by mental exertion and are better from lying down and closing the eyes. **Exertion of the mind may bring on hyperaemia of head; chorea; or trembling spells.**

Fright

Calcarea has a special sensitivity to **fright**. These patients startle easily, including from noise or shrill sounds. 'The day before the menses, disposed to fright; a trifle may give her a great fright.'

Excitement and irritability

Emotional influences can also affect the menstrual cycle. Menses can disappear after a fright. **Excitement brings on dysmenorrhoea; the least excitement endangers the return of catamenia,** or causes metrorrhagia.

Anger and indifference

Thoughts of offences or vexations long past can provoke **anger**, or can bring on grief and complaint. Calcarea may develop an irritable mood and peevishness with anger, **sometimes without any apparent cause;** anger and vexation about trivia may bring on ailments like vertigo and sleeplessness.

The anger can become really violent.

They behave with excessive mischievousness, with obstinacy; they are **intolerably bad tempered**, especially in the morning when they are sleepy and have a headache.

Calcarea can become peevish, morose, very cross and **indifferent to most important matters**, doing everything reluctantly and, as it were, under compulsion. They feel a **weakness of will**, and yet have a feeling of power. Calcarea is averse to everything and feels great annoyance.

They are taciturn and indisposed to talk. They feel aversion, loathing and disgust towards most other people. On the other hand, Calcarea can have the symptom: 'solitude is annoying, with coldness of face, hands, and feet.' (Hahnemann)

Obstinacy in children

Obstinacy is found in children who are inclined to grow obese; they are fretful and stubborn. Calcarea children are sensitive; they become depressed and think constantly about death and dying or about religious matters. They become anxious **upon closing their eyes** at night because of night terrors; may be frightened of everything they see.

Appearance

In Calcarea the muscles become very flabby. As an obvious consequence **obesity and flabbiness** are the dominant characteristics of this remedy. We can, however, find a variety of appearances, especially in adults, where not all of them are overweight. In fact, some Calcarea individuals are quite skinny. In these instances, the skin of these lean Calcarea individuals has a peculiar texture, which is rather thick and coarse. Their faces may be very **wrinkled** with fine but deep lines, which criss-cross the face dividing it into small squares. This wrinkling, together with the anxiety presented by Calcarea, may give these patients' faces a somewhat care-worn expression.

The calcarea child

We will follow the image of Calcarea carbonica as it develops from infancy through adolescence.

The typical picture of the Calcarea baby, is that of a white, overweight, flabby child with a prominent belly, the flabbiness being the principal feature.

Their bones, lack sufficient calcium and are soft. The cranial fontanelles **feel soft and many times are open** (similar to Calcarea phosphorica).

Calcarea babies may also be under-fed, as Calcarea can affect the absorption and assimilation of nutrients. If the child is undernourished, it tends to have a **large head**, big belly and emaciated body. These children are pale-skinned, but flush easily. A further complementary symptom is the

development of hard, swollen cervical lymph nodes.

A third option is possible. If there is an excess of calcium, rather than a deficiency, the baby or child may have indurations and exostoses, hardening in the wrong places, and calcium deposits in single parts of the body.

Retarded dentition is characteristic of Calcarea. Children become weak and languid **during dentition**, and have a sickly complexion.

Later, at the age of twelve to seventeen months, the disturbance in the calcium balance becomes evident through bones that are soft, that break easily and aren't firm, nor stable enough, to allow the infant to stand at the proper time. Therefore, there is a **weakness when walking** or standing, and Calcarea children are **late to walk**.

A striking characteristic of Calcarea babies is **moaning and groaning**, or whining as if something were wrong, often without any definite problem being apparent. For example, it can happen after vaccination, that the child begins to develop these first signs of disturbance. For Calcarea to be indicated, though, additional accompanying symptoms must also be evident.

Don't expect Calcarea babies to be cold. They are usually warm at this age, and have a tendency to become overheated. They become restless and kick off the covers during the night like Sulphur or Pulsatilla. It is later, after the age of about seven, that these children begin to manifest the usual chill of Calcarea.

In babies, **perspiration of the scalp** appears, often enough to soak the pillow; this tendency to perspire is irrespective of the ambient temperature.

Calcarea children **perspire profusely and easily in the cervical and occipital regions, especially when in bed and in the first part of their sleep**. Their feet may be cold and clammy. The perspiration generally smells sour, as does the stool. Calcarea babies may vomit milk, actually vomit, as opposed to simply spit up the milk. They may lose their appetite and refuse to feed well.

Children's organisms have an amazing ability to select what they need by developing desires and aversions. Almost all Calcarea children have a definite **desire for soft-boiled eggs**, which Hering says may come on 'in sickness or convalescence, even before they are able to swallow' (!). It is important to emphasise **soft-boiled eggs** here because, should the child desire hard-boiled eggs, the remedy, most likely, is not Calcarea carbonica. It seems that the calcium or nutrients that the organism needs to extract from eggs is destroyed through over-boiling.

It is due to paying attention to these kind of small details that the experienced homeopath has a higher percentage of success than the inexperienced one who always gives Calcarea when he hears the symptom 'desire for eggs'. As few as one out of every ten children is Calcarea if they desire hard-boiled eggs; the remainder of the children are remedies such as Pulsatilla, Causticum or others.

These children also have a strong desire for sweets and especially for sugar. The desire for chocolate is not as strong as the desire for sugar in a concentrated form.

Calcarea children, approximately seven to ten years of age, still display the whining, moaning, and whimpering of the earlier years. The anxiety states consistent with later phases of the Calcarea pathology are not yet apparent. The typical Calcarea **obstinacy** will most likely be seen and physical pathology will predominate. There may be a tendency to contract frequent upper respiratory infections. Children who get frequent colds need this remedy almost as often as they need Tuberculinum.

On the whole, children with a Calcarea constitution tend to be weak and tire easily. When playing with a group of children, they will be the first to quit playing and to sit down to rest. They quickly become breathless, flushed, and sweaty after only a little exertion. Calcarea carbonica's circulation is not optimal; this is why, as the pathology progresses a little further, these children may suffer from very strong palpitations if they are forcefully wakened during the night. Calcarea's being flabby, however, does not always imply that they are weak. In fact, they can be quite strong and can possess an agility which is surprising.

Calcarea children at this age can also possess a number of fears. In particular, they dislike the dark and have a fear of the dark. They experience many nightmares, may awaken screaming and be unable to return to sleep. A comment that is frequently heard is that one cannot give Calcarea unless the patient is fearful. This is a misconception. Fears tend to appear later in the course of development of the Calcarea pathology, but they are by no means necessary, at this age, in order to prescribe Calcarea.

Calcarea children, from approximately seven to fourteen years of age, frequently display an intriguing mental characteristic: they develop a peculiar religious turn of mind. **They inquire about God, angels, and the afterlife.** They have a desire to learn all that they can about such matters. They may become very religious, bordering at times on fanaticism. As they age they pass beyond this stage of religious preoccupation; but it is possible to see this kind of 'philosophical' questioning again in adulthood, as was described in the section on 'Little Ideas'.

Kent comments upon this condition in his 'Lectures':

'It is a strange thing to see a bright little girl of 8 or 9 years taking on sadness, melancholy, and commencing to talk about the future world, and the angels, and that she wants to die and go there, and she is sad, and wants to read the Bible all day. That is a strange thing; and yet Calcarea has cured that. Ars. has cured that state, and also Lachesis. They are a little inclined to be precocious, and they have attended the Sunday-school and they have taken too seriously the things they have learned.'

Calcarea children usually have to be quite ill before they lose their ability to concentrate and their capacity for mental work. They are generally quite brilliant and do well in school; their performance is typically above average. They tend to be quite determined in their studies, work hard and are well organised. Their ambition and competitiveness causes them to push themselves too hard, to overexert themselves to the point that their mental stamina is lost and their capacity for concentration is undermined. At this point they may become restless and want to leave school. Overwork is well known to be one of the precipitating causes of Calcarea carbonica states of pathology.

After puberty, at the ages of 14, 15, or 16, Calcarea children begin to develop a fear of high places and vertigo from heights. They may not even be able to tolerate watching someone else on a height without feeling excited and fearful. This fear is so strong that they can have dreams and nightmares about high places. Prior to this age it is unusual to encounter this symptom, so frequent in adults. Fear of heights is a strong keynote in both Calcarea and Sulphur.

Pulsatilla children can often be confused with Calcarea children. Puls. may enter a similar state of inquiry towards religion and the after life. Their constitutions possess similarities; the physiques can be the same, and Puls. can have a desire for soft-boiled eggs (It should be added to the Repertory for this desire.) Puls. children, however, are much softer emotionally and more prone to cry easily. In contrast, Calcarea children are more

assertive, at times to the extent that they are obstinate. Their personalities are very strong, their desires are definite, and their determination to obtain their wants is pronounced.

Generalities

Ailments from impaired nutrition:

As Boericke points out, **impaired nutrition** is the keynote that expresses Calcarea's chief action on the physical level of the organism. The pathology can involve any system of the body, but the musculoskeletal system and the lymphatic system are two areas that are especially affected. Whenever the skeletal and lymphatic systems are involved simultaneously, Calcarea should be considered. **Glands are often swollen, perspiration is increased**, generally, as well as locally, and there is a tendency to tubercular and rachitic conditions.

The bones often suffer faulty development. **The bony tissues develop slowly**, and this is often **coupled with lymphatic enlargements**. The **fontanelles remain open** for an unusually long time. The bones are very soft and the extremities become crooked and deformed. **Curvature of the bones, especially of the spine and the long bones** are prevalent. Deficiencies of calcium appear as: rachitis; caries of bones; necroses; osteomyelitis. On the other hand, there are also **exostoses** and swellings of bones.

Injuries of bones are slow to repair. **Injuries to the periosteum**, e.g. when a hammer strikes it through the muscles, may be cured by Calcarea, as may boring, stinging or pulsating sensations in the bones.

The joints are often affected: they crackle and crepitate, as if they were dry; there appear arthritic nodosities, accompanied by stiffness of the joints. Calcarea has joint affections like hip-joint disease or rheumatic and gouty conditions of the joints.

Calcarea suffers from complaints from difficult dentition. In babies the teeth are slow to come through, while older patients have problems with wisdom teeth.

Fragile fingernails are another characteristic of Calcarea; one can expect to see this symptom in most Calcarea patients unless the case suffers deeply on the mental level. The nails can also have white spots.

Kent describes the bone conditions of 'natural lime cases', i.e. Calcarea, in the following:

'Born with an inability to digest the lime that is in their natural food, and they grow fat and flabby, and produce deficient bones. There is a greater proportion of cartilaginous material in the bones than lime, and the bones bend, and take on diseases and destructive troubles. Deficient teeth, or no teeth at all. The bones simply stop growing, and the patient goes into marasmus.'

He then gives an account of the wonderful curative effects that follow these cases after a single dose of Calcarea: 'All at once the teeth begin to grow; the bones begin to grow, and the legs become stiff enough for him to begin to walk, and they will hold him up. You will see within months or six weeks after giving a solitary dose of the sufficiently potentised remedy the nails that were corrugated and uneven and spotted and irregular will form a margin and will grow out smooth. You will see the ugly little crowns upon the teeth, distorted, and black things as they come up out of the

gums; but when they have been under the suitable homeopathic remedy you will see them form a margin line, and from there on the teeth look healthy, and from there on the little body of the tooth is smooth and round; just as if the child had had an impulse to grow better teeth.'

Glands, tumours and exostoses that is, hardness where softness ought to be, results from an excess of calcium, the complementary feature to the prevailing lack of calcium. **Exostoses** is a symptom for which Calcarea is well-known. This excess may also lead to swollen cartilage or **tumours, especially those of an encysted kind**. Those suffering from these ailments are usually the thin Calcarea patients. In contrast to the more prevalent Calcarea personality, these people can be quite active and can also have very positive temperaments.

An especially marked feature of Calcarea carbonica is its tendency to attack glands. It affects particularly the **lymphatic glands: the glands of the neck**, of the groin, and those found in the abdomen. There is often atrophy or emaciation of the body along with glandular swelling, especially in tubercular subjects. The lymph nodes can become **hard, inflamed, and painful**; nodular swellings appear under the skin and are often large, the size of a hickory nut.

Ulcers may also be cured by Calcarea, especially when they are indurated. Kent remarks: 'It is useful in indurations in ulcers, and the base of ulcers, and round about ulcers, hence its wonderful use in palliating and restraining the growth of malignant ulcers, as malignant ulcers always have an indurated base.' In cancerous affections that would kill in sixteen months the patient will live five years with Calcarea, if Calcarea is indicated. That is something, and many times that is all that can be expected in a cancerous growth.'

Another kind of growth that is often produced in Calcarea subjects is polypus. Polypi develop in the nose, in the ears, in the vagina, in the bladder, in the rectum and so on.

Obesity and emaciation:

An important polarity in Calcarea is that it can cause obesity and emaciation. These states are often coupled with anaemia.

The patients of soft fibre, have a **tendency to be obese and rather sluggish**. Their head and features are large, and their skin is pale and has a chalky appearance. The tendency to **put on weight and to grow flabby and weak** is often one of Calcarea's first noticeable symptoms - the more weight, the more weakness.

In the emaciated state, in children we see **a big belly, an increase in glandular and fatty tissue, whereas the neck and limbs are emaciated**. Kent says: 'Calcarea corresponds in a very high degree to the chlorotic and anaemic, pale and waxy; and in spite of this plump. It has both fat, flabby and pale patients, and it has emaciated states, too. Muscles emaciate. Emaciated about the neck; emaciated about the neck and from there downwards. Anaemic conditions; pale, waxy, sickly; pale lips; pale ears; pale fingers; pale and yellowish.' It produces most pernicious anaemia.'

When these obese and anaemic patients have a flushed face, they look much like Ferrum cases. If such a patient exerts himself he will come down with a fever, or a headache. The difference between these two remedies lies in the fact that Ferr. has a circumscribed flush in its cheeks while Calcarea's entire face is red. In these cases differential diagnosis between Ferr., Belladonna and Calcarea will be difficult.

Weakness:

The weakness and exhaustion of Calcarea is a major characteristic. The patient **moves slowly and awkwardly**. The female Calcarea tends to fall

easily and is clumsy and awkward, especially during pregnancy. The feature peculiar to the weakness is that Calcarea **tires quickly from every kind of bodily exertion**. Calcarea ought to be one of the first remedies to come to mind when one is confronted with a patient who complains of dyspnea from the slightest exertion.

The effort of **climbing** hills, stairs, etc. is a special obstacle for Calcarea. They may quickly become breathless and fatigued from climbing. When a patient tells you that he can't go upstairs because he is so weary, his legs are tired and that he immediately gets out of breath, this points strongly to Calcarea carbonica. **Walking in the open air** may also bring on a great loss of power, especially in the lower limbs, along with an exhausting sweat. Hahnemann relates that the contrary also exists. There are the occasional states of weariness that are ameliorated by continuous walking or by inspiring fresh open air.

Talking weakens the organism. The patient must stop talking because of exhaustion. Coitus, too, can be very fatiguing. Many of these patients will be **aggravated after coitus**; they may experience **fatigue for several days thereafter**. However, don't be misled by this statement into thinking that all Calcarea patients are weak. Most of the time they are quite vital sexually and tend to be healthy in the sexual sphere.

Weariness and exhaustion may be felt first thing in the morning, following a deep sleep. This confused and sleepy condition may continue even after the patient has risen; fatigue, weariness, and sleepiness may even extend throughout the whole day.

Aggravation after every kind of exertion is very typical of Calcarea carbonica. Due to their lack of stamina, they are unable to endure any serious effort. **Complaints from lifting** are often seen in this remedy, as are complaints from the sudden suppression of perspiration, similar to Belladonna. 'If he gets into a sweat, and stops long enough to be comfortable, the perspiration will stop so suddenly that he will have a chill, or he will have a headache.' (Kent)

Calcarea has spells of fainting in the street. They come on with a sensation of something rising from the stomach to the head. The person feels he is about to die. These attacks are then followed by bewilderment. The fainting may occur in the evening, with blackness before the eyes; during the menses, there may be drawing, pressing pains with stitches, now here, now there, with restlessness severe enough to cause fainting, or in the morning, after rising, there is a dizziness along with the feeling that he will fall down unconscious. The fainting spells can be coupled with chill, indistinct vision and **large drops of sweat on the face**.

The ability to convalesce from illnesses is also impaired; Calcarea has **easy relapses, does not continue to convalesce**.

Muscular ailments:

The **muscles** become lax and flabby and are easily injured and strained. Muscular atrophy can be found; muscles of the back and limbs can be wasted.

Children are **late to walk** due to muscular weakness. Kent provides us with an interesting differentiation here. The Calcarea child 'is not late learning to walk, but it is late walking. It knows how to walk, but it can't walk. Natrum muriaticum has brain trouble, in which the child is late learning to do things.'

Calcarea has a pyaemic state that results in **abscesses in the deep muscles**: in the neck, in the thighs and in the abdomen.

Another characteristic, which may be present in Calcarea cases from the ages of 35 to 40 years onward, is cramping in different parts of the body,

especially in the calves when they lie down at night. These cramps can draw on the limbs, and, in particular, contract and twist the fingers and toes.

Rheumatic complaints:

Calcarea is prone to many rheumatic complaints, musculoskeletal aches and pains that are generally ameliorated by warmth and dryness; they are primarily **aggravated by dampness** and also by cold. Generally, Calcarea is aggravated by cold bathing and ameliorated by hot baths. Many of the pains are aggravated by lying down, similar to Rhus toxicodendron. Calcarea suffers from muscular rheumatism. With the rheumatic pains hard welts are to be felt in the muscles.

One of the principal areas of weakness in Calcarea carbonica is the **lumbar region**. The lumbar area feels very weak, with the peculiarity of this weakness being that it prevents these persons from sitting up straight for long periods of time. The back feels strained and weak, and they have a propensity to slump. Soon after sitting a Calcarea patient tends to slouch in his chair and it is not unusual for him to end up in a half lying position. As his back feels too weak to sustain the weight of his body while sitting, he takes such a position to relieve the weight and pressure. Calcarea not only covers lumbago and sciatica, but also arthritis and gout. Even severe pathologies like rheumatoid arthritis and osteoarthritis are within the sphere of action of Calcarea.

It is important to know that if severe or systematic diseases, such as rheumatism, present a clear picture of Calcarea carbonica, they are most probably curable. In order for it to be a Calcarea case, you must expect to see the typical constitutional symptoms: the cold feet, the aggravation from cold and damp weather and especially when these two are combined in weather conditions, the sensitivity to cold air and to draughts, and a dread of cold winds. These people are sensitive to the coming of a storm and, in general, to weather changes, especially from warm to cold. When such a change occurs, it seems impossible for the patient to keep warm, though warmth ameliorates his symptoms a great deal. Calcarea suffers because their system has difficulty adapting to changes of weather.

With regard to Calcarea pains we can add that they are most generally felt while lying in bed or while sitting. They are also felt in those parts upon which the body has been lying for a time. They express themselves as neuralgic pains in the limbs, which feel **as if beaten, bruised, or sprained**.

Nervous Ailments:

Twitching, trembling, spasm, and convulsion are a prominent feature of Calcarea carbonica. We see muscular trembling, twitching and jerking. **Chorea**, which sometimes is only one-sided, comes on from fright or in second dentition. There are convulsions in teething children, hysteric spasms, clonic spasms and epileptic paroxysms. Convulsions may come on after mortification, vexation, fright, masturbation, suppression of a chronic eruption or from getting wet. Letting the legs swing may also provoke convulsions. After the attack, a ravenous hunger can come on.

Calcarea may be indicated in epilepsy. Hering relates a case of epilepsy of three years' standing with eight to ten fits daily, worse from 4 a.m. to 4 p.m., that was cured by this remedy. In his '*Chronic diseases*', Hahnemann relates that epileptic fits at night, at the time of the full moon, with screaming may be an indication for Calcarea, and Hering adds that epilepsy is worse during solstice. Calcarea is one of the main remedies to cure epilepsy that is stimulated by **children playing a lot with video games**.

Calcarea carbonica patients may experience an epileptic aura in the solar plexus which is very promptly followed by convulsions. **The aura spreads outward or upward from the solar plexus.** This symptom is similar to Indigo and Lycopodium. In Lyc. the sensation was described by a child as if something evil were arising from his stomach and overtaking him. In Cicutia the origination of the aura is from lower in the abdomen. Another aural symptom in Calcarea is a **feeling as if a mouse is running** up the arm or down the epigastrium to the uterus or lower limbs.

An unusual symptom sometimes encountered in Calcarea carbonica patients, when they are fatigued, is the sensation of levitation. They feel as if they are floating or leaving their body. Some persons may experience this sense of levitation spontaneously.

Disturbances of the Circulatory System:

Disturbances of the circulation often manifest in the form of **congestion**. Let us follow Kent's description here: 'Calcarea is full of congestions, determination of blood to the head; cold feet; hot head; congestion of the chest. Ö The head is sometimes congested; and it is hot to the touch; but it often feels cold to him. His scalp feels as if it were cold. But the body is nearly always cold to the touch and he feels cold, and he wants plenty of clothing.'

This peculiar combination of congestion and coldness is a keynote of Calcarea. Kent puts it another way and says: '**the more marked the congestion of internal parts, the colder the surface becomes.**'

The flabbiness of Calcarea applies to all tissues of the body, but especially to the **blood vessels** where we see great **relaxation**. 'Great relaxation in the tissues everywhere; relaxation of muscles; relaxation of veins; relaxation of the walls of blood-vessels to such a great extent, especially in the lower limbs and anus, that there are marked haemorrhoidal manifestations or marked varicose veins in the legs. Distended veins, burning in these varicose veins. Burning and smarting. Bleeding and oozing.' (Kent)

Heat Flushes:

Congestion and ebullition of blood may also be accompanied by flushes of heat. Calcarea experiences a **warm rush of blood from the pit of the stomach to the head**, frequent flushes of heat, with anxiety and palpitation, or she feels as if hot water were being poured over her. There are also **violent palpitations** accompanying the anxiety states or a throbbing of the heart and veins from a dry cough at night. These sensations typically coincide with the stage in which Calcarea weeps because of feelings of despair and depression.

Circulatory disturbances also take the form of a **tremulous pulsation of the heart**, which is worse after eating and at night. There are also **violent palpitations** with the anxiety states, throbbing of the heart and veins from a dry cough at night. A nocturnal ebullition of blood coincides with restless sleep, especially during menstruation.

Sensitivity to Cold:

On the whole, Calcarea is a **chilly** patient. He has an **aversion to the open air as the least cold air goes right through him**. In spite of his sensitivity to cold, he cannot bear the sun.

His hands and feet tend to be **very** cold. We have to mention here that the feet provide a valuable clue to Calcarea patients. Most patients complain of having **cold feet**; upon going to bed they often put on socks. Later in the night their feet usually become warm, and so they remove their socks.

Sometimes their feet can become so warm in bed (especially the soles) that they stick them out of the covers.

In **cases which suffer from very frequent colds** Calcarea is one of the major remedies to consider, along with Sulphur, Psorinum, and Tuberculinum.

Calcarea can be aggravated by aspirin; the aggravation can be general or can pertain to the symptoms for which the aspirin was taken.

Perspiration, Discharges and Eruptions:

Calcarea can be recognised by the type of **perspiration** they have. Patients sweat easily and profusely, after the slightest exertion of body or mind. The sweat is often cold and clammy. Perspiration may be general or **partial, especially on the head**, the nape of neck, the chest, the hands and the feet, and it increases **during sleep**. Perspiration on the palms renders the hands cold and clammy; the handshake of many a Calcarea patient is unforgettable - flaccid and moist. The feet likewise perspire, but not to the degree of other remedies such as Silica, Nitric acid, Graphites, and Lycopodium. The perspiration tends not to be offensive.

Sourness is characteristic of Calcarea. **The discharges are sour**: the sweat, the stool, the urine. **The body smells sour**. Calcarea has a sour taste in the mouth, or of food, has sour vomit (especially in children during dentition), also has sour diarrhoea, which accompanies disorders of the mucous membranes.

Eruptions appear behind the ears, especially in cracks that are located behind the inferior aspect of the ear, level with the earlobe. This eruption is seen primarily in children. The other main remedy for an eruption in such a location is Graphites; however, the Graph. eruption will ooze a sticky, honey-like fluid.

Sleep:

The Calcarea sleep is restless and disturbed, with waking at 2:00 or 3:00 a.m. , cannot return to sleep. **Nocturnal anxiety states** are frequent. Children have nightmares; they wake at 2:00 or 3:00 a.m. screaming and cannot be made to understand that it was merely a dream. In the morning, however, they remember nothing of it. A keynote is '**horrible visions upon closing the eyes**'. The patient has anxiety before going to sleep or falling asleep; also 'when the evening draws near' (Hahnemann).

Lachrymation:

Lachrymation is a keynote for Calcarea. This lachrymation occurs typically in the right eye and can be triggered both indoors and outdoors. It is provoked relatively easily by mere exposure to a small amount of open air. 'Lachrymation of eyes, in the open air or in the morning.' (Hahnemann)

Stomach and Desires:

There is a peculiar **empty sensation** or 'sinking feeling' **in the stomach** which can cause these people to eat despite an absence of appetite. It is a form of nervous eating. Other remedies experience a similar emptiness (Phosphorus, Sulphur, Sepia), but at specific hours. In Calcarea the emptiness is constant.

Calcarea has a desire for sweets, salt and farinaceous food, especially pasta, and of course, a **desire for eggs, especially soft-boiled eggs**. This feature is a well-known keynote of the remedy. Calcarea can also have an aversion to eggs. However, were the patient to be aggravated by eggs, it would be a very strong contra-indication of Calcarea. An **aversion to fat** is also characteristic, and patients frequently do not like slimy foods.

Calcarea children, two to four years of age, may attempt to eat anything, digestible or not.

In infants Calcarea is the first remedy to consider for aphthous stomatitis.

Constipation:

Constipation frequently accompanies the picture of Calcarea. An interesting observation about the constipation, when it appears in children, is that they often **feel better while they are constipated**. This characteristic is usually lost by the time they reach adulthood.

Relations:

In chronic conditions, Calcarea carbonica and Bryonia are inimical. One should be very circumspect about following Calcarea with Bry. To illustrate: a Calcarea patient, treated for a chronic condition, subsequently suffers a relapse. Upon examining the case it becomes apparent that the patient's state is no longer the same as it was previously. His thirst is increased, his mouth is dry, and he is not so chilly. It is decided that Bry. is indicated. Even though it appears to be the correct remedy, one should be very wary of giving Bry. in such a case, as it will more than likely induce either a full relapse or a disruption. If, on the other hand, the new situation involves an acute disorder, such as an influenza or a bronchitis, and the acute disorder clearly shows the symptomatology of Bry., then it can be prescribed with confidence.

Belladonna and Rhus toxicodendron are complementary to Calcarea. Frequently when acute illnesses arise in the Calcarea carbonica patient, Bell. will be the indicated remedy.

General Modalities:

Calcarea suffers from the ill effects of: alcohol, loss of vital fluids, sexual excess, masturbation, strains, over-lifting, suppressed sweat, eruptions, menses, and fright. They have ailments from anger, grief, rudeness, fright, **worry**, egotism or **bad news**.

Calcarea is pre-eminently a **right-sided** remedy, with the exception of problems with the cervical musculature and chest troubles; these exceptions tend to be more left-sided. Sciatica also tends to occur more on the left side.

It has sensations as if parts of the body would burst, are pressed asunder, or as if cold, damp stockings were on the feet.

Calcarea is **worse from: cold in every form** (water, washing, damp air, wet weather), mental or **physical exertion**, during the full moon, in the evening and in the early morning, **going upstairs, dentition, constriction and tightness of clothes**, standing, **milk, smoked meats, and** indigestible foods.

Calcarea is **better from: a dry climate**, sneezing (pain in the head and nape of the neck), lying down quietly in the dark. Calcarea has a **great desire to be mesmerised**, which may translate into a desire to be touched and stroked gently; this generally has an ameliorating effect on the patient.

Calcarea usually prefers to lie on the left side.

Vertigo

Calcarea is famous for the vertigo it produces, especially **vertigo in high places**. Actually, 'high' does not have to mean a really high place; even climbing on a chair to fix a lamp can cause vertigo in Calcarea. These persons are not even able to go near a really high place, for example, a cliff.

When Calcarea people even just see someone near a cliff or the edge of a balcony, they are attacked by vertigo. They become hysterical and nothing can persuade them that the balcony is actually very safe. '**Vertigo on climbing upstairs; vertigo on climbing into high places, e.g. on a roof**' (Hahnemann). The vertigo may also be stimulated by a dream of high places. A symptom from the proving is having a 'frightening dream of falling or being thrown downwards'.

Kent points out that in Calcarea we see vertigo 'on almost all occasions, intermingled with all sorts of symptoms.' He notes that vertigo results from every stirring up of the emotions or from mental exertion: 'If he becomes shocked, or has bad news, or has any mental excitement or chagrin, this vertigo will come out,' namely a vertigo with blood rushing to the head. One symptom from the proving is dizziness all evening long from **vexation about trifles**.

Vertigo also comes on **when quickly turning the head**, when walking in the open air (she feels as if she might tumble), after walking, while standing and looking around (she feels as if everything is turning around with her).

The vertigo may be accompanied by headache, nausea, and vomiting. A special indication is 'chronic headache with vertigo, worse ascending stairs, in anaemic women with profuse menses' (T.F. Allen).

The **morning before breakfast** is not a good time for Calcarea persons; then they can feel dizzy and trembling.

Head

The headaches of Calcarea typically have their onset **after exertion**. Other causative factors are: **rainy weather**, exposure to the cold and damp, as well as draughts of all kinds, catching a cold (especially when the nasal discharge decreases), over-lifting and straining the back, coitus, and emotions, such as grief. Great mental exertion ('over-studying') may stimulate hyperaemia and pain of the head and provoke a 'school children's headache'. Mental occupation, however, may also have an ameliorating effect.

Walking, noise and talking will aggravate the headache. The pain is better from lying quietly in a dark room, especially on the left side (which is often the painful side), the side preferred by Calcarea people. Amelioration also comes from gentle pressure and rubbing. There is a drawing pain that appears in the occiput, on the side to which the head is tilted, that disappears from sneezing.

Some important headache symptoms are:

Stupefying, pressive pain in the forehead, with confusion of the senses and fogginess of the whole head while reading; has to stop reading and doesn't know where he was.

Extreme pressive aching in the forehead, as in vertigo, on all occasions, whether in motion or at rest.

Head very sensitive to cold, which creates a headache that feels as if a board were lying on the head and pressing on it. The body feels chilly.

A **throbbing or hammering** headache, especially in the occiput.

Heaviness in the forehead, worse from reading or writing.

Stitches in the head, especially on the side of the head, above the temple.

Tearing headache from above the eyes down to the nose, with nausea. Kent comments that this headache sometimes feels as if a great wedge is lodged there. 'This headache continues to grow worse during the day until, in the evening, it becomes so severe that it is attended with nausea and vomiting.'

Brain feels as if it is squeezed and relaxed alternately.

Headache **begins in the occiput and spreads to the top of head**. They are so severe that she **thinks her head will burst, and that she will go crazy**.

Concussive, stitching, pulsating pains in the head, as if it would split, with cough.

Frequent one-sided headache, always with a lot of empty eructation.

Sick headache on the left side, with scanty menses; on the right side, with profuse menses.

Headache every seven days, or headaches once in two weeks; periodic headaches.

Congestion to the head is a strong feature. The head feels full, dull, confused or stupefied and this may be accompanied by heat in the head and face. The face may be red and puffy, or else the **head is hot and heavy with a pale face**. The hands and feet are often very cold.

On the other hand, **icy coldness within and on the head** is a keynote. The coldness may also be described as a feeling of numbness, a cold as if the head is made of wood. This feeling can occur together with congestion. Kent says that the feature 'the more marked the congestion of internal parts, the colder the surface becomes' is so strong that it is almost a general condition. There is **burning in the vertex with coldness of the forehead**, or the **whole head may feel cold except for a burning spot on vertex**. The burning in the vertex may come on **after grief**, as described by Hering.

In children the bones of the head do not develop well, and a characteristic feature is a **large head with open fontanelles**; fontanelles do not close on time. Head sweats and enlarged lymph nodes often accompany this condition. **Chronic hydrocephalus** may also be an indication of Calcarea.

Head sweats are very characteristic, in both children and adults. There is **copious nocturnal sweating of the head in children, wetting the entire pillow**. The sweat may roll down the face in large, bead-like drops. The perspiration tends to smell sour.

Calcarea produces copious exhausting sweat, particularly at **back of the head and nape of the neck, even in cold air**. 'You would naturally think that a person going into a cold room would stop his sweating, but sometimes the Calcarea patient will break out in a sweat, upon the head, and upon the feet, in a cold room' (Kent).

There is **perspiration of the head in the evening**.

On the scalp, there is a biting, burning and crawling **itching**, which spreads from the back part of the head, and becomes worse in the evening from being warm in bed. Scratching the head creates lumps and a bloody eruption on the head, which forms turns into scales.

Eruptions on the scalp are frequently seen: **eczema; tinea favosa, thick scabs covered with thick pus**. *Crusta serpigiosa* and herpes circinatus during dentition. **Crusts on the head in nursing children**.

The hair is dry and looks like flax, with much dandruff, yellowish-white scales, on the scalp. It tends to fall out easily, sometimes leaving bald patches.

An interesting symptom that is emphasised by Hering is an **impatient scratching of head** on awakening or when roused from sleep; it was observed e.g. in cases where the chief complaint was coxalgia or paralysis.

Eyes

The eye symptoms are generally **aggravated by straining them during reading, writing, or by looking steadily at one thing**, and also by **bodily exertion**. **Bright sunlight** also worsens eye conditions, and if the patients catch a cold from **exposure of the feet to water, from exposure to wind or from cold, damp weather**, this easily settles in the eyes and causes eye troubles.

Ophthalmia appears: in new-borns, as a result of taking cold, from a foreign body entering the eye. The lids are red, swollen, painful and itching.
Corneitis and conjunctivitis.

There is **great photophobia**, which is worse in the evening (in artificial light).

A symptom that has repeatedly been produced and cured by Calcarea is **agglutination of the lids in the morning**. In Hahnemann's proving, we find the symptoms: 'The lids of the watery-looking eyes are agglutinated with gum in the morning, and the eyes pain when he looks into the light', and: 'Swelling and redness of the lids, with nightly agglutination; during the day they are full of gum, with sensation of heat, smarting pain, and lachrymation.'

Lachrymation in the open air or in the morning is also a keynote. Lachrymation also comes on from exertion of the eyes, for instance when writing.

Obstruction of the lachrymal duct. *Fistula lachrymalis*; thick yellow pus in canthus; itching, humid eruptions.

The pupils are chronically dilated.

While reading the movement of the eyes causes tension in the ocular muscles. The eye muscles become weak; the eyeballs seem stiff and difficult to move; there is involuntary nystagmus.

There are painful sensations in the eyes, as if a foreign body had entered them, or **as if a grain of sand were under the upper eyelid**.

The pain may be pressing or stitching. In the **inner canthi stitches and burning** can be noticed; the stitching may alternate with pulsating. Pain is worse when reading by candlelight in the evening.

There is itching in the eyes; in the margins of eyelids; in the canthi.

The lids can twitch, with a feeling as if the eye was moving by itself.

Cataracts. Margery Blackie reports: 'It is astonishing how often the old books claim that cataracts can be cured by Calcarea carbonica. I am quite sure of that, when they are getting dim vision. I had two cases where the eye specialist and I were quite sure that both were beginning a cataract, and both reported that he could not find it after Calc. had acted.'

Maculae and ulcers on the cornea. Fungus haematodes with opacity of the cornea. Pustules on the cornea.

The eyesight becomes weak, especially for things near the patient; the patient has dim vision, cannot thread a needle.

Hemiopia. From Hahnemann's proving: 'It seemed as though a shadow came before the eyes, with very dilated pupils, so that **objects seemed to her as if dark and invisible from one side**; she saw, for example, on persons only one eye.'

Sudden blindness after a meal. 'Sudden blindness, immediately after lunch; unable even to see the table by which he sat; with anxious sweat and nausea, and at the same time like a bright shining before the eyes; after an hour of sleep it had disappeared.' (Hahnemann).

Mist or smoke appears before the eyes when looking keenly at something or when reading. Black spots appear before the eyes; also when reading or on physical exertion. Glittering or bright luminous spots appear before the eyes, with severe vertigo.

Dimness of vision along with the desire to close the eyes (but without sleepiness).

Ears

In Calcarea many perversions of hearing occur: **noises**; a feeling as if something is lying in front of the membrana tympani, which may come on spontaneously or upon blowing the nose. There is a humming, roaring, thundering, and buzzing in the ear, which may be coupled with hearing loss; swallowing or chewing may excite noises like cracking, snapping, and 'squelching' (a noise like a foot in a swamp); singing, followed by crackling (as of paper) is also noted in the proving, as well as hissing noises near the ear.

There is a strong **sensitivity to noise in the evening upon going to sleep**; loud sounds cause a sensitivity in the brain.

Impaired hearing has often been cured by Calcarea: **deafness from working in water**; **hearing loss after abuse of quinine** for suppression of intermittent fever; also **from Eustachian catarrh**. Cold and damp weather easily bring on ear troubles, very often together with headaches; the tremendous sensitivity to cold and draughts also pertains to the ears.

Inflammation and swelling of the outer and inner ear.

Otorrhoea, which is mucopurulent and affects principally the right ear, with enlarged glands. The parotis may also be affected, as is any gland in Calcarea persons; parotitis in scarlatina, with ichorous discharge; parotitis, more often on the right side. **Polypi** are also apt to occur in Calcarea subjects; **ulceration, then granulation, then polypi, with a great stench** is an indication emphasised by Hering.

Pulsating and throbbing in the ears.

Stitches in the ears; in the ear and temple, disappearing while at rest with the eyes closed.

A feeling of heat is also to be mentioned: **Heat in the internal part of the ears**, like hot blood; heat that seems to stream out of the (left) ear; burning pain in the region around the ear. We also see, however, frequent chill externally, at the ears, as is consistent with the Calcarea congestion.

Behind the ears, there are frequently **moist eruptions and cracks** in the skin, often level with the earlobe; these cracks often appear **in new-born babies**. There are boils and tumours in front of and below the ears. Hahnemann also mentions something like an exostosis in his proving: like a swelling of the bone behind the left ear, that itches and smarts as if it is ulcerated from touch.

Nose

The nostrils are sore and ulcerated; sometimes ulcerated in spots, which are covered with crusts. The nostrils are sensitive to touch.

The patients are extremely **sensitive to colds, especially to cold and wet**, catching a cold every time the weather changes. They often suffer with troublesome and **chronic nasal catarrh** which is **changeable**: sometimes there is an **annoying dryness** of the nose, and then again it is plugged up with **yellow, offensive pus**. Thick or yellow nasal discharge irritates the upper lip and swells the nose. Red, itching pustules appear on the upper lip and cheek. Fluent coryza is also to be seen, with profuse secretion, clear like water, and which has a salty taste. 'Dry nose at night; moist in daytime' (Hahnemann). Alternatively, he breathes through his nose part of the night, and then it clogs up so he breathes through the mouth. 'In the morning he blows out enormous blackish, bloody chunks' (Kent). The coryza can be accompanied by headaches. According to Kent, nasal catarrhs can go on for such a long time and may be so deep-seated in Calcareo, that the bones and cartilages of the nose are infiltrated and break down.

Coryza alternates with abdominal colic. This curious symptom has been observed in the provings: 'Severe coryza that disappeared after two days and transformed into violent cutting in abdomen for several days.' (Hahnemann)

Nasal polypi are an indication of Calcareo, and sometimes are **with a loss of smell**. Kent has experienced that some weeks after a correct prescription of the remedy, without knowing that there were polypi, patients came back 'with a gelatinous looking tough thing in a handkerchief' and said: 'Doctor, look there at what came out of my nose.'

Swelling of the nose and upper lip, especially in children, is also a keynote. This swelling of the nose, particularly at its root, can frequently disappear and recur. There is a snotty swelling on ridge of nose.

Epistaxis occurs easily, frequently, and profusely, sometimes almost to the point of fainting. **In obese children there is an inclination to nosebleed.**

Frequent sneezing, with or without coryza; in the morning.

The patient has the sensation of a very **offensive smell** in the nose; stench in front of the nose as from **putrid eggs or gunpowder**.

Face

The face can have different appearances: In many cases it is **pale**, with blue rings under the eyes; a pale, lean face, with deep-set eyes; cathectic, sallow, **cold** and sickly looking. The pale colour can also remain when there is congestion to the head and the head feels hot and heavy.

Chill can also alternate with heat, and in the heat stage, with the rushing of blood to the head, the cheeks sometimes become hot and red.

The face looks **old and wrinkled**, with many fine lines dividing it into squares.

Especially in children, we see a **puffed or bloated face**, often with a **swollen upper lip**; in adults, the upper lip can also be swollen in the morning. Very characteristic, though, is the **easy and very profuse perspiration of face**, which is often **cold**. Sweat appears at the slightest exertion and perspiration on the forehead at night.

The **lips** are often **chapped**, **cracked**, and bleeding, and the corners of the mouth may be ulcerated.

Calcarea has baggy swellings in the face, which are in a constant state of inflammation and frequently suppurate.

The **submaxillary glands** tend to **painful swelling with induration**, painful tension on chewing and stitching pain on being touched.

There is chronic prosopalgia, especially in obese people with cold, damp feet and in women with profuse menses. Drawing and **tearing** pains in the face, which are worse in damp weather.

Eruptions in the face with **violent itching** compelling the patient to scratch frequently. Scurfy pimples at the margin of the red portion of lower lip. A crusty eruption on the right cheek with itching and burning, which was **worse after washing the face**, was cured with Calcarea carbonica (*Archiv für Homöopathische Heilkunst*, 17/2). **Urticaria that disappears in cool air.**

A **chewing motion of the jaws** can be observed **in sleep**, and also before epileptic attacks.

Mouth

There is a **persistent sour taste**, and food becomes sour in the mouth. Sour saliva collects in the mouth and the patient constantly spits it out. A **foul taste** as from indigestion of the stomach, a bitter taste, or a **metallic** lead-like taste have also been observed during the proving; these symptoms occurred mostly **in the morning**. 'Cold water is the only thing which has a good taste', Hering remarks.

The tongue is often **dry**, especially at night and in the morning, and can be moved with difficulty, so that talking may be difficult and speech seems clumsy; he does not like to talk. Rough streaks are to be found in middle of a dry tongue. An **excess of saliva** in the mouth is also prominent in the remedy picture. These two states can **alternate**. 'Catarrhal inflammation of mouth and fauces, when salivation alternates with dryness of mouth and lips.'

The tongue may be **coated white**, or it can be red and raw, or dirty, with a nasty taste.

The sublingual glands can be swollen; and there may be **pain beneath the tongue** on left side, **behind the hyoid bone, on swallowing**. There is also a **burning pain on the tip of the tongue**, as if it were sore; the prover couldn't take anything warm into his mouth because of the pain.

Vesicles form on the tongue, also on the inside of the cheeks, and they burn. **They open and form ulcers**. The mucous membranes of the cheeks swell, and ache with a drawing, tearing pain.

Difficult and delayed dentition is a keynote of Calcarea carbonica.

The teeth are very sensitive and cannot endure any draft of air or cold. 'Toothache in all teeth (as from fine needle-like stitches), aggravated by intrusion of cold air into mouth' (Hahnemann).

There is a stitching, boring, tearing, or gnawing toothache that extends up into the head, to the nose, the ears, or the eyes. The teeth feel as if the roots were being torn out. The **teeth are badly developed** and crumbling from decay; **caries are present at the edge of gums**; the teeth have an offensive smell.

The teeth may **feel loose when biting on them together** or chewing.

Swelling of the gums, with pulsation; **bleeding of the gums**, even at night. **Bleeding of the gums after suppressed menses.**

'Inclination to chattering of teeth, as in chill' (Hahnemann).

Throat

Inflammatory **swelling of the tonsils**, with elongation of the uvula and a **feeling when swallowing as if the throat were too narrow**. The tonsils and the whole pharynx and throat are **extremely susceptible to colds**; has hardly time to get over one before he catches another. Swelling and inflammation of the palate; uvula dark red and full of vesicles. There are red patches in the throat, extending up to the roof of the mouth, and a constant dry, choking feeling in the pharynx. The throat is greatly inflamed and aphthae appear on the tonsils and roof of the mouth. Roughness of the pharynx, with painless hoarseness. The throat feels swollen, more so on left side, and the swelling extends up to the ears. There is much **pain upon swallowing**, especially **stitching pain**, and also **upon speaking**. The stitches extend to the ear.

A **spasmodic narrowing of the oesophagus** is characteristic. It may be described as a sensation of a lump in the throat or as though the food were stuck in the oesophagus and can't reach the stomach. The 'foreign body' feeling may incite an **incessant urge to swallow**, but may also impede swallowing.

The throat can be rough and burning with a **feeling as if the whole length of oesophagus, down to the cardia, were raw and sore**.

There is much mucus in the pharynx or throat, sometimes tasting of iron or of salt, which has to be hawked up.

Goitre.

Respiratory organs

Painless hoarseness so that can scarcely speak, especially in the morning, or a rough voice in the morning, which is improved by hawking. Hoarseness with oppression of the chest can also appear after a walk in the open air.

In general, **talking debilitates greatly**, and aggravates headache and cough.

The larynx feels raw, especially in the morning, and there is pain on swallowing.

Chronic laryngitis. Ulceration of the larynx.

The keynote in the field of respiration is: **Shortness of breath after going up the slightest ascent**.

Shortness of breath or **pressure on the chest** is also frequently experienced **while walking** or after a walk in the open air. In other words, it is aggravated by **walking in the wind** and then going indoors and taking even only a few steps; **from stooping; at night while lying down**, awakes after midnight, breathing heavily; **after stool**, with anxiety; during coryza. **Anxiety felt in the chest**. The oppression and anxiety can be so severe that the patient almost suffocates.

On walking, difficult and **loud breathing through the nose** has been observed; this symptom has been emphasised especially by Hering, who observed it also in cases of tuberculosis that benefited from Calcarea.

The difficult breathing may be relieved by **bending the shoulders back**.

Oppression of the chest as if it were too full and full of blood, often with palpitation, restlessness, and thirst at night.

Feeling of tightness and tension in the chest; sometimes relieved by raising the shoulders.

There is a **frequent desire to take deep breaths**; the lungs seem unable to expand enough. With these deep inspirations, **stitches in the chest** occur, and also in the abdomen; stitches go through the abdomen to the back or through the heart, with the catching of breath.

Sobbing or snoring respiration in sleep.

Constriction of the chest, with anxiety; alternating with pain in the abdomen.

Weakness in the chest after speaking loudly.

A **raw or sore feeling in the chest** occurs especially **on inspiration**, but also after much talking, after walking ('movement of feet', as Hahnemann puts it) or coughing.

Stitches in the chest and the sides when moving; when lying on the side affected; in the left side on bending to the left; ameliorated by rubbing the chest. There are also gnawing, cutting, and drawing pains.

In pulmonary disorders, the **upper and middle portions of the right lung** tend to be the most affected.

Abscesses in the lungs of children, especially on the left side; ulcers in the lungs, with purulent expectoration; **tuberculous consumption**; pleuro-pneumonia in tuberculous types.

Hering gives the indication: Threatened paralysis of lungs in scarlatina; loud rattling in windpipe, the breath is hot; praecordial anguish; no cough; rattling mostly during expiration.

The chest is very sensitive to touch, percussion or pressure.

Cramp in the (left) intercostal muscles, has to bend to the side quickly to get relief.

Cough

Mucus in the chest, but often without a cough or, at least, without the need to expectorate the mucus. Rattling of mucus in the chest or in the trachea on expiration; worse when lying down and in the evening.

Night cough during sleep. Evening cough in bed. Morning cough. The cough tends to become **worse in the morning on rising and in the early evening**, i.e. at the start and end of the day.

Tickling irritation in the trachea, bringing on a hacking cough; also, a tickling cough, as from feather-down. Constant tickling under the middle of the sternum causing a hacking cough; worse from talking and moving.

Cough from eating; **from playing piano**, 'every note she struck seemed to vibrate in her stomach'.

Prickling in the larynx, with severe **night cough, concussive and fatiguing**; rattling cough, with little expectoration; prevents sleep; irritated by cold drinks.

Very violent cough, first dry, later with frequent, salty expectoration, with pain **as though something were being torn loose in the larynx**. The cough often affects the head: 'From every attack of cough, the head receives a painful jar, as if it should burst.' A raw pain in the chest can also accompany the cough.

The cough is often **dry, especially at night**. If there is expectoration, it is often **yellow and offensive**. It may also be sweetish, and sometimes blood is coughed up: after choking, on fast motion, or **after drinking**. '**Cough dry before midnight, loose after**; hurts chest; worse from walking; sputa yellow and thick (after variola)' (Hering). Or: '**Dry cough after midnight, that heart and veins were throbbing**' (Hahnemann). 'Cough with expectoration in daytime, but with none at night.' (Hahnemann).

Cough may be accompanied by vomiting, with a sweetish taste to the vomit.

Cough after measles and variola; whooping cough, attacks worse in the morning; during dentition.

Habitual laryngeal diphtheria in tubercular children during dentition; **sequelae of laryngeal diphtheria**.

Bronchial catarrh in teething children. In bronchial catarrh, there is copious mucous secretion, which is weakening and emaciating.

Heart

Anxious sensation about the heart. **Anxiety is often coupled with palpitations**. Flushes of heat with palpitation and praecordial anxiety. Tremulous, anxious heart beat.

Palpitation with arrhythmia; with fear that he has an organic heart disease; with tremendous anxiety and restlessness, oppression of the chest and pain in the back; after a meal, feels his heart beat without having to put his hand on his chest; before falling asleep, with anxiety; **at night**, with a cold feeling; **after suppressed eruptions**. Palpitation on going up a hill after lunch. Audible beating of the heart.

Spasmodic contraction in the region of the heart, impeding respiration, followed by some violent heart beats. Stitches in the heart so that the breath stops, leaving a pressing pain in the heart.

Aneurysm, particularly of the aorta.

Fatty degeneration and calcification of the blood vessels.

Gouty heart and hypertrophy of the heart from overexertion.

Stomach

Calcarea patients feel their emotions in the stomach: **fear, anxiety, apprehension, excitement.** 'Anxiety as if from stomach, while sitting, with hot burning in abdomen; soon disappearing on walking or standing.' (Hahnemann). **Pulsation and trembling in the region of the stomach.** A strange feeling as if something were rising from the pit of the stomach to the head was also observed. This sensation may presage an epileptic attack. The appetite may be ravenous or else completely lost.

Ravenous hunger, with a weak stomach is a keynote. Eats a great deal and yet loses flesh. Calcarea, in general, can eat a great deal yet stay emaciated or tends to obesity.

The appetite may be increased in epilepsy, before an attack; or there is **ravenous hunger in the morning.** Giddiness and trembling before breakfast, and if the person does not have breakfast at the proper time, a headache will develop. A 'sinking sensation' in the stomach may bring on a **nervous appetite**, e. g. immediately after he has eaten, without real hunger.

Appetite increases spasmodically, alternating with the loss of appetite, or there is a loss of appetite, but when the meal comes, he relishes it. Loss of appetite with **constant thirst**, especially for **cold drinks** and particularly at night.

The list of Calcarea desires is led by the well-known **desire for eggs**, which is essentially a desire for soft-boiled eggs, as I have pointed out above.

'Longing for eggs, particularly with children, in sickness or during convalescence, even before they are able to swallow' (Hering).

Other desires: for **sweet things**, ice cream, lemonade, even pure sugar; for salty things; for farinaceous foods, foods that contain starch, like pasta; for **indigestible things**, chalk, coal, etc.

A general aversion to boiled food and to hot dishes has been observed by Hahnemann. In particular, Calcarea patients don't like meat and are **averse to fat.** There is also an aversion to slimy foods.

Milk may be liked or disliked, but it often **disagrees with the stomach** and elicits nausea, vomiting, water-brash, and **sour eructation.** There is a general tendency for **food to become sour** and taste sour. Drinking water will cause nausea, **but not if the water is iced.**

The digestion is weak in general; eating tends to leave a feeling of tumefaction and fullness. After eating or drinking, sweat may occur, and sometimes also an **irresistible desire to sleep.**

Occasional **acidity of the stomach.**

Frequent eructation, generally sour, but sometimes also empty or tasting of the food eaten, with burning from the epigastrium upwards. This belching can continue throughout the whole day or come on at certain times: in the morning on waking; at night, after eating. 'Being scarcely half-satisfied at lunch, he becomes nauseated; the food he has eaten rises up to his mouth, with nauseous taste, and he suffers from continuous belching, for three hours' (Hahnemann).

Rising of tasteless fluid, like water, into the mouth.

From suppressing eructation, uneasy movements in the entire body can ensue.

Much empty belching often accompanies one-sided headaches.

Frequent hiccups, sometimes throughout the whole day.

Burning from the epigastrium to the throat after every meal, especially after hard, dry food.

Nausea comes on especially **in the morning**, often with giddiness and trembling. There is also nausea after vertigo; after drinking milk or water (with the exception of iced water); nausea with a feeling as if food were stuck in the oesophagus.

The **vomiting** is, of course, also frequently **sour**. **Sour vomiting during dentition**. Nausea with an inclination to vomit, with sour water running from the mouth, or vomiting of sour water at night. Black vomiting; vomiting of a sweetish substance, of bitter slime. Vomiting after epileptic attacks.

The stomach region tends to be swollen, bloated, full of gas, and **tight clothing is intolerable** in this region. The epigastrium is painful to the touch. A very characteristic symptom is '**pit of stomach swollen like a saucer turned bottom up; painful to pressure.**' (Hering). A swelling of epigastric region which is situated **more on left side** has also been repeatedly caused and cured by Calcarea.

Stomach cramps: from gases in the stomach; after eating, but also when fasting; with nausea, belching, and yawning, followed by sweat all over; cutting and compressing.

Pressing pain in the stomach is frequently to be seen; it may continue throughout the whole day and be felt even without the person having eaten anything. **Pressure transversely across the stomach**. The pressing pain may have a quality of a heavy load or lump in the stomach, even if the (evening) meal was only moderate; this will be worse from motion and better from lying quietly on the back. If the pain occurs at night, the opposite modality can also be seen: 'Severe pressing in stomach, like a cramp, for two hours; could not remain lying in bed, but had to get up.' (Hahnemann)

Pressing pain in the stomach **on coughing** has also been observed.

Abdomen

The abdomen becomes **hard and distended**. There is **incarcerated flatus**, and tension in the abdomen with the bloating, and the surface is painful to any touch or pressure. **Tight clothes about the hypochondria are unbearable**. A strange symptom is a **visible distension of the abdomen on walking in the open air**. Emotions may also bring on this symptom, e.g. a grief or mortification.

There is a tendency to **great increase in adipose tissue** in the abdomen. Even if patients are emaciated elsewhere, the **abdomen looks thick and bloated**.

Besides the fatty tissues, the glandular tissues are also inclined to swell, as is consistent with the Calcarea action upon the glands. **Mesenteric glands in children are hard and swollen**; the abdomen feels as if it were full of stones. The **inguinal glands** also suffer from painful swelling and induration.

The flatulence is accompanied by **continuous gurgling in the abdomen**. Sometimes a rumbling on inspiration and expiration is to be heard.

The abdominal pains of Calcarea are generally **relieved by warmth**. They are usually shooting, tensive or pressive.

Colic in the intestinal canal. Hahnemann observed an important symptom here: '**Frequently violent spasm in intestinal canal, particularly, however, in evening and at night, with coldness of the thighs.**' A sensation of coldness in the abdomen may also accompany such spasms. There are **frequent attacks of colic after the disappearance of coryza**. Cutting and griping in the abdomen in the afternoon, with vomiting of the food eaten for

lunch.

Cramp-like, twisting feeling around the navel.

Drawing in the abdomen, and uneasiness therein, in the morning on waking.

Sensation of **contraction** in the abdomen, upward to the chest, first thing in the morning. Contractive pain in the abdomen, extending to the small of the back; in the epigastrium, forcing her to walk bent over, particularly excited by deep breathing; in the hypogastrium, extending to the uterus, with the discharge of bloody slime along with the stool.

Pinching pain in the abdomen, with or without diarrhoea; deep in the hypogastrium, in the region of the bladder, **with pain at every step, as if the internal parts were dragged down by a weight.**

Bodily exertion brings on a pressure in the hypogastrium; when sitting after exertion, a tension develops in the abdomen.

Pressure in the abdomen, from the pit of the stomach downwards.

The **liver** is often affected in Calcarea persons. It may be enlarged and indurated, or else it is atrophied. Gallstone colic, with terrible darting pains, profuse sweat, and intolerance to garments around the waist, has been cured by this remedy. There are pressive and tensive pains in the hepatic region, as if a swelling were there and as if it might burst open; pressure is felt at every step. Hahnemann's main symptom in this region is '**Stitching in the hepatic region during or after stooping.**'

Hering emphasises, though, that the **abdominal pains tend to prefer the left side** in general, and that they are **especially felt under the left hypochondrium**; tearing, stitching pains from the left chest to the hypochondrium.

There is a tearing pain or a stitching from within outward, in the abdominal muscles, which is worse on inspiration. The muscles may be tense when bending backwards, with pain on touch, as if the skin were sore.

Umbilical hernia.

Soreness of the navel; a moist excrescence like proud flesh from the navel of infants.

Rectum

Calcarea has both a peculiar **diarrhoea** and a stubborn **constipation**. Both disorders of digestion have a marked tendency to **undigested, lienteric stools** in common, and the stool will often look whitish or **altogether white**.

Diarrhoea with sour smell in teething infants. Diarrhoea with undigested stools. Profuse diarrhoea, watery, slimy, with bits of coagulated milk, and a sour smell. Kent says: 'In infants living on milk, the milk passes through in an undigested form; the stool is so sour that it is pungent. It excoriates the parts Ö'

Diarrhoeic, clay-like stools, **smelling sour or foetid**. An offensive smell as of putrid eggs has been noted.

Whitish, watery diarrhoea.

Looseness of the bowel makes her feel weak for a long time; the tendency to diarrhoea is worse in the evening.

On the other hand, there is stubborn constipation, often with continuous, ineffectual urging. This urging can also come on during the menses. When there is stool, it is often large, hard, dry, knotty, and difficult of passage. Hard, **undigested stool of a light colour or chalky appearance**. Stool hard, white, and egg-shaped, pass with great straining.

A peculiarity of the Calcarea constipation is that the patient often **feels fine when badly constipated**, whereas he tends to be irritable before passing a stool.

White stool streaked with blood, with very ill humour and liver pain.

A useful symptom that was observed in the proving and often has led to the successful prescribing of Calcarea is: **Frequent discharge of first hard, then pasty, then liquid stool**.

During a stool, the anus tends to prolapse. There may be a burning pain, or pain as if the rectum were torn open, even when the stool is not hard.

Afterwards, there may appear a drawing and cutting sensation in the rectum, with a feeling of heat.

Swelling of haemorrhoids, which protrude and make stool painful, even if not hard; painful when sitting, with bleeding; also painful on walking. When bleeding from haemorrhoids is checked, the head is affected.

Discharge of blood (or bloody mucus) **from the rectum**. This can **coincide with nasal catarrh**; or **with the determination of blood to the head**.

Moisture, smelling like herring brine, drips from the anus.

Worms tape worms, also in babies and children. One symptom from the proving is a **crawling sensation in the rectum, as from worms**.

A long-continued spasm in the rectum, pinching and stitching, with great anxiety, could not remain sitting, hard to walk about.

Burning in the anus, also during a nap; **violent itching at the anus**.

An inflamed, burning, grape-like eruption at the anus. Soreness at the anus, between the thighs, and between the buttocks.

Urinary organs

Renal colic.

Inflammation of the bladder; tumours and fungoid growths; **polypi and varices of the bladder**.

Frequent urination, particularly at night. Sometimes only a little urine is passed each time, but there is often **pollakisuria with profuse urination**.

Polyuria; abundant urine all day.

The bladder might be called an 'irritable bladder'. **When busily occupied, she has to run and pass a few drops of urine**. Spasms of the bladder, both hysterical and hypochondriacal. During the menses, there may be an involuntary discharge of urine upon every movement.

Bed wetting in obese children.

Chronic strangury from standing on cold pavement.

The urine tends to smell **sour**. It may be very dark-coloured, without sediment; dark brown and foetid, with white sediment; or clear and pale, but all the same with a pungent, foetid odour.

Bloody urination and bleeding from the urethra.

Albuminuria; also after variola. Diabetes.

Burning in the urethra during urination.

Stitches in the female urethra. Cutting stitches in the urethra, with an ineffectual desire to urinate.

Pain in the urinary passages **after the feet became slightly wet**.

Male genitalia

Calcarea carbonica **increases the sexual desire** and **provokes emissions**, but **unusual weakness follows** indulgence.

An impressive example from Hahnemann's proving: 'Violent sexual desire, arising only from sexual fantasies, wherewith the penis failed in erection, which he only succeeded to enforce by cuddling; scarcely had he penetrated when semen was emitted; this was followed by **excessive weakness and great excitability of nerves**; he was discontented and angry, and the knees seemed to break from weakness.'

This weakness after coitus or masturbation can even last **for several days**: 'Very weak and sick for several days after coitus.' Other ailments from sexual activity: pressing pain in head and back; **weakness and trembling of lower limbs**, especially above and below the knees; easy sweating, debility and trembling of the hands; spasms, chorea, epilepsy; palpitations.

Functional disturbances may consist of **weak or incomplete erections**; **ejaculatio praecox**; but also **tardy emission**, so that semen is not ejaculated at the moment of orgasm but 'just runs out afterwards, as it were', as Hahnemann puts it. Emission may also fail completely, or there is a proper emission of semen, but no orgasm.

Impotence has also been caused and cured by Calcarea carbonica.

Frequent nocturnal, involuntary emissions; especially in tuberculosis.

Coitus may be painful, with stinging and burning in the male parts during ejaculation.

Itching and burning of genitals is frequently seen.

Cutting pain in the tip of the penis.

Aching of the testicles, with spasmodic retraction to abdomen; painful to the touch. Induration of the testicles. Scrotal swelling, with scaly spots.

Spermatic cords are painfully swollen; aching as if contracted.

Hydrocele in children.

Phimosis.

Balanitis.

Inflammation of prepuce and frenum, and orifice of urethra, with a little yellow pus between the frenum and the glans penis.

Chronic gonorrhoea, which has been suppressed. Fig warts, often smelling like old cheese or herring brine.

Dry and copper-coloured eruptions on the genitals of children.

Female genitalia

The characteristics of **increased sexual desire** and **great lassitude after coitus or masturbation** also apply to the female *Calcarea carbonica* patient.

Voluptuous sensation in female parts (in the afternoon, without provocation) with orgasm, afterwards great weariness.

The **menses** are strongly influenced by *Calcarea carbonica*; in most cases they are **too early, too profuse, too long**. Hahnemann comments:

'If the menstruation usually sets in several days before four weeks are over, and if the flow is then excessive, *Calcarea carbonica* is often indispensably useful, and the more so, the more blood is discharged. But if menstruation always sets in at proper time or later, *Calcarea* will almost never benefit, even if the flow is not scanty.'

The word 'almost' has to be noted. There *are* cases where the flow is late, scanty, or suppressed, where *Calcarea* acts curatively, as the *materia medica* shows (see below), but these are an exception.

Profuse menses may be **membranous and dark-coloured; too frequent, with consequent anaemia.**

Menses last two weeks, with an interval of two weeks.

The least excitement brings on a return of profuse catamenia, dysmenorrhoea, or metrorrhagia.

Suppression of menses from working in water; from fright; in plethoric women, or: Menses late, at times scanty, with bloating (observed in cases of goitre).

Complaints as if menses would set in: pain in the lumbar region and in the *ossibus iliacis*.

Voluptuous dream the night before the menses start.

Before menses: headache; aching of the hips and back; breast pain and swelling; chills; leucorrhoea; feels very sick and is **easily frightened**, a trifle frightens her very much.

At the onset of menses, there is **painful cramping; membranous dysmenorrhoea**. Other complaints during menses: **determination of blood to the head, with heat in the head**; agglutination of the eyes in the morning, head feels heavy, difficult thinking; nausea and vomiting, with ineffectual urging for stool; drawing pressing pains, with stitches in the abdomen and here and there, and restlessness amounting to faintness; contracting, pinching abdominal pain when the flow stands still; involuntary urination on every movement.

Metrorrhagia; profuse and bright red; with leucorrhoea, during climacterium. **Prone to uterine haemorrhages**; tendency to miscarry; *Calcarea* may be indicated in patients inclined to miscarriage, who have profuse menses. Sometimes the flow continues in the first month of pregnancy, with much pain.

Milk-like leucorrhoea, itching and burning. The fluor may come on **before or after menses**, but it sometimes also **intermingles with the menstrual**

flow; often it is mainly discharged **during micturition**. **Frequent leucorrhoea between profuse and too early menses**. Fluor in fits and starts; **worse after exercise**; **very debilitating**; with stinging in the *os uteri* and aching in the vagina; with burning in the cervical canal; with accumulation of mucus between the labia and thighs.

Burning and itching of the genitals is a marked feature, as in the male patient. Terrible itching of parts toward evening, or after going to bed.

Ovarian or uterine pains, right-sided, extending down the thighs; **worse from reading or writing**.

Constant aching in the vagina.

Sense of weight and soreness in the uterus.

Prolapsus uteri with sensation of pressure on the uterus. **Bearing down, as if prolapsus would occur, and internal organs would pass out**, hence difficulty in standing.

Ulcers, or polypi, or cancer of the uterus.

Warts on the *os uteri*.

Vaginal polypi and fistula.

Sterility, particularly when the menses are too early and profuse.

Pregnant women who are **clumsy, awkward, and fall easily**; tired from a short walk, from a general feeling of lameness in the pelvis.

False labour pains, running upward.

Lochia last too long, or have a milky appearance.

Lactation disturbances are prominent. **Secretion of milk too abundant; galactorrhoea**. Excessive lactation; also hectic and sweat; **weakness as a consequence**. Or: **Breasts distended, milk scanty**; she is cold, feels cold air very readily; want of vital activity to secrete milk. Or: Milk disappears in a nursing woman (observed in the proving). **The milk is often disagreeable to the child**, who refuses it, does not thrive on it, even when secretion is great.

Mammae painful as if ulcerated, especially to the touch. Nipples cracked, ulcerated, and very tender.

When nursing, severe internal stitching, as if arrows were forced through the breasts.

Back

Calcarea patients **strain the back quite easily**, and there are numerous **complaints from over-lifting**, including **stiffness and rigidity of the nape of the neck**, with head pain. This stiffness in the neck can also be felt on stooping or as a result of catching a cold. **Sacral pain, from over-lifting but also as if from over-lifting**.

The back feels so **weak** that he slides down in his chair while sitting; cannot sit upright. Or there is **pain in the small of the back, so severe that he can hardly rise from his seat**. Weak feeling in the back, **worse from mental annoyance**.

Painful stiffness of the spine in the morning on waking and after rising, with weariness and heaviness of the lower limbs; afterwards there is a rush of blood to the head and chest.

A kind of back pain as if sprained or wrenched is often experienced, particularly in the sides of the back. The spine is painful on bending backwards.

Swelling and incurvature of the vertebrae of the neck and back. *Tabes dorsalis*.

Spina bifida of the new-born.

Inflammation of the spinal cord.

Painful jerking in the right side of the back on breathing, with chill.

Coldness and numbness on the side of the back that is lain on.

At the neck, the lymph nodes tend to be swollen and painful. This may be accompanied by an eruption on the hairy portion of the scalp.

On turning the head, there is a sudden **pain at the neck as if sprained**, or else a **pain as if a tumour might protrude there**.

Burning pain from the nape of the neck to the occiput; all day; ceasing only upon going to sleep.

Perspiration at the nape of the neck in sleep is a keynote.

Pain is often felt between the scapulae. **Pressure between the scapulae**, on motion, **with the catching of breath**. Also cutting or **drawing** pain at this place, or a pinching contraction.

'**Low back pain**' is very often seen. Lumbago. Sciatica.

Pressing pain in the region of the kidneys.

Aching in the lumbar and kidney region on riding in a car.

Paralytic pain as if bruised in the small of the back (and also in the long bones of lower limbs) **on motion; also when sitting or standing**.

Pain in the spine, in the kidney region, from stretching.

Gripping in the small of the back during menses.

Pain in the small of the back with incarcerated flatus.

Continuous dragging from the small of the back to the rectum.

Rheumatism of the lumbar vertebrae, with violent boring, tearing, burning pain, extending downward, with the inclination to move.

Drawing and tearing pinching in the coccyx.

Heat around the coccyx.

Extremities

Weakness and fatigue in all limbs is a general feature of *Calcarea carbonica*. Mostly, this comes on after any exertion be it ever so slight, in the evening before going to bed, in the morning after waking, or from catching a cold. It is more marked in the lower limbs, especially in the feet. An

indication for *Calcarea carbonica* by Margery Blackie is '**persistent weakness in sprained or fractured limbs.**'

The **joints** are easily affected by **rheumatism and rheumatic pains**, which is often **worse after a change in weather to damp and cold** ('damp' being the most important modality). Cold bath aggravates, while warm bathing tends to ameliorate. Often, the pains are also made worse by **lying down, in bed**. There is **stiffness** in all the joints upon beginning to move.

Gouty disorders of the joints, with enlargement and swelling of the joints; gouty conditions especially of the small joints, of the **fingers and toes**.

Gouty nodes on the hand and finger joints.

Rheumatoid arthritis.

'Shooting pains throughout the limbs, both upper and lower; he began to imagine that he was going to have rheumatic fever' (from Robinson's proving).

Drawing pressure in the joints. Tearing in the joints of the arms and lower limbs; also tearing-sticking or drawing-sticking pains. **Exertion aggravates these joint pains.**

Curvature and deformation of the long bones is a pathology that often responds to *Calcarea*, as is consistent with the general influence of *Calcarea* on the bony tissues.

Paralytic disorders of the limbs, cannot be moved or movement is restrained, with '**paralytic pain**', **often as if bruised or beaten**. When climbing stairs, a pain as if bruised in the middle of the long bones occurs (upper arms and thighs). Pain **as if sprained** in the joints with weakness is also often seen.

The limbs easily become numb and 'go to sleep', especially hands, fingers, and feet, but also other parts: arms, hips, thighs, etc.

Cramps in different muscles: forearms, hands, **calves**, toes; cramps that draw limbs crooked.

Strange jerking and trembling motions of the limbs are frequent: Single involuntary motions and twitching in the right thigh, in the left shoulder and the left arm; painless twitching of single limbs; twitching pains in muscles of the arms; jerk-like drawings in the wrists and up the arms; stitching jerk in the right leg, so that it suddenly jerks upward; choreatic trembling of the upper and lower limbs in spells.

Coldness and perspiration of the hands and feet, particularly at night.

Nightly drawing and tearing in the arms. Nocturnal pains in the back and arms.

Sudden lassitude of the arms, as if paralysed.

Sensation of a mouse running up the arm before an epileptic attack.

Restlessness and anxiety in arm and hand joints.

Stitches in the left shoulder joint, all day. **Arthritic pains in the right shoulder**. Shoulder joints become stiff at night, on beginning to sleep; **has to put arms over head**.

Arms painful as if bruised or beaten, on motion or touch.

Burning paralytic pain in the entire right arm, from the finger joints to the shoulder.

Cramp in the whole arm, left or right, for a quarter of an hour.

The arm he lies on goes numb, with pain.

Weakness and a kind of paralysis of the left arm; has difficulty moving or raising it; the arm is then inclined to fall down again by itself.

Cramp-like tearing pain at the outside of the forearm, from the elbow to the carpus, as soon as he grasps something with his hand.

Cramping pain at forearm, below the elbow joint.

Pain as if luxated in the right wrist, or as if something was sprained or dislocated.

An example observed by Keller and published in *Klassische Homeopathie* 36 (1992) 5, Page 189: 'Tennis elbow for months. After extensive handicraft activity, pain and impeded mobility at the left outer epicondylus and the right wrist. Elbow pain impedes the lifting of objects with the arm stretched and pronated; the wrist is sometimes painful when he supports himself with the hand or when exerting the hand, with pain as from a dislocation or sprain. Three weeks after taking *Calcarea carbonica*, a catarrhal condition set in, and two days later, the arm pains disappeared completely.

Swelling of radius and crusts on skin, smelling like cheese.

Cramp in the hands, at night, lasting till he rises in the morning.

Trembling of the hands, for several hours, in the afternoon.

Perspiration of the hands. Perspiration of the palms, on moderate movement of the body.

Cold, white hands; also from a slight fright.

Painful swelling at the carpus, and itching when touched. Swelling of the hands.

Eruption of vesicles on the back of the hand, filled with clear fluid; **turning into urticaria after scratching.** Warts on the arms, hands and fingers.

Psoriasis palmaris.

The fingers go numb; index, middle, and ring finger going numb, white, and cold, which is preceded by a slight drawing in them.

'The **finger joints became much swollen**' (from Berridge's proving). Also: 'Pain of finger joints, as if they were swollen, on waking from (evening) sleep, without visible swelling' (Hahnemann).

Rheumatoid arthritis of the fingers.

Cramp-like contraction of the muscles and tendons of the fingers; when stretched, they feel as if they were tense and indrawn, as if they were glued together.

Brittle finger nails. Nails become distorted and produce deep-seated paronitria.

Painful weariness of the lower limbs, especially the thighs, as from exertion while walking.

Lower limbs 'go to sleep', in the evening when sitting.

Paralytic pain as if bruised or beaten in the long bones and joints of the lower limbs on motion; muscles are painful to the touch.

Extreme lassitude of the lower limbs on walking; in the evening; after coitus; **so severe that they seem unable to support the body any longer, knees seem to give way.** May be felt in the thighs, knees, ankles, feet, everywhere.

Great restlessness in the lower limbs; in the evening, cannot keep them still; sometimes with much belching.

Children are very slow to walk, or forget how to walk.

Viscous night sweat only on the lower limbs.

Drawing and shooting pains in the hips; coxalgia with drawing stitches, or tearing, or cutting. A drawing pain as if luxated in the hip joint, on walking.

Hip-joint disease, with contraction or dislocation.

Sciatic pain caused by working in cold water, which extends down into the limbs and keeps them in constant uneasiness.

Numb feeling on the right hip and thigh, as if these parts were brittle and as if they are short and small.

Fatigue, like a tension in anterior muscles of thighs, in the morning, on beginning to walk.

Emaciation of the thighs and paralysis of the extensor muscles of the thighs.

Itching on the thighs.

Fistular openings and ulcers at the thighs.

Gouty swelling of the knees.

Stitching in the knee on standing and sitting; drawing on sitting and walking; stitches from the patella to the hip-joint on stepping, when beginning to walk.

Leg pain in the calf on walking and stepping, also on touch or on bending of the foot.

Violent cramps in the calf at night. Cramps in calves and hollows of knees **when stretching leg**, relieved by bending it, but returning on stretching it again.

Varices painful and painless in the legs.

Much itching of the legs and feet.

Itching beneath both calves.

Red stripe on the shin, consisting of miliary grains, with severe itching and burning after rubbing. Violently itching, biting eruptions on the lower limbs, compelling to scratch, bleeding on scratching, which at the margins merges into an urticarious eruption.

Pain in ankle as if broken or luxated, especially on walking and stepping.

Osteochondritis, with severe pain on the insides of both heels, legs chilly to the touch and soaking wet with sweat.

Cramp in the sole of the foot.

Sweating of the feet, especially in the evening and at **night**. Offensive sweat making soles raw. **Cold damp feet**. Sensation in the feet and legs **as if she had cold damp stockings on**. Coldness and numbness of the feet, especially in the bed at night, but also **burning in the soles of the feet**, especially later in the night, when they get warm.

Cramp in the toes.

Big toe is very sensitive on walking; feels numb on bending; worse at night.

Sleep

The sleep is often disturbed, which tends to contribute to the weakness of the system. Kent says, 'He can't sleep so that the body rests or the mind rests. He is disturbed in his sleep with horrible dreams. His sleep is a restless one.'

Calcareo carbonica persons very often have **difficulties falling asleep**. They are **sensitive to noise in the evening**, on falling asleep. Vivacity of mind and a **rush of thoughts that involuntarily come to their mind** keep them from sleeping for a long time. These thoughts may be partly sexual and partly vexatious, and they simply cannot get rid of them; often they continue in their dreams and even haunt them after they awake in the morning. Or **the same disagreeable idea constantly comes to their mind and arouses them as often as they fall into a light slumber**.

The effect of these disturbances is that they are often **unable to fall asleep until 2 or 3 a.m.** Again, once they fall asleep, they tend to wake up after a short time, or awake frequently, and **2 or 3 a.m. is also a time when they often awake from sleep and are unable to sleep any more**.

'Sleep only from 11 p.m. to 2 or 3 a.m. ; then she cannot sleep any more and is wide awake' (Hahnemann).

Has **frightful visions** before falling asleep, immediately **on closing the eyes**, is a well-known symptom of Calcareo carbonica. **Horrible or anxious dreams** frequently come on once the patients fall asleep, often continuing the whole night. They start from sleep, screaming, anxious, and with difficult breathing. Children may awake after midnight screaming and cannot be pacified.

Dreams of sick persons and corpses bother them. Margery Blackie reports, '...dream the very constant Calcareo carbonica dream of seeing corpses. It quite worries me at times to hear a child say that she saw dead bodies lying all round the room. Adults may also say they can smell the corpses. They do really have dreams bad enough to make them shriek out in the night.' They frequently even **cannot rid themselves of the dreams when they awake**.

The characteristic **fear of insanity** also disturbs the Calcareo sleep. 'At night, fear as if she were or became psychotic; then shaking chill for some minutes, followed by a sensation of annihilation in body, as if beaten all over' (Hahnemann).

No wonder, then, that the sleep of Calcareo persons is **restless**. The patients are troubled with cough all night; palpitations; frequent urination; cramps of the calves and hands; tearing and drawing pains in the arms; **cold clammy feet**; determination of blood to the head, with heat; and so on. Throw themselves about continuously. Respiration may be short, asthmatic, snoring and sobbing. **Perspiration, especially of the head and nape of the neck**, often accompanies the restless sleep. One symptom from the proving that shows how weakness and sleepiness can exist simultaneously with sleeplessness is: 'At night, stupefaction in head, which awakens him and continues to aggravate almost to fainting, followed by trembling of limbs and prolonged lassitude, so that he cannot fall asleep again.'

In the morning patients have **difficulty becoming fully awake**. 'Very exhausted on waking from deep sleep in the morning, the drowsy condition continues even after rising.'

On the other hand, we see a marked **sleepiness during the day**. All day very tired and sleepy; falls asleep several times during morning. Stretching and **frequent yawning**, sometimes followed by pulsations in the head, abdomen, and chest, which shake him, with severe heat in the face. An **irresistible**

urge to sleep after a meal, especially after supper, is also frequently seen.

Fever

As previously mentioned, Calcarea people tend to be **chilly people** with a **great predisposition to ailments from exposure to cold and to catching a cold**.

A feeling of great **internal chill** is often seen, but even more characteristic is a **coldness of the surface even when there is congestion of internal parts**. Coldness of single parts: head, face, **hands and feet**; coldness of the body and cold sweat during palpitations accompanied by anxiety; cold and white tongue, lips, and hands, cold forehead and face from a fright; coldness of the body with indistinct vision during an attack of faintness.

Chill may come on **in the evening**, for several hours; **after walking, with fatigue and thirst**; on rising from bed; **cold air or draught is not tolerated easily and makes them shudder**, with goose-flesh on the thighs and legs. The feet grow numb, as if dead. Working and washing in water aggravates all symptoms.

Inward chill alternating with flushes of heat.

Chill at 2 p.m. begins internally in the stomach region.

Sudden **flushes of heat** are also often seen. Frequent attacks of sudden, universal heat, as if hot water were poured over her, with despair of life and a most dreary mood. A warm stream of blood is felt from the pit of the stomach to the head. **Flushes of heat and trembling.**

At night, an **internal heat particularly in the feet** and heads can come on, with a dry tongue and external heat in the head in the morning, without thirst. **Burning of the soles of the feet**, especially when they get warm later at night, whereas they are frequently very cold in the first part of night.

The well-known **profuse, cold and clammy sweat** of Calcarea carbonica has been already mentioned. Some characteristic perspiration symptoms are:

Profuse perspiration, both during the day, on walking, and at night in bed.

Sweat during the day **from the slightest motion**.

Profuse perspiration during the day, with the air being cold.

Night sweat with cold legs.

Profuse morning sweat, every morning.

Night sweats particularly on the **head and nape of the neck**, in children so profuse that the pillow is wet all around.

General sweat. **Partial sweats of the head, chest, nape of neck, palms, feet, often with cold limbs and very cold feet.**

Skin hot, then cold, clammy sweat.

Repeated episodes of perspiration over and over after violent stomach cramps.

Perspiration generally aggravates the patient's symptoms.

Hectic fever: with alternate chills and heat; frequent attacks of flushes of heat, with anguish and palpitation of the heart, or constant shuddering in the evening, with red cheeks. Evening fever, with burning heat in the belly and thirst for water the whole night long.

Paroxysmal fever at 11 a.m. every day.

Intermittent fever after the abuse of quinine; with chill commencing in the stomach and a sensation of agonising weight, increasing with chill and disappearing with it; in people who work much in cold water.

Skin

The skin is **generally unhealthy**, and **even small wounds tend to suppurate** and do not heal well. It looks pale and flabby or dry, shrivelled and yellow.

A bloated appearance has also been noted. The skin often feels cold to the touch.

Rough and dry skin, with an appearance like a miliary eruption; or a bran-like coating of the skin.

Chapped or fissured skin, especially in those who work in water.

A visible quivering in the skin, from feet up to the head, followed by dizziness.

Outbreaks of itching and burning eruptions on various parts of the body; the **itching is worse in bed on becoming warm, and particularly towards morning.**

Itching vesicular eruption over the whole body, especially above the hips.

Chronic form of **urticaria**, mostly **disappearing in cool air.**

Erysipelas in repeated attacks.

Milk-white spots on the skin, with dark borders.

Eruptions of white spots and some scattered red patches, on the wrists, the back of the hands, thighs, legs and ankles, with violent irritation. Spots glistening through the skin.

Petechial eruptions.

Eczema, thin moist scabs upon the head, with swollen cervical glands; eczema behind the ears.

Acne indurata or *punctata*.

Blisters that leave raw spots, or are converted into ulcers, especially on the elbow, on the upper arm and forearm; accompanied by a bloated, florid and scaly appearance of the face, and a scabby condition of the feet.

Old ulcers, deep, fistular, and carious, with throbbing pain and tearing around them, and a stench as from rotten eggs.

Round swellings, which appear in different places on the joints of the upper limbs, lower legs, feet and breasts.

Needle-like stitches in the skin.

Encysted tumours.

Warts. They appear, itch, bleed, and disappear; or become inflamed, with stinging, suppurate and form ulcers. Suppression of eruptions may bring on different kinds of pathology, like epilepsy, localised migraine, nervous palpitation of the heart.

Clinical

Abdomen, large. Acidity. Alcohol, effects of. **Anaemia. Ankles, weak. Appetite, depraved. Beard, sycosis of. Bone, disease of.** Bronchial neuralgia. **Breasts, painful. Bronchial glands, disorders of. Calculus.** Caries. **Cataract.** Chilblains. Chorea. **Cold. Consumption. Corpulence.** Coryza. **Cough.** Coxalgia. **Laryngeal diphtheria.** Crusta lactea. **Debility.** Delirium tremens. **Dentition.** Diabetes. Diarrhoea. **Dropsy. Dyspepsia. Ear, disorders of. Epilepsy.** Epulis. **Eyes, disorders of.** Fever, intermittent. Fistula. Gall-stones. **Glandular swellings.** Non-specific urethritis. **Goitre.** Gonorrhoea. Gouty swellings. Headache. **Hernia.** Herpes. **Hydrocephalus.** Hypochondriasis. Hysteria. Impotence. **Joints, disorders of. Lactation, defective. Leucocythoemia. Leucorrhoea. Lupus.** Masturbation. Melancholia. **Menstruation, disorders of.** Milk-fever. Miller's phthisis. **Miscarriage. Molluscum contagiosum. Naevus.** Nervous fever. Neuralgia. Night terrors. Paralysis. Parotitis. **Peritonitis. Perspiration.** Plethora **Polypus. Pregnancy.** Prosopalgia. *Psoriasis palmaris.* **Ranula.** Renal colic. Rhagades. **Rheumatism.** Rickets. **Ringworm.** Sciatica. Scrofula. Skin, disorders of. Sleep, disorders of. Sleeplessness. **Smell, disorder of.** Spinal disorders. Stone-cutter's phthisis. Strains. Sycosis. *Sycosis menti.* **Tabes mesenterica.** Tapeworm. **Taste, disordered. Teeth, carious. Toothache. Trachea, disorders of. Tuberculosis. Tumours.** Typhoid. Urticaria. **Uterus, disorders of. Varices. Vertigo. Walking, late. Warts. Whitlow. Worms.**

Relations

Compare: *Aqua calcar.* (Lime-water); *Calc-caust.*; *Calc-brom.*; *Calc. calcinata.*; *Calc. lactic.*; *Calc. lacto-phosph.*; *Calc. mur.-Calcium chloratum.*; *Lyc.*; *Sil.*; *Puls.*; *Cham.*

Complementary: *Bell.*; *Rhus.*; *Lyc.*; *Sil.*

Calc. is useful after *Sulph.* where the pupils remain dilated. When *Puls.* failed in school girls.

Antidotes: *Camph.*; *Ip.*; *Nit-ac.*; *Nux.*

Incompatible: *Bry.*; *Sulph.* should not be given after Calc.

Calcarea caustica

Calcium Hydroxide CaH₂O₂.

Aqua Calcis.

Quicklime is slaked in distilled water; alcohol is added, and the clear liquid decanted.

The essential features

Calcarea caustica, though currently not often used, is a powerful remedy that will be needed in greater frequency to treat certain diseases that are a product of our modern society. These diseases include **hypoglycaemia**, **rheumatic conditions** and more importantly the illness known as **chronic fatigue syndrome**.

As we do not possess a full picture of this remedy, it is not yet possible to define the essence of Calcarea caustica. Our knowledge of the remedy is, therefore, primarily of physical symptomatology. Confirmation of the remedy may depend upon the identification of certain unique and peculiar symptoms that are listed at the end of this section.

Cases that require Calcarea caustica, for the above, may have the following presentation: a patient tells you that he has never fully recovered since his bout with the flu. He is exhausted, and his extremities remain weak. From time to time he feels really rotten, weary and without any drive. Getting up in the morning is an ordeal; he feels tired, peevish and confused, as though he had been drunk the day before. The **confusion and stupefaction of the head** is, strangely enough, often felt **only on one side**, mostly the **left**. Though he is tired in the daytime, he is restless at night. He either sleeps or suffers from unpleasant dreams and even nightmares.

It is not uncommon for Calcarea caustica patients to have a history of frequent common colds, many times with the localisation of an inflammation in the throat or with a chronic sub-inflammation of the throat with stitching pain. The patient suffers from **hoarseness** and feels a sticking, stinging pain in the throat, like that of a thorn, similar to Hepar sulphuris and Nitricum acidum. There is a feeling of rawness in the trachea, and coughing can ensue.

In addition to the symptoms of extreme **weariness and confusion**, Calcarea caustica has many rheumatic pains. It may be indicated in **rheumatic conditions**, **polyarthrititis** and rheumatoid arthritis, particularly if the **jaws and their articulation are involved**, and especially if Rhus toxicodendron or Thuja have failed. Calcarea caustica, however, is less sensitive to cold and wet than Rhus-t. or Calcarea carbonica.

The main quality of Calcarea caustica's rheumatic pains is most frequently one of **tearing**. In rheumatic conditions, a confirmation for the remedy may be a rheumatic tearing in the heels and the existence of callosities on the soles of the feet. Other related symptoms are stiffness, and tearing: in all regions of the neck and back, also in the coccyx; in the extremities, particularly in the left *tendo Achillis* and heel; **tearing in either shoulder, down the arm**; and tearing in the right cheekbone. A case of rheumatic pain in the head and teeth, seated mainly in the right articulation of the jaws, was greatly improved by this remedy.

Clarke mentions that Calcarea caustica has been able to rapidly dispel all inflammatory action in cases of **appendicitis**; and that it is known to have removed all suffering in an aggravated case of piles. Moreover, in the proving, passing of parts of a tape worm was observed.

Without a full picture of this remedy we must use and rely on certain strange and unique keynote that were brought out in the proving to confirm the

remedy. These characteristic symptoms include:

a peculiar **confusion of the head**, mentioned earlier, which is mostly **left-sided**, often with pain so severe that the person cannot attend to business, nor engage in any mental labour. The pain is oppressive and sometimes appears with periodic stitches. The patient may comment that he finds the suffering absolutely unbearable. It manifests in the morning, as though from alcoholic excesses of the night before, or else in the evening after drinking a small amount of beer.

a fleeting sensation, **as if the hair on the forehead of the head is being pulled up**.

a sensation as if a thorn were in the left eye, compelling him to rub it; he is unable to open the eye.

a feeling in the throat as if there were a bone sticking in it.

the palate feels as if there were mucus on it, but none is expectorated.

a thickly coated tongue which looks greenish-yellow.

an aching in the shoulder joint which is **felt when the arm hangs down**.

severe burning of the skin before falling asleep.

toothache every night at 2 a.m. , with the feeling that the affected teeth are too large and numb.

a numb feeling in both shoulder blades, in the evening.

Generally, *Calcarea caustica* should be thought of in cases where remedies like *Thuja*, *Rhus toxicodendron*, *Nitricum acidum*, or *Hepar sulphuris* do not bring about results though they may be thought to have been indicated.

Generalities

Calcarea caustica's **weariness** has already been mentioned. The patient finds himself **tired and peevish on rising in the morning**. It is difficult to think. He has great **prostration**, along with **a trembling of the limbs**. The trembling may **disappear after eating**, even only a piece of bread.

There are many rheumatic pains, and the most frequent pain quality is that of **tearing**; the **neuralgic pains** in different parts of body may also be **stitching** or throbbing.

Most symptoms are aggravated in **the evening**, while a few symptoms come on **in the morning on rising**. **Drinking beer** and smoking also aggravate most symptoms, and in particular exacerbate the confusion, oppressive headache and ear pains.

Clarke relates that while motion generally tends to aggravate, a particular pain in the small of the back that is felt on rising in the morning, goes away when the patient begins to move about.

Head

The patient experiences **vertigo**, as if the room were turning in a circle; she thinks she will fall off her chair.

The symptoms of **confusion and dullness of the head** can lead to a diagnosis of chronic fatigue syndrome. Koch's provings describe some of the symptoms: 'In the morning, confusion of head, especially of left side, with periodic stitches. The headache is of a pressive quality, so that mental labour can only be done with difficulty... After drinking the usual beer in the evening, the head felt so confused that it was nearly unbearable... Head extraordinarily confused, a dull, pressive pain in forehead extending to occiput so that he could hardly attend to his business... Unwell in the morning, as if he had been drunk tremendously the day before (so-called hangover).'

After eating lunch, the patient develops a throbbing pain in the frontal sinus, which compels him to contract the skin of his forehead, thereby relieving the pain. The patient feels **violent pain in the head on stooping, as if the brain were following the force of gravitation.**

Pain in the forehead, especially above the eyes.

Tearing pain in the left temple, upwards towards the left frontal eminence or tearing in the forehead, above the brows. Dull, rheumatic pain in the occiput.

Stitches through the head from the front to the back.

The **sensation as if the hair on the forepart of the head is being pulled up** was already mentioned as a strange, rare, and peculiar symptom. There is also a tendency to **falling out of hair**. A patient who used this remedy against phthisis lost all of the hair from his head, face, and body (*Franks Magazin*, 1, p. 353).

Eyes

Photophobia. **Burning of the eyes from artificial light or candle light, especially while reading.** Lachrymation in the open air; the tendency to water is more marked in the right eye.

The right eye hurts as if a foreign object were under the upper lid; stitches extend from the eye to the forehead, and the conjunctiva of the lid is red.

There is violent pain in both upper lids; they ache with every movement. There is severe heaviness in the lids.

The pain in the eye feels as if the eyeball is being pressed out.

Neuralgic pains: A violent stitching pain is experienced between the right eye and the frontal eminence (*nervus supraorbitalis*), inducing tears in the eyes. Stitches are felt along the course of the *nervi supraorbitales* and *supratrochleares*, on the left side; boring pain along the upper border of the orbit of the right eye, in fits.

Feeling of a thorn in the left eye in the morning upon rising, compelling him to rub it ; he can't open the eye.

Ears

Violent tension and pressure in the inner ear.

Dull, stitching pain in one or both ears simultaneously, as if there were a foreign body in the ear.

Violent stitching pain that presses outward in the inner part of the left ear and is usually constant, but occasionally varies in strength. It is worse in the evening and is aggravated by drinking and smoking.

Cramp-like stitching pain in the left ear, extending from the opening of the Eustachian tube to the pharynx.

Tearing in the right mastoid process. Tearing pain through inner parts of both ears.

Ringings and roaring in the ears.

Nose

The nose discharges a thick tenacious mucus.

Coryza especially in the left nostril.

Face

Transient tearing pain from the supraorbital border of the left orbit, down to the inner canthus and wing of the nose.

Tearing pain from the inner canthus of the right eye down to the upper lip, with a feeling that these parts are swollen.

Stitches from the wing of the nose, extending upward to the inner canthus of the eye.

Stiffness in the articulation of the jaws was observed several times in the proving. In one prover, a nervous and rheumatic pain in the teeth and head, that had been present for half a year, disappeared under the action of the remedy. It returned, however, after a foot bath. The pain was very violent; it was located in the right articulation of the jaws; the joint was swollen and immobile. Repetition of *Calcarea caustica* relieved the pain and the patient finally was able to have a good night's sleep.

Mouth

Inner mucous membrane of the lips slightly reddened, with visible venulae.

Tongue thickly coated, looking greenish-yellow, with a bitter taste in the mouth.

The palate feels as if mucus were upon it, but none is expectorated.

Severe toothache **every night at 2 a.m.** , the teeth feel numb and as if they were enlarged; is accompanied by intense pain in the left ear which feels

as if something were sticking in it.

Throat

Mucus in the throat, difficult to raise, almost exciting vomiting.

Sore throat in the morning upon rising, with **difficulty swallowing**, both when the throat is empty or full, continuing all day long.

Sensation in the throat **as if a bone were stuck in it**.

Respiration

Hoarseness, with pain in the throat.

Hawks up granular, glutinous material like cooked rice, which collects in the larynx and trachea.

Dull **stitches** in the left half of the larynx.

Feeling of rawness in the trachea.

Cough with stitches in the thorax, with expectoration of mucus and blood.

Pressure on the chest, with sacral pain, in the morning on rising, which ceases after half an hour; the pressure feels as if all the blood has stagnated in the abdomen, and the patient feels as if he had a nightmare.

Pressure on the sternum.

Pressing-stitching pain below the sternum, across the praecordia and hypochondria.

Stitching pain on respiration, with rheumatic pain between the scapulae, and oppression towards the front extending to the sternum.

Stitching pain in the region of the sixth and seventh ribs on the left side, which increases with inspiration (but without cough) and changes to a tearing pain, its seat being in the intercostal muscles and *pleura costalis*.

Biting pain at the nipples (in a female prover), without eruption.

Stomach

No appetite, or canine hunger that appears three hours after a meal. The patient is averse to his accustomed evening beer.

Many empty eructations. Eructation of food together with a sour and bitter taste.

After eating some bread, there is **nausea along with the eructation of a frothy fluid** and a general malaise for an hour. Nausea is followed by the

vomiting of sour fluid, half an hour after evening meal.
Tense feeling in the stomach. Spasmodic contraction of the stomach.

Abdomen

Oppression across the epigastric region and hypochondria.

Constrictive, gripping and stitching pains, in the abdomen, as with from knives; gripping pain with flatulence at noon; constrictive pain extending to the uterus. **Violent stitches in the small intestines, on bending forward.**

Pain in the left side, in the region of the spleen, as if a ball were turning on its axis.

Rumbling in the abdomen.

Rectum

Sticking, tearing motions in the rectum towards the anus.

Tingling in the rectum and anus.

Cases of very annoying haemorrhoids, with a painful stool as if a nail were scratching him from within.

Variable production of stools, often no stool for several days. Several thin stools before and after breakfast; a thin, pasty stool with much mucus after breakfast.

Parts of a **tapeworm** excreted with the stool.

Neck and back

Tearing pains all over the back, particularly in the **muscles of the nape of the neck, in the small of the back and in the coccyx.**

Tension of the neck muscles on both sides; all neck muscles feel stiff, particularly at the nape of the neck.

While sitting, violent pain between the scapulae which extends to the small of the back. Rheumatic pain in both shoulder blades; between the scapulae, with stitching on inspiration and oppression, extending forward to the sternum. Tearing sensation in both scapulae, between the shoulders, that then continues upward to the nape of the neck and occiput, as far as the forehead.

Sensation of **numbness** in both shoulder blades in the evening.

Stitching pain in the small of back, or tearing-pressing pain, upon waking in the morning, disappearing on moving about.

Extremities

Trembling of the limbs, with prostration which inhibits the person from working and is **ameliorated by eating**. It also occurs **in the evening in bed**.

Rheumatic pains, that wander and alternate, in all the joints. **Wandering pains in the extremities**. Many **tearing** pains.

Drawing-tearing pain in any joint when exerting it, or when it is in an awkward position.

Tearing pains in the shoulders, arms, **axillae**, elbow joints, wrists, hands, and fingers.

Drawing-tearing pain in the left shoulder joint, which extends over the whole upper arm and becomes so violent that it is difficult to raise the arm; it is seated chiefly in the deltoid muscle, in its fascia and in the shoulder joint; it lasts 3 hours.

Continuous aching in the left shoulder joint **when the arm hangs down**. Drawing-tearing, dull pain in the left forearm, as if in the bones or in the interossal ligament.

Right hand feels as if it is paralysed, unable to lift anything; the hand drops, under the weight of the object.

Drawing-tearing pain in the first joint of the left index finger, which changes at 5 p.m. in the afternoon, after evening meal, to a pain that feels as if the finger were sprained.

Tearing sensation in both thighs, but especially in the right one; **in the knees, down through the feet**; in the right side of the right tibia, down to the toes; in the calves; **in the left Achilles tendon and heel**.

Annoying tension in the lower limbs.

Stitches from the right hip joint down to the middle of the thigh; **severe stitches in the hip joint, at 5 p.m. , on taking a step**; also in the morning, on stepping and in the open air.

Violent sticking pain in the right knee-joint on stepping, which continues when moving it in bed.

Soreness of the first phalanx of the big toe, when moving the joint.

A sticking pain in a corn on the left third toe.

Sleep

Much **yawning**.

Great sleepiness in the evening, but a **restless sleep** follows, with much confusion of the head and **many dreams**, often unpleasant ones, even **nightmares**. Frequently, provers were aware that they had had a restless night with a lot of dreams, but were unable to remember any of them.

Fever

Violent chill of the whole body, **on going to bed or before rising in the morning**; a violent shaking chill with chattering teeth, followed by severe heat in the head.

Chill for several weeks in the summer.

Shivering going up the back.

Skin

Severe burning sensation of the skin before falling asleep; troublesome tension of the skin which wakes him from sleep in the morning.

Violent itching and stitching of the skin; small vesicles with a red areola which are filled with serous or purulent fluid. These appear on various parts of body - first on the nape of the neck and back, then on the chest and neck, behind the ears, and at the occiput.

A fine, rash-like eruption that, without a biting feeling, breaks out on the forehead.

Six brownish-red, painless, isolated or partly confluent spots like flea-bites, 10cm wide in total, appear on the lower part of the tibia; the skin is somewhat swollen.

Clinical

Back, pains in. Coccygodynia. Corns. **Feet (pains in heels)**.

Hoarseness. Jaw, affection of. Malar bones, pain in. Neuralgia. Paralysis. Rheumatism. Spleen, disorders of. Stiff-neck. Tapeworm. Toothache.

Relations

Compare: Besides the *Calcareas*, *Rhus* (pain in joint of jaw); *Mez.* and *Mag.c.* (pain in malar bones); *Valer.* (pain in heel); *Pic-ac.* and *Sep.* (loins); *Hep.* and *Nit-ac.* (bone sensation in throat).

Calcarea fluorica

Calcium Fluoride. Fluorspar. CaF₂.

Trituration.

The essential features

Calcarea fluorica is well-known for its strong relationship to bony tissues and teeth. The bones are slow to develop and there is a tendency to generate **exostoses**, a keynote of the remedy. Dentition is slow and difficult, the enamel of the teeth is deficient, and there is a predisposition to caries. Nails are brittle and often break.

The remedy evokes a specific mental state. A very marked mental symptom of *Calcarea fluorica* is the sense that health is deteriorating, both physically and mentally. Just as their nails are breaking, and teeth cracking and crumbling, so is their health.

This awareness eventually leads to a great **anxiety about health** and a **fear of death** (compare *Kali arsenicosum*, *Calcarea carbonica*, *Lycopodium*, *Nitricum acidum*), which, in *Calcarea fluorica*, are of the **passive** type. Passive resignation represents a deeper state of pathology than one which is more active. While *Calc-carb.*'s intense anxiety stimulates the person to seek assistance, *Calcarea fluorica*'s fear can exist for years without their ever requesting professional help. They suffer from a **sense of impending disaster regarding their health** (compare *Kali carbonicum*). These individuals feel that something about their health just isn't quite right. They are sure that they cannot be helped, that they will die. They are not driven to find relief, but instead, fatalistically prepare themselves for death. Though *Calcarea fluorica* is currently not included in the repertory rubric 'anxiety about health', it ought to be added.

Another fear, prevalent in this remedy, is the **anxiety about money matters**. These people suffer from a baseless fear that they might become needy and poor, and that they will soon be 'running astern' financially. This fear of poverty may create miserly avaricious behaviour, a 'disposition to set a higher value on money than is natural to them.' This state is often coupled with **indecision** and **depression**. The pessimistic tendency, displayed so dramatically in the symptom 'anxiety about health', is observed here as well.

In 1953, the German homeopath Mezger, did an extensive proving on *Calcarea fluorica* that expanded the picture of the remedy. Several mental characteristics were added to the previously incomplete picture. One such keynote is a striking polarity, i.e. , improved mental capabilities in some provers vs. a decrease in concentration in others. On the one hand, provers experienced an increased ability to concentrate, greater mental capacity, and could perform mental tasks all day long until midnight without feeling tired. There was a remarkable initiative that even amounted to restlessness and haste. Mezger himself observed this symptom: 'Very impatient and irritable with others; his work cannot proceed fast enough.'

On the other hand, the provers often also experienced a **severe decline of the capacity to concentrate and of any inclination to do work**. They would have to read a sentence several times, and still did not understand its meaning. They felt a **total loss of initiative and interest**, with fear of the tasks of the day, amounting to a general depression of mind.

A third possibility regarding the polarity the provers experienced was that the initiative and the interest to do things continues in spite of mental exhaustion, and that the intellectual efficiency increases in spite of severe disturbances of sleep.

To give a quotation that shows this polarity *in nuce*: 'Euphoria with feeling of mental relaxedness, inclination to and pleasure in work; irritability, inner restlessness and haste, anxious-depressive mood, even fear of the tasks of the day.'

On the other hand, some provers experienced a **severe decline in their capacity to concentrate and in their inclination to do work**. They would read a sentence several times and still could not understand its meaning. They felt a **total loss of initiative and interest**, were afraid to face the upcoming responsibilities of the day and were generally depressed. '**Irritability, inner restlessness and haste, anxious-depressive mood, even fear of the tasks of the day.**'

A third possibility regarding the polarity the provers experienced was that initiative and interest in doing things continued despite mental exhaustion, and intellectual efficiency increased despite severe sleep disturbances.

Calcarea fluorica's main mental picture is one of underlying anxiety along with a **tendency to attach themselves to specific people**. They feel the need to build a network of people upon whom they can rely. Their attachment to others can be very strong, and is a source of **disappointment** if they have reason to believe that their feelings are not being reciprocated by the people they care for. This can make them feel quite resentful.

Calcarea fluorica's emotions are vivid, strong, and uninhibited. These people are not exactly manipulative, but, rather, they attempt to influence others to do what they want. Their method is not one of overt domination, but rather a more feminine form of subtle persuasion. For instance, they might, by hook or by crook, try to convince their friends to move into their neighbourhood in order to have them living close by. This was the case with a woman who had strong anxiety about security issues and whom Morrison cured with Calcarea fluorica (*Proceedings of the 1989 Professional Case Conference*).

Calcarea fluorica's sexual desire can range from low to high. When it is low, it is almost an aversion, and orgasm is difficult to attain, especially in women. On the high end, in contrast to *Fluoricum acidum*, however, it does not become over-sexed.

An important modality is **eating ameliorates most mental and physical symptoms**; the person feels worse on an empty stomach.

In Calcarea fluorica, flushing is usually accompanied by a sudden sensation of heat. A common complaint that arises is **palpitations with flushes of heat, which alternate with a sensitivity to cold**. Arrhythmia can also occur along with the flushes. Calcarea fluorica is intolerant to cold, wet weather, but differs from Calcarea carbonica in that its constitution can be quite warm.

A strong and well-known keynote, which was already mentioned, is the tendency to **exostoses**. We also commonly see stiffness from rheumatic and arthritic complaints. Calcarea fluorica's pains are ameliorated by applications of heat and by motion, especially continuous motion, similar to *Rhus toxicodendron*. They differ in that Calcarea fluorica is warm while *Rhus-t.* is cold.

Generalities

Calcarea fluorica is one of Schüssler's 'tissue remedies', and is called his 'bone salt.' It acts powerfully upon the bones, tendons, ligaments and connective tissues, especially the elastic fibres. We see a marked tendency to **osseous growths**. These occur generally, throughout the body, but

especially in the **carpal and tarsal articulations** and at the **fingers**. There are hard rough corrugated elevations on the surface of bones, **exostoses after injuries**, and **bony infiltration in the periostium**. The healing process may be protracted by a lack of vital reaction in cases with suppuration of the bones.

Calcarea fluorica is also indicated for cases of fractured bones which are slow to heal, for suppuration of bones, similar to Silicea and Calcarea phosphorica, for **caries of the bones** and for **inflammations of the periostium**. The healing process may be protracted by a lack of vital reaction. Not only are the bones often insufficiently nourished, but also the teeth. The **enamel on teeth is deficient**, while dentition proceeds slowly and is difficult. Nails tend to become hypertrophied, hardened, and brittle.

The following are some noteworthy examples that demonstrate Calcarea fluorica's success with bone problems:

Burnett used Calcarea fluorica to cure a woman who had a shiny, hard and painful swelling on her left index finger (*enchondroma*), about the size of a walnut, only flatter. After taking the remedy, the swelling lost its cartilaginous nature, became smaller and softer, and by the end of three months entirely disappeared.

Other homeopaths have used this remedy to greatly ameliorate osteosarcoma resulting from bone injury.

Margery Blackie has observed Calcarea fluorica's success in reducing a bony growth in the nose. The growth resembles a septum, which blocks the nose more on one side than the other and is usually accompanied by a thick yellow catarrh.

Wesselhoeft cured two cases of **periosteal swelling** (one on the right radius, one on the left ulna) that were caused by syphilis.

Farrington cured a case of necrosis of the left lower jaw. There was a continuous discharge from the cavity an offensive, dark, and bloody fluid, mixed with fine pieces of decayed bone. Calcarea fluorica stopped this destructive process entirely, and granulation set in.

Induration and tumour

Calcarea fluorica has a strong tendency to produce tumours, growths and swellings, often of a **stony hardness**. **Induration** is an important action of the remedy and has often been a keynote for the selection of this remedy. Calcarea fluorica develops tumours that harden, ulcers where the base indurates and indurations in the muscles. G.P. Hale used Calcarea fluorica to cure indurations after typhlitis, and encysted tumours of the eyelids, and he regards 'induration threatening suppuration' as a prominent indication of the remedy. An induration after mechanical injury in the epigastric region (caused by the kick of a horse) also yielded to the remedy.

Indurated infiltrations are found particularly in the **glands and lymph nodes**, but also in the tonsils and other places. Mezger reports a **swelling of the thyroid gland, with the sensation of tightness and pulsation** and the need to loosen garments. *Struma Basedow*, goitre with hard adenomata.

As is suggested by the glandular swellings, the remedy has a strong relationship to the lymphatic system, similar to other remedies containing Fluorine. It affects the mucous membranes, the lymph nodes and the tonsils. Mezger himself was able to relieve a severe chronic inflammation of the frontal sinus with Calcarea fluorica. The remedy might also be indicated in Hodgkin's disease (*lymphogranulomatosis*). As Mezger points out, Calcarea fluorica is

most effective with chronic processes such as chronic inflammations of the mucous membranes, glands, and the bones, while related remedies which contain Iodine are better for more recent, active cases. Fluorine remedies often follow Iodine remedies with great success because they complete the action.

In **tendons and ligaments**, the **formation of nodular tumours** is also frequent. The joints may be inflamed; there may be chronic synovitis of the knee joint, and rice-like bodies may be found in the articulations and synovial sheaths. There are chronic, recurrent abscesses, and abscesses that form around the joints. Kent found *Calcarea fluorica* to be 'a useful remedy in gout, with copious pale urine and diarrhoea' where 'the patient is sad and miserable.'

The influence of this remedy on tumours is applicable to a variety of growths: malignant and cancerous tumours, encysted tumours, fibroids, ganglia, naevi. *Calcarea fluorica* facilitates **resorption of callosities and adhesions, also after surgical operations**. Kent reports a case where a recurrent fibroid in the hollow of the knee was surgically removed. It then returned and grew to the size of a fist, such that the leg was drawn up to a forty-five degree angle and the knee immovable. *Calcarea fluorica* was prescribed based on the symptoms of the case and the hardness of the tumour. The tumour gradually shrank and the limb returned to normal. Another successful use of this remedy was in **cephalohaematoma**, a fluctuating tumour found on the cranium of an infant. O. A. Palmer relates two examples where **hard knots in the female breast** were cured by *Calcarea fluorica*. In one case they had existed for three or four years before they were treated; in the other, due to the severity of the situation, immediate surgical removal of the tumour was recommended by a leading surgeon. *Calcarea fluorica* eliminated it within six weeks of treatment.

Due to the weakness of the connective tissues, we see a tendency to looseness and hypermobility of joints in children. The joints tend to wear out easily, resulting in arthritis. It is not surprising, therefore, that *Calcarea fluorica* is often indicated for injuries due to overexertion and strain.

The **relaxation of the elastic fibres** may also lead to dilatation of the blood vessels, relaxation and displacements of the uterus, relaxation of the abdominal walls causing a 'hanging belly', haemorrhaging in the womb, etc. 'Abdominal ptosis' is a marked indication for the remedy.

As stated above, the remedy affects the walls of blood vessels. Mezger relates that it both causes and cures **varicose and enlarged veins**. Blue veins show through the skin. We see dilatation of veins of two types - phlebectasia, and telangiectasia. Mezger's proving brought out a varicose vein on the thigh which protruded and was as thick as a quill. Additional ailments cured by the remedy are haemangioma, aneurysms, haemorrhoids, arteriosclerosis, and threatened apoplexy.

The remedy affects blood circulation and manifests as **swelling of the feet** during hot weather and the need to sit with the legs elevated. There is **soreness in the vena saphena**. Congestion in the head is also often seen in conjunction with the flushes of heat mentioned earlier. In this case the symptoms are ameliorated by open air, a draft of air, and bathing in cold water. During sleep the patient is bothered by hot feet and sticks them out of the covers in order to cool them, but then they quickly become cold and so he retracts them. Clarke says that *Calcarea fluorica* has been used successfully in haemoptysis, apparently to bring about contraction of the blood-vessels.

Calcarea fluorica has a special **sensitivity of the sensory organs**. Light or noise (such as music from the radio) intensifies headaches; the olfactory sense is very acute; provers reported a dulling of the sense of taste. Eye diseases with impaired vision, such as scintillating scotoma and cataracts,

have been successfully treated with this remedy.

The remedy increases the skin's sensitivity. It becomes sore to the touch, and has hyperaesthetic and/or anaesthetic areas. **Parts lain on are painful**, or feel as if the person is lying on crumbs.

Mezger's proving established Calcarea fluorica's special affinity for the **region of the throat and neck**. Not only do the muscles and joints of the neck and the cervical vertebra exhibit a distinct reaction, but so too do the mucous membranes of the larynx and the thyroid gland.

Concerning the digestive system, a ravenous hunger was observed. This hunger could not be satiated and the provers became emaciated despite eating regularly. Calcarea fluorica patients tend to be lean, to feel weak and to become easily fatigued. They have a 'feeling of fatigue all day'.

The **amelioration from eating** is a striking modality of Calcarea fluorica and general to the organism. Not only does it pertain to the painful feeling of hunger in the stomach, but also to the mental functions, the headache, the nervous restlessness and irritability, and to the general tone and energy of the body. Calcarea fluorica shares this general and marked modality with other halogen compounds.

A striking **left-sidedness** has been observed in Mezger's proving. For instance, a sore bruised feeling, joint pains, numbness and formication only affected the left side in several provers. A soreness on only the left side was also reported. Meltzer established the remedy's special influence upon the **pancreas**, which include greasy stools, and indigestion and diarrhoea from eating fat and feels that the affinity for the pancreas may also be due to the left sided bias.

Dr. Sarah Hogan gave Calcarea fluorica with complete success, to a pregnant woman suffering from flatulence. The patient came through labour quite easily, whereas the previous labour had been difficult. Dr. Hogan found the remedy to facilitate labour in numerous other cases, and found flatulence to be a marked indication for the remedy, even independent of pregnancy.

According to Mezger, there is a desire for salt, spicy foods, and sweets; however, sweets do not agree well. There is an aversion to eggs, meat and fat, which, as mentioned earlier, causes diarrhoea.

Phatak mentions, as a general symptom, that **discharges tend to turn grass-green**. He also recommends Calcarea fluorica's use in burns from X-rays. As in all the Calcarea remedies there is an inclination to **profuse sweating**, but in Calcarea fluorica the sweat has an **offensive** odour, similar to Acidum fluoricum.

Modalities

Some important modalities that were already mentioned are the **amelioration from eating** and the **aggravation** of most symptoms (rheumatic pains etc.) **by cold, wet weather**. Heat and warm applications tend to ameliorate. The same is true of warm drinks, whereas cold drinks aggravate. While resting and upon beginning to move, symptoms are worse, but continued motion ameliorates.

On the other hand, specific symptoms such as congestion of the head and heat in the lower limbs and feet are better from open air and cold water and worse from heat. An **intolerance of hot and sultry weather** and of exposure to the sun is a characteristic feature which Calcarea fluorica has in

common with other halogens.

Touch tends to worsen symptoms while tight pressure often ameliorates headaches, stomach-aches, and heart complaints.

A striking modality regarding time is a **marked aggravation at night between 3 - 5 a.m.** At this time, a nervous restlessness comes over them, which interrupts their sleep and brings on headaches, vertigo, and listlessness. These complaints frequently continue even after rising in the morning. After a siesta, the person feels irritable and ill humoured. These symptoms establish **aggravation after sleep** as a characteristic trait of *Calcarea fluorica*.

Head

Provers report a sort of creaking, straining and drawing pain in the head that is similar to the noise made by a cornstalk fiddle and greatly interferes with sleep.

A dull headache accompanied with fainting, nausea in the stomach, affects the entire head throughout the afternoon and is relieved in the evening. Pain is everywhere in the head, with confusion, or boring, stitching, or cutting pressure which feels as if the head is bursting; better from open air (even a draught of air), cold washing and pressure; worse from stooping, heat, exposure to the sun, sultry weather, climbing stairs, descending the escalator, alcohol. There are, however, occasional cases where heat ameliorates.

Headache is aggravated by light, noises such as radio music and is ameliorated by eating.

Headache, vertigo and listlessness between 3 - 5 a.m. and continues in the morning after rising.

Exostoses.

Cephalohaematoma of new-born infants.

Hair is without lustre or greasy. Hair on the head, eyelashes and pubic area falls out.

Eyes

Bell's proving provides the following symptom: '*After writing some time, was no longer able to see distinctly, because of a blur or mist before the eyes, with some aching in the eyeball; ameliorated when closing the eyes and pressing lightly upon them.*'

The picture of something read remains before the eyes for some time.

Floaters (*muscae volitantes*) appear after excessive use of tobacco.

Phlyctenular keratitis and conjunctivitis. *Maculae corneae*; opacities; cataract.

Recurrent tumours of the eyelids; cystic tumours; **subcutaneous palpebral cysts.** Recurrent **styes.**

Ears

Acute hearing; sound of a radio in the next room is unbearable.

Chronic suppuration of the middle ear.

Calcarea fluorica are cases of calcareous deposits on the membrana tympani, with roaring in the ears, worse at night, with cold feet, wrists, and ankles, and a crawling sensation all over the skin (cf. Hayes, in: Boericke and Dewey, Twelve Tissue Remedies).

Sclerosis of the ossicula and petrous portion of the temporal bone, with deafness, ringing and roaring (Boericke).

Mastoiditis, where the periostium is most affected.

Nose

Heightened olfactory sense. Illusions of smell.

Blowing of much mucus from the nose, with an ineffectual desire to sneeze.

Adenoid growths in the post-nasal space and pharynx. Thick, yellowish-green discharge from the nose; offensive catarrh of long standing.

Bony growths within the nose, blocking the nose, usually in conjunction with a thick, yellow catarrh.

Atrophic rhinitis, especially if the crusts are prominent.

Stuffy colds; dry coryza; ozaena.

Face

Hard swelling on the cheek (gumboil), with pain or toothache. Hard swelling of the jaw from toothache or injury. Swelling under the chin, with induration and an uneven surface.

Necrosis of the lower jaw, on the left side.

Small, hard herpetic sores on the lips from a cold. Sores in the corners of the mouth.

Mouth

Great dryness of the mouth.

Sensation as if the lips and tongue were swelling.

Dulled sense of taste.

Cracked appearance of the tongue, with or without pain; **hardening** of the tongue, also after inflammation.

Deficient enamel of the teeth, which is rough and uneven. The teeth decay, crumble and produce caries. Dentition is slow and difficult; hollow teeth appear prematurely in children.

The teeth feel loose or become loose in their sockets. They ache if any food touches them; and also from the cold.

Throat, larynx and trachea

Bell's proving brought out a prickling, burning, **suffocative sensation in the throat**, which **grew worse at night**; **cold drinks seem to aggravate and warm drinks to palliate** the sensation, but only for a short time. In the proving the symptoms intensified a few days later, and the prover had such difficulty breathing that it seemed **as if the epiglottis was nearly closed**, or that he was breathing through some thick substance, which permitted but a slight ingress of air to the lungs.

Tonsils rough and ragged. Follicular sore throat; plugs of mucus are continually forming in the crypts of the tonsils. **Painful swelling of the tonsils, with a purulent coating. Chronic tonsillitis.**

Pain upon swallowing, with redness of the back part of the pharyngeal wall, of the lateral *trunci lymphatici*, and of the tonsillar ring.

Soreness and rawness in the throat, extending down to the bifurcation, with coughing and light clear expectoration, worse when lying down.

Uvula relaxed, causing irritation, tickling and coughing.

Dryness and **tickling** in the larynx, with the desire to clear it out. **Tickling itching in the larynx, inducing a hacking cough; worse from 3 - 4 p.m.**

Hacking cough from tickling in the larynx, as from a small foreign body, along with desire to swallow, but neither coughing nor swallowing relieve the tickling.

Very hoarse after laughing; also from reading aloud.

Laryngeal diphtheria.

Feeling of tightness in the region of the thyroid gland, with pulsating; has to loosen garments. Hard struma; toxic adenoma.

Heart

Pressure on the heart with fear that the heart will fail.

Sensation of heaviness on the heart, as of a stone, immediately disappearing if pressure is applied with both fists.

Severe stitches of the heart when sitting leaning forward.

Stomach

Increased appetite and **sensation of hunger; sensation of satiety fails; can eat all day, but remains emaciated all the same.**

'Hunger pains' two hours after a meal, ameliorated by eating.

Becomes very angry if is hungry and has to wait for a meal; when the meal finally arrives, looks at it with disgust.

Loss of appetite. Weakness and daintiness of appetite, nausea and distress after eating, in young children who are overtaxed by studies.

Desire for salt, spicy food, sweets (but sweets do not agree); aversion to meat, fat, and eggs. **Fat does not agree and causes diarrhoea.**

Hawking up of mucus in the morning causes an extended attack of hiccup, which depletes the person, and recurs frequently throughout the day.

Heartburn.

Vomiting of undigested food; in infants, during dentition.

Acute indigestion from fatigue and brain fag, much flatulence.

Abdomen

Sensation of fullness with flatulence, better from discharging the flatus. **Flatulence during pregnancy.** Flatulence, **worse when horse riding** and towards evening, better after lying down at night.

About midnight, or soon thereafter, wakened by a sharp pain in the right hypochondrium, under the eleventh rib, occurring in paroxysms of lancination accompanied by restlessness; worse when lying on the painful side, so much so as to cause a feeling of bursting outward; better when lying on the painless side and when doubling over.

Frequent attacks of the same lancinating pains in the liver region, worse when sitting, better when walking about.

Stomach-ache and pain in the abdomen better by laying a hand on the affected region; also by lying on the belly.

Rectum

Piles, frequently with **back pain, generally far down in the sacrum**, and with constipation.

Fissures of the anus, or *fistula ani*.

During the night awakened by itching at the anus, as from ascarides.

Burning and itching, stitching and splinter pain at the anus.

Moisture at the anus; moist eruption; **intertrigo**.

Slight diarrhoea; the first part of the stool is natural, the last part loose, with urging pain before stool.

Diarrhoea: pasty or gushing out; **greasy, shiny**; immediately after eating. **Diarrhoea from fatty food.**

Constipation with dizziness and a dull headache.

Stool is hard, like sheep's dung or consisting of large, hard lumps. **When hard stool is discharged, the pain feels as if anus were torn apart.**

Sensation of receding stool when faeces are hard.

Urinary organs

Increased secretion of pale urine. Gets up twice at night to pass profuse urine.

Or: Urine scanty, high-coloured, turbid.

Irritability of the bladder, frequent urging to urinate; urine causes smarting along the urethra, particularly at its external orifice; emits a pungent odour.

Genitalia

Induration of the testes. Orchitis. Hydrocele.

Excessive catamenia with bearing-down pain. Dragging pain in the region of the uterus and thighs; bearing-down of the uterus.

Before menses, pain in genitalia and mammae.

Displacement of the uterus.

Very **profuse menstrual flow, with yellowish-milky colour.**

After-pains due to weak contractions.

Fibroid tumours in the uterus.

Hard nodular tumours in the mammae.

Neck and back

Stony hard swelling of the cervical lymph nodes.

Pain in the cervical spine. *Caput obstipum.*

Lumbago from strains; chronic lumbago, worse on beginning to move, better from continued motion and warmth.

Tired aching in the lower back, with restlessness.

Haemorrhoids which accompany pain in the sacral region.

Extremities

Cracking in the joints, with easy dislocation, especially of the phalanges; hypermobility of the joints. Spontaneous hip dislocation.

Arthritic nodosities and **exostoses** form on the bones, especially **on the fingers**.

Margery Blackie reports that *Calcarea fluorica* greatly improved a sarcoma on the humerus and eliminated bony spurs on the heels.

Ganglion at the wrist.

Sudden occurrence of an anaesthetic zone on the right ulnar nerve.

Numbness in the left ring finger and little finger, made worse by cold.

Varices on the lower limbs.

Lower limbs feel heavy and weak **with the need to elevate the feet to relieve the pain. Pain along the vena saphena stimulated by touch.**

A stony hard, rachitic swelling of the entire thigh, in a 2-year-old child, yielded promptly to *Calcarea fluorica* (Ward, in: Twelve Tissue Remedies).

Chronic synovitis of the knee joint.

Fibroma in the hollow of the knee.

Nocturnal **cramps in the calves**, better by uncovering or extending the leg.

Doughy swelling of the feet on warm days.

In bed at night, uncovers feet to cool them down, but soon draws them back due to their feeling cold.

Sleep

Sleep disturbed by constant dreams: vivid and distinct, of the death of a relative, with much grief and weeping; of unsuccessful efforts to do various things; **of new scenes and places, not unpleasant, but with sensation of impending danger.**

Interruption of sleep between 3 - 5 a.m., with a vivid stream of thoughts.

In the morning, feels unrefreshed, with headache, vertigo, palpitation, fatigue and listlessness.

Unable to take his usual midday nap.

After a siesta, considerable irritability and 'hideous mood.'

Fever

Flushes of heat with palpitation and sometimes arrhythmia, alternating with sensitivity to cold.

Warm feeling over the entire body, with flushes of heat. Burning heat on the soles of the feet; also on the hands.

Chill, with trembling; cannot get warm after a cold shower.

Attacks of fever, lasting a week or more, with thirst and a dry, brown tongue.

Inclination to **sweat from the least exertion**; perspiration tends to be **offensive**.

Skin

The skin looks **thin, transparent and markedly white**. It feels harsh and dry, and there is a tendency towards **chapping, cracking, rhagades, and fissures**.

Formation of hard cicatrices.

Ecchymoses; naevi.

Inflammatory appearances on the skin, like acne, pustules, papulae, herpes. The **surroundings of the body orifices** are the preferred location for skin disorders (corners of the mouth, the margins of the eyelids, the nostrils, behind the ears, the *glans penis*, scrotum, anus).

Troublesome itching of the skin with or without eruption, **worse in a warm bed**, made better by uncovering.

Mezger comments: 'The skin is much more affected, as you would expect from the pure lime. Formation of acne noduli, pustules, furuncles, and little abscesses of the skin; also of herpetic eruptions, which transform into flat eczema of a moist character. This is connected with violent itching, which can also be found without eruptions.'

Clinical

Adenoids. Aneurysm. Bone disorders. Breast, indurations of. Cataract. Catarrh. Cold sores. Corneal opacities. Cough. **Exostosis**. Flatulence. Glands, indurated. Haemoptysis. Herpes. **Hodgkin's disease**. Joints, cracking of. Liver, disorders of. **Lumbago**. Nodes. Ozaena. Parturition. Postnasal catarrh. Spavin (horses). Strains. Syphilis.

Relations

Compare: *Con.*; *Lapis*; *Bar-m.*; *Heela*; *Rhus*; *Cacodylate of Soda* (Tumours).

Calcar. sulph-stibiata (acts as an haemostatic and absorptive in uterine myoma)
Mangifera indica (varicose veins).

Calcarea phosphorica

Calcium Phosphate. Phosphate of Lime. Tricalcic Phosphate. $\text{Ca}_3 \text{2PO}_4$.

A mixture of the basic and several complex calcium phosphates - produced by adding dilute phosphoric acid to lime water.
Trituration.

The essential features

Calcarea phosphorica is a deep-acting remedy with a wide range of symptomatology. Unfortunately, it is often confused with several of our polychrests, the most frequent of these being Calcarea carbonica, Chamomilla, Phosphoricum acidum, Phosphorus and Tuberculinum. A more thorough understanding of this remedy will enable the practitioner to better distinguish it from the others mentioned above.

There are three primary causative factors for the development of a Calcarea phosphorica case:

bad nutrition

bad news

bad weather

a) **Deficient or poor nutrition** is required to produce the classic Calcarea phosphorica picture, especially on the physical level. This picture encompasses the basic structural and developmental pathology described in earlier texts, whose symptoms include: **rachitis; emaciation; bone diseases; the non-union of fractured bones; anaemic states; slow or difficult convalescence after acute diseases**. Specifically in babies: **the non-union of sutures, open fontanelles, late learning to walk, late learning to talk, late dentition and troubles incident to this period**.

Fifty or one hundred years ago, case descriptions of Calcarea phosphorica children treated by earlier homeopaths were abundant in our literature.

Nowadays, in Western countries, the remedy is not indicated as often because nutrition has greatly improved. In developing countries, however, the classic picture can still be frequently encountered.

b) Similar to the effect of malnutrition, **unexpectedly hearing bad news** causes an imbalance in the organism and makes the individual sick. Apart from the predisposition that a child inherits from its parents, there are other causes that trigger a Calcarea phosphorica state. These include psychological stresses experienced in everyday life, e.g. grief, anxieties, insecurities, anger, contradiction, insults, etc., with the most devastating effect being wrought by the sudden hearing of bad news. This is one of the great keynotes of the remedy. This kind of shock cannot be tolerated by the organism so predisposed and brings about a deep imbalance and disease.

For example, a *Calcarea phosphorica* individual receives a telephone call informing him of a car accident involving a close relative. He becomes overwhelmed and cannot cope. His organism reacts to the information by getting excited, by having palpitations and fainting spells. He perspires profusely, especially around the neck and head and wants to fan this area all the time. What began as a temporary imbalance then turns into a chronic condition. He is afraid of hearing anything bad and becomes distraught from any kind of unpleasant news. Even the mere idea that he may encounter something unpleasant is unbearable.

The pathological consequences of such a shock can affect the mental, emotional, or physical level, or all simultaneously. An individual that was previously patient and balanced now becomes **fearful, fretful, afraid of the dark**, and afraid to be alone. These people become oversensitive; they cannot stand to see others suffer, a feeling that assumes pathological proportions.

Irritability and anger develop. This remedy rages and swears almost as much as *Nux vomica*. The provings describe symptoms such as: 'Grows very violent if his opinion is differed from, or if contradicted, so that he is vexed afterwards not to have been able to control himself.' Or: 'Violent, irritable, and snappish; it affects him most to hear that someone has done wrong; indignation rises in him, and he would like to avoid conversation.' There is a tendency to become very critical of oneself and others, which may induce these violent and irritable states. Coffee has an aggravating influence. Not only may it cause nausea, heartburn, confusion of the head, and headache, but it may also produce or increase intense ill-humour and irritability.

The possible **consequences of hearing bad news** in a *Calcarea phosphorica* individual are described in the provings in this fashion: 'Unpleasant news make him beside himself; **he cannot think of any serious thing, cannot collect his thoughts, and gets into a general sweat** about it.' Phatak also says that numbness and a crawling sensation can come on after bad news. This indication probably has its basis in the following proving report: 'Very much out of humour, does not want to talk a word, prefers not to be asked and to be left alone, after disagreeable news. - Very restless sleep, tosses about much. - In the morning after waking, the extremities are 'asleep', especially hands and feet (the day after disagreeable news).' The vexation that comes from bad news may also produce depression, a feeling as if lame, an inability to work or even to walk, and diarrhoea.

It is interesting to note that *Calcarea phosphorica* is seldom indicated for romantic disappointments. In these situations people usually have some sort of warning, either spoken or implied, of the impending separation. This opportunity for preparation mitigates the suddenness of the shock that otherwise might have provoked a *Calcarea phosphorica* condition.

Calcarea phosphorica is often indicated for **ailments caused by grief**, especially when the grief is profound and **is precipitated suddenly**. A **sudden insult** that is left unanswered can bring about a state of *Calcarea phosphorica*. In this case one may mistake the patient for *Staphysagria*.

c) **Changes of weather**, especially **to cold** and **to wet**, often cause severe symptoms. *Calcarea phosphorica* develops rheumatic pains that are worse in the winter (due to the cold weather), disappear in the spring and return in the autumn. Another modality of rheumatism observed in *Calcarea phosphorica* is that special times for aggravation are in the autumn and **when the snow is melting**, i.e. in the spring. This is a valuable and well-confirmed symptom.

Getting wet in the rain often brings on rheumatic pains in the shoulders, chest and extremities; the pain moves about all over the limbs and rump. A kind

of dull pain from damp, rainy, cold weather has been observed in the lower limbs, as well as a feeling as if lame and beaten in the buttocks and other parts.

Discontent and restlessness

A psychological theme central to *Calcarea phosphorica* is that of **discontent**. These people never seem to be satisfied with themselves. Their inner discontent renders them aggressive and extremely **peevis**, causes them to **complain** and more specifically, to **moan and groan**.

This characteristic is most readily witnessed in **children**. They may suffer discontent for a number of reasons (bone pains, teething difficulties, etc.) and moan and whine constantly and for extended periods of time. Parents typically complain that the moaning grates on their nerves. Mothers of *Calcarea phosphorica* children typically describe their child as a '**moaning child**', thus summarising the whole situation in one word and providing the practitioner with the true essence of the case. *Calcarea phosphorica* should be the first remedy considered for children who **moan in their sleep**; in adults, the main remedy is Aurum.

I recall the case of a four-year-old boy. He had fallen and sustained a head injury. For no ascertainable reason, he moaned, groaned, and shrieked for seventy-two hours straight. His father carried him about and took him for walks around the block, but with little effect. Chamomilla did nothing for this child, while *Calcarea phosphorica* immediately put him into a restful sleep from which he awoke with no residual problems.

We can compare *Calcarea phosphorica*'s dissatisfaction to that of *Tuberculinum*. Both experience discontent and the resulting desire to travel. *Tub.*'s dissatisfaction, however, is active and pertains to his locale. These people are unhappy with their surroundings and consequently develop an urge to travel, hoping to alter their environment and situation. They search for another set of conditions or circumstance that will excite them and provide them with strong mental stimulation.

In comparison, *Calcarea phosphorica* has an indefinable **inner and passive discontent**. At its core, is a **discontent with themselves more than with others**, although they may exhibit great irritability, anger, and censorious behaviour toward others. As *Calcarea phosphorica* is a realist and not one to engage in flights of fancy, his inner discontent constantly brings him back to reality and to his organism that works at a slow pace, to his inability to think, to his feelings of dullness and to his lack of joy. This even further intensifies his suffering, as *Calcarea phosphorica*'s symptoms are definitely **aggravated by thinking about them**.

It is not surprising, then, that the desire to travel while listed in our repertories along with *Tuberculinum*, has an entirely different meaning. *Calcarea phosphorica* does not have the desire to travel *per se*, nor the excitement of seeing new places that *Tub.* has. *Calcarea phosphorica* just wants to be 'off somewhere', to change the place where the person is at the moment just for the sake of changing it'. The act of travelling, the altering of impressions, focus and goals distracts him from his inner discontent and restlessness, and thereby ameliorates him. For example, if he leaves his home, not for any major reason, but even just in order to visit a friend in another town, he feels better while travelling. Once he's arrived, however, his discontent returns and he wants to go home again. *Calcarea phosphorica* and *Ignatia* share a feeling of being **better while travelling**.

At this point, I feel it necessary to insert a warning. It is unfortunate and confusing that several authors, based on my description of essences, describe in their teachings or writings the personality traits of their clients, instead of their psychopathology. Only the mental/emotional pathology, not the personality need be taken into consideration when prescribing a remedy. That which has changed in the mental/emotional sphere *after the appearance of the disease* is of interest to the homeopath. If, for instance, in our case, there is a curious person who likes to meet people from other countries and is asked the question whether he likes to travel, he may answer yes-but this is not pathology!

Although *Calcarea phosphorica* and *Tuberculinum* children have superficial similarities, especially the strong desire for smoked meats, bacon and sausage and the desire to travel, it is important to discriminate between the way they express their dissatisfaction. This is done by noting whether the expression of dissatisfaction is active or passive. The *Calcarea phosphorica* child, when hurt or displeased, withdraws and begins to complain and moan from morning until night. Nothing satisfies the child; it seems to be unaware of what it wants. The *Tub.* child, on the other hand, is more prone to act out its dissatisfaction by taking action - by becoming malicious or by trying to hurt others. Were a mother to say, "My child is very nasty," one would not consider *Calcarea phosphorica*.

Indignation is another keynote of this remedy. When insulted, *Calcarea phosphorica* does not stay in order to fight back, but rather leaves with a sense of indignation. It is interesting that they can even become **indignant at unpleasant dreams**. This is another point where they resemble *Staphysagria*. *Staph.*, however, is sweet and mild and accepting, while *Calcarea phosphorica* is vehement, angry, censorious and displeased with others and themselves. Though the symptom is the same, the context is different.

Sluggishness

Without knowing what exactly is wrong or why, *Calcarea phosphorica* patients realise that something is awry with their system. They may be functioning at their optimum when they suddenly find themselves becoming tired more easily. They feel **sluggish**. They start to lose interest in pursuing their daily activities, whether it be work or play. Their minds are duller, less vital. In order to mobilise their minds, they need stimulation, either mental, i.e. , a good conversation, or physical, such as a good strong coffee. They are unable to explain the reason for their vague discontent. They only perceive that they are no longer easily excited nor enthusiastic about life, and that they are tired and do not comprehend things as readily as before.

The sluggishness on the mental level can be termed a 'mental flabbiness', and parallels the physical flabbiness that characterises this remedy-similar to what was written in my description of *Calcarea carbonica*. In *Calcarea phosphorica* people, the **ability to reflect is very compromised**. (This is exactly the opposite of *Chamomilla*, where the ability to reflect is quite active.) Mental tasks require far more time to complete than they did previously. Mental exertion becomes very difficult and may even provoke a headache. Indeed, *Calcarea phosphorica* is one of the major remedies for **headaches in school children** (compare *Natrum carbonicum*). *Calcarea carbonica* is the major remedy for headaches from physical rather than mental exertion.

The increasing deficiency in the area of the intellect assumes various forms, among them are the following: the memory begins to lack precision (a prover

reported that he was unable 'to remember common symptoms of common remedies'), or is lost so that one does not remember at all what one has done, or what one should do. The operations of the intellect begin to lack the accustomed acuity. Ordinary intellectual operations are performed only with difficulty. Words get confused (a prover found himself writing throat for tonsils, red for swollen etc.) or are written twice. It becomes increasingly difficult to distinguish among things and notions under consideration. Mental 'stamina' begins to suffer; the individual is unable to sustain prolonged mental efforts.

Exertion-exhaustion

As a result of their mind being sluggish, *Calcarea phosphorica* people dislike mental exertion. In fact, these people dislike performing work of any kind; if they do not work at all, however, they feel they have been neglectful and suffer even more discontent. If they are successful in stimulating themselves to work or are roused by somebody else, they feel better for having made the mental effort. They briefly experience a sense of satisfaction for having done some useful labour. The sluggishness, however, eventually reasserts itself and the discontent and nagging sense that something is wrong return, and progressively worsen. If these people direct their attention to their symptoms-to the difficulty they have concentrating, to their loss of memory, etc.-they feel much worse and their dissatisfaction increases. Similar to Oxalic acid, and as mentioned earlier, *Calcarea phosphorica* patients are worse from thinking about their symptoms and complaints.

At a more advanced stage, their inability to comprehend can progress to the point where they begin to do silly things. They make silly jokes or say silly things that are inappropriate to the situation. Their comments might be understood were they presented as jokes, but they are often made in all seriousness and with little awareness of the impression created by them.

Calcarea phosphorica's emotions suffer from sluggishness as well. Their emotions move with difficulty; they are **indifferent**. The emotional indifference, while somewhat similar to that of Phosphoric acid, is not nearly as profound.

Sighing

Sighing is a well-known keynote of *Calcarea phosphorica*. One might mistake a *Calcarea phosphorica* case for *Ignatia* because both remedies sigh frequently. *Calcarea phosphorica*'s sighing, however, is primarily of a **physical origin** as opposed to *Ign.*'s psychological etiology and seems to be a consequence of physical pathology rather than psychology. *Calcarea phosphorica* cases have a weakness of the respiratory apparatus such that there is a need to take a deep breath. The deep involuntary inspiration that ensues sounds like sighing.

The sighing does not commence after an experience of grief, though such an episode may aggravate it, and usually appears for no apparent reason and much earlier in the case than *Calcarea phosphorica*'s emotional symptoms. A psychological shock, like a grief, may produce other symptoms, such as those previously mentioned under the heading 'bad news'. This is different from *Ign.*'s sighing, which results directly from an incident of grief, and

can be traced back to that experience.

Sympathetic and fearful

Calcarea phosphorica individuals are typically sensitive people. Before they reach the state of inner discontent, they are quite open and outgoing. Though they are shyer than Phosphorus, the phosphoric element contributes to their sociability. Their feelings can be rather easily hurt, and when this happens they tend to develop an aversion to company; they become sulky and angry.

Both the qualities of desire for, and aversion to, company are observed, but at different stages of the pathology. The sympathetic moment can take a pathological form, but it is seen at an earlier stage of pathology than the inner discontent that is so striking in the more progressed stages.

Calcarea phosphorica is also very sympathetic toward other people's suffering and many times can become considerably **anxious about others** (again displaying their phosphoric nature). These ailments, together with some fears like the **fear of thunderstorms, of the dark, of dogs, of cats, of being alone** that are all keynotes of both Phos. and Calcarea carbonica, are encountered frequently in the Calcarea phosphorica child.

In the **sexual sphere**, we have a polarity. On the one hand, Calcarea phosphorica's general weakness may make them less prone to seek out sex. On the other hand, some Calcarea phosphorica individuals, especially women, possess a very strong sexual drive, some to the point that they suffer from the intensity of the drive. This 'nymphomania' is most intense before menses. Also, having an orgasm sometimes gives Calcarea phosphorica extra energy, resulting in a feeling of general well being, a good appetite, and a **desire for work after coitus**.

The calcarea phosphorica child

The general makeup of the Calcarea phosphorica child has frequently been described in homeopathic literature, especially cases where the cause is malnutrition. A good example of such a case is a child who is pale, thin, scrawny, very underweight, mentally and physically underdeveloped, slow at learning to walk (or has lost the ability), hardly able to talk, has tottery legs, a head that is inclined to wobble, a **belly that is flabby** and prominent or flabby and sunken, is subject to bronchitis and tonsillitis, has a very unstable nervous system, and is very restless. Remedies that should be compared are Baryta carbonica, Borax, Calcarea carbonica, Magnesia carbonica, Medorrhinum, Natrum muriaticum and Phosphoricum acidum.

Problems with the formation of bones and/or an inclination to bone diseases and bone pains, often indicate Calcarea phosphorica. The remedy should be considered when the **head bones are slow in forming or do not keep pace with the growth of the child**, when the fontanelles don't close early enough, or even reopen. Clarke differentiates: 'Calcarea carbonica has an open anterior fontanelle; Calcarea phosphorica has both open, especially the posterior.' The **skull is often thin and soft**, gives way under the pressure of a finger or seems to crackle like paper. There are pains in the skull bones, **especially in the region of the sutures**.

Another indication of the remedy is the so-called 'growing pains' (due to delayed closure of the epiphyses) in fast growing children, which appear

especially at night. These children grow very quickly, but the assimilation of nutrients to support such rapid growth is deficient; thus we see skeletal and dental problems. A number of pathologies that have been cured or favourably influenced by this remedy are: lateral curvatures of the spine (scoliosis); hydrocephalus, acute or chronic; rickets, frequently with diarrhoea (*cholera infantum*), in emaciated children; caries, easy decay of the teeth, especially of the first teeth; late or slow dentition, in connection with a host of teething complaints which include cough, diarrhoea and spasms, especially without fever. Even *spina bifida* is reported to be favourably influenced by *Calcarea phosphorica*. **Enlarged tonsils and adenoid growths** are often seen and have also responded well.

An important symptom, though not to the same degree as in *Calcarea carbonica*, is a **profuse night sweat around the head**. Great sensitivity is also exhibited to cold and to jarring. Hering describes: 'A child of fifteen months, with a big head and open fontanelles... violent screaming, grasping with hands in great agony towards his mother; cold sweat, most in face, whole body cold.'

Concerning the mental makeup, some important traits have been described before. The **discontent**, with the typical **moaning** (especially **during sleep**) and the **restlessness**, is the core of the mental and emotional pathology. Patients tend to be **peevish, fretful, and ill-humoured**. Boericke describes them as follows: '**Anaemic children who are peevish, flabby, have cold extremities and feeble digestion.**' Babies turn over all the time, cry a lot, are restless, constantly kick and move their extremities. Trying to console them by picking them up does not work; on the contrary, it makes them feel worse and may cause a suffocative attack with a cyanotic face and extreme restlessness. This aggravation from lifting the child from its bed is just the opposite of Borax, where downward motion brings on symptoms.

Anxieties and fears are also frequent. They are often related to bodily symptoms (i.e. abdominal pains, chest and respiration symptoms, teething problems). *Calcarea phosphorica* children tend to be timid and shy; they tend to start or to develop convulsions from fright or other external influences.

On the intellectual level, the growth process of these children is also frequently disturbed. Their memory is poor, and mental exertion is often dreaded; prolonged mental efforts are difficult to sustain and often bring on symptoms (like the headaches in school children mentioned earlier, or a kind of dull sluggishness with the desire to be alone). **Mental retardation with bodily hyperactivity** is an indication that has been confirmed more than once by many homeopaths including Stiegele, who saw favourable results even in more advanced stages of this syndrome (after cerebral polio).

The food desires are very unusual and strong. 'Craving for **fat bacon**', or, as Margaret Tyler puts it, for 'ham rind', is a symptom that has been well-verified in children; however an aversion to ham has also been observed. **Smoked meat** is frequently the favourite food. We also see desire for **sausages**, for potatoes and farinaceous foods, and for indigestible things, which refers to things that the little patient cannot, such as fat bacon in cases of *cholera infantum*, or to slate pencils, clay or such things. An aversion to ham, however, has also been observed. Children's appetites frequently increase, and the child wants to eat (or nurse) all the time; this often occurs in emaciated children, who despite this do not 'put on flesh'. We also see nursing children who refuse their mother's milk; this, however, is due to the milk being spoiled and tasting salty, not to any problem with the child.

Generalities

Musculoskeletal system:

The **musculoskeletal system**, especially the **bones**, but also other related structures (e.g. the teeth) are a main sphere of action in Calcarea phosphorica.

Some of the bones' pathological conditions have already been described in the first part of this remedy picture. As mentioned, the bones are undernourished, soft, thin and brittle. **Places where bony structures meet** are especially affected: **sutures, symphyses, joints** etc.

Effects on the skeletal system are common. In older populations Calcarea phosphorica covers many cases of arthritis, especially when the ligaments are affected and when stiffness is a prominent symptom. Many cases may resemble Rhus toxicodendron; the stiffness can be so intense that it verges on a constriction that almost defies movement. Patients suffering from such stiffness have to walk about to achieve some relief. It can be a very debilitating and uncomfortable state. Limping can appear suddenly after hearing bad news.

Stiffness of the cervical region, especially at the borders of the trapezius muscles, is a strong characteristic of this remedy. This stiffness is greatly aggravated by a draft of air. These people are worse from draughts in general, but the cervical area suffers from an exaggerated sensitivity. Calcarea phosphorica, Rhus toxicodendron, and Cimicifuga are the main remedies for stiffness and pain in the cervical region that is aggravated by draughts. In Cimicifuga the stiffness in the cervical region can become so severe that the brain feels as if it is enclosed within a cloud. With Rhus-t. the accompanying feeling is one of irritability. Their stiffness makes them irritable and restless. They want to move about and are unable to stop or sit quietly for even five minutes. Rhus-t. patients are also inclined to rub their neck a great deal. Calcarea phosphorica does not demonstrate such restlessness; they sit quietly, and their mind grows more and more dull. The Calcarea phosphorica aggravation usually consists of a stiff neck coupled with a dull and sluggish the mind; it is as if the circulation to the brain has been compromised. Both Rhus-t. and Calc-p. have the **inclination to move the neck and crack it**, and the noise that comes from such cracking is impressive.

It is interesting to observe that nowadays, for most people, there exists a vulnerability to stress in the cervical region. It seems that almost everyone experiences stiffness of the neck, especially when fatigued. Most particularly, however, this stiffness arises when an individual perceives that the extent of his responsibilities exceeds his capacity to fulfil them. It is also quite liable to arise when a person's desire to perform in accordance with the expectations of others is frustrated.

The **muscles, tendons, and ligaments** are lame, weak, and sore, often from straining them or due to cold weather. Interestingly, **the extensors tend to be more affected than the flexors**.

Glands and Swellings:

The glands and lymph nodes also suffer from malnutrition. They are often swollen and sore. The tonsils and adenoids are particularly affected;

enlarged tonsils and **adenoid growths** are symptoms that are well verified. We also see swellings of the cervical, inguinal, or mesenteric lymph nodes.

Calcarea phosphorica like Calcarea carbonica is useful in **polypi** of the nose, uterus and rectum.

Modalities:

We mentioned three causes for the development or the aggravation of a *Calcarea phosphorica* case: **causation or aggravation due to bad nutrition, bad news, or bad weather, i.e. , cold and wet.** The special **aggravation from melting snow** is a striking sign, especially in cases of rheumatism and arthritis. **Draughts of air** can very easily provoke complaints, and **any change of weather** definitely aggravates symptoms. Whenever the patient goes without a hat, walks on the floor with bare feet or gets his feet wet, he catches a cold. He can have chills running up his back. While the occasional patient may, due to the phosphoric element, be warm-blooded, he still experiences the aggravation of his localised complaints in cold, wet weather. The aggravation from cold extends to food as well; ice-cream, frozen foods and drinks tend to cause colic or diarrhoea. Other foods and drinks that may have a similar aggravating influence are fruit and cider.

Another strong modality is that exertion, especially **mental exertion**, may bring on complaints. Physical strain, such as lifting, also has negative consequences (back pain, etc.).

Calcarea phosphorica is **aggravated by thinking of complaints** and by consolation.

Dentition and puberty are critical points in the development of young *Calcarea phosphorica* individuals.

Heat generally ameliorates, as does warm, dry weather; the same is frequently true of lying down. Some complaints are also ameliorated by washing with cold water.

Appearance:

Calcarea phosphorica individuals tend to be tall and lean, even scrawny, and have an appearance different from the 'pasty' appearance of *Calcarea carbonica* people. Both have a **flabby abdomen**, which is often large, but which in *Calcarea phosphorica* may also be sunken. *Calcarea phosphorica*'s complexion is less chalky-white and tending more to dirty-white or brownish than *Calc.*

Weakness and Fatigue:

Weakness and fatigue on all levels is a marked characteristic of *Calcarea phosphorica*. The weariness is worse from going upstairs. The individual wants to sit down and not get up again. There is a predisposition of the lower limbs, abdomen and sacrum to 'go to sleep' and thus the individual is unable to rise from his seat.

Weakness and languor may occur during menses or pregnancy, with leucorrhoea, with diarrhoea, **in dentition**, and after acute diseases. Exertion, especially mental, makes these people feel weak, but so does physical exertion, even just the act of talking. Vexation may also induce states of weakness.

On the physical plane, muscular flabbiness is characteristic of *Calcarea phosphorica*, and quite often flabbiness of the lower abdomen is a prominent feature. As the *Calcarea phosphorica* state develops, an individual who may have been muscular and energetic loses his stamina, often rather precipitously; his muscles lose their firmness and strength, and he begins to put on weight. Flabbiness begins to pervade the whole organism.

Some further general qualities of *Calcarea phosphorica* are:

Sensations of crawling or tingling, numbness and coldness are characteristic, as the protagonist of the 'tissue remedies', Schüssler, perceived; they often accompany pains and convulsions due to anaemic states. There is a tendency for the sensations to occur **in small spots**.

Trembling, especially of the arms and hands, is also a symptom that frequently accompanies other ailments, such as uterine complaints, headaches and bellyaches.

The **discharges** of Calcarea phosphorica persons generally tend to be **albuminous**; they contain albumen and look like the white of an egg.

The tendency to perspire, especially around the head in sleep, as mentioned in the section on the Calcarea Child.

Calcarea phosphorica may also be indicated for **convulsions**. Schüssler gave as a special indication 'Convulsions without fever in teething children.' In children, we may see convulsive starts when they lie on their backs, which cease when they lie on their sides. In convulsions of children, however, to secure the best effect, the remedy must not be given when the child is in the throes of the convulsion.

In young persons whose bodies are developing, the remedy brings on **epileptic spasms** after suppressed menses due to bathing. Attacks of spasms **go through the body like an electric shock, so that she falls down**, last about a minute and occur up to thirty times a day.

Calcarea phosphorica has a tendency to produce very strong aggravations that may last for 10-20 days, which is considerably longer than for most other remedies. It is very important to differentiate an aggravation that is due to the healing process from an aggravation that comes from an involuntary proving! (from Esalen)

Vertigo

Vertigo when walking in the open air in windy weather, with drawing in the nape of neck and also **with confusion of the head**.

Vertigo when getting up or rising from sitting, particularly in old people; they stagger when getting up from bed.

Vertigo in old people has also been cured when it occurs in connection **with constipation** and hard, bloody stools, and which is accompanied by mental depression and headache.

Vertigo and loss of memory occur during lunch; vertigo with leucorrhoea, before the menses.

Generally, physical or mental exertion may provoke vertigo.

Head

Crawling sensations run over top of head, with a **freezing cold feeling, as if ice were lying on the upper part of the occiput**. The head may be hot, with smarting at the roots of the hair.

Heat in the head; **burning on top, running down to the toes**.

Headaches with fullness, as if the brain were pressing against the skull, most severe on the top of the head. This symptom from Hering's proving first occurred every ten seconds, then became almost continuous. This kind of headache is aggravated by motion, on stooping, on sitting up after lying down, on rising after sitting; also by external pressure (from a hat). It is **better while lying still**; the patient often wants only to be left alone.

Throbbing or beating headaches, through either or both sides, worse from a jar (stepping) and **especially from quick motion**.

Headaches from mental exertion are a well-known indication of *Calcarea phosphorica*, especially in **school children**, and accompanied by diarrhoea.

Headaches in children from watching TV is also an indication. They may be ameliorated by going out into the open air. Occasionally mental work may also relieve headaches, probably because it **diverts the mind from thinking of the pain**. In the provings, we can find the following symptom: 'Headache, in the morning, on waking, a heavy painful confusion, as if close to the bone, from within and without, worse on the vertex and aggravated by bodily exertion; it seems to disappear on mental exertion, and return on bodily exertion; relieved by washing with cold water.'

Other remarkable modalities: The urge to stool may be attended by pain in the head; gastric or uterine symptoms are often accompanied by headaches.

Hering's proving produced the following strange observation: '*Great desire for tobacco-smoking; headache relieved.*'

Changes of weather will often aggravate or bring about a headache, which extends downward: from the forehead to the nose, or the from temples to the jaw. It may be connected with rheumatic pain and tearing in other parts, e.g. from the clavicles to the wrists.

As discussed above, there are very often problems with the bones of the skull: **hydrocephalus** (often with diarrhoea and vomiting), **delayed closure of the fontanelles**, **soft, thin skull bones** are pathologies which *Calcarea phosphorica* affects. Sometimes we see a tottering, large head in a child, the neck being too weak to hold it properly. The **bone pains prefer the region of the sutures** and have a **drawing, tearing, rending** quality.

The scalp tends to be **itchy and sore**, which has led to the cure of impetigo or eczema of the scalp. **Falling of the hair** (*alopecia areata*) or the hair being of poor quality can frequently be observed.

Eyes

There is a sensation in the eye as if there is something in it, which is **renewed if others talk about it**. This very annoying sensation sometimes seems to wander about in the eye, but is often felt in the region of the inner canthus. It may be followed by discharge of matter from the inner canthus in the morning and a swelling and redness of the upper part of the canthus.

The eye hurts as if it had been beaten; gentle pressure eliminates the pain.

Hot feeling in the eyes, especially in the lids, along with **sweating of the brows and lids**. A **cool feeling toward the front of or behind the eyes** has also been mentioned.

The (left) eye is inflamed, the cornea hazy and traversed by red vessels, with photophobia. The capillary vessels may be visible in streaks from the canthi to the cornea.

Opacities of the cornea after an abscess.

Photophobia. Light tends to hurt the eyes, particularly artificial light (including candle light).

A **dimness of vision** has been observed in the provings, with an increase of myopia; the field of vision seems composed of **small, round, greyish spots**.

Letters tend to change into little black spots, or patients report that they **see something like a little bird flying from left to right**.

Phenomena like **shimmering, glittering, fiery circles** before the eyes have also been reported.

Calcarea phosphorica has been useful in spasmodic disorders of the eyelids, where Magnesia phosphorica has failed.

A valuable hint, mentioned by Margery Blackie: 'They often have long lashes and rather dark blue eyes.' Of course, this is only a hint and never a sufficient basis for prescription!

Ears

Cold feeling or coldness of the ears, followed by throbbing, heat and a loss of hearing; or: **Burning itching of outer ears when in a warm room**, after riding in the open air (which was not cold), with redness, but not warm to the touch, continuing all day when indoors.

Rheumatic tearing in the ears when the weather changes to cold.

Soreness and aching in and around the ears and also in the bones around them; also in the region of parotid glands.

Severe **burning pain in a small spot above the ear**, with the spot being exceedingly sensitive to touch.

Earache from right to left, following a drawing over os the pubis from right to left.

Excoriating otorrhoea.

Hearing loss, amounting almost to deafness, **from hypertrophy of the tonsils or from adenoid growths**.

Nose

Tip of nose icy cold.

Sensation **as if something were in the nose** (like a crumb, when eating), which cannot be removed.

There is a tendency to **violent sneezing and coryza**, often with soreness of the nostrils and inside the nose. The discharge may be so abundant that *'three handkerchiefs are hardly enough for a day'* (from Schr eter's proving). The same prover also observed that in a cool room (after having ridden in the open air) he had fluent coryza, while outdoors, in the hot air, his nose was blocked.

Coryza that develops into sinusitis.

Large pedunculated nasal polypi that bleed easily.

A small ulcer forms at the septum and is very painful, especially on blowing the nose.

Face

The face tends to be pale and waxy, of a sallow colour, and sometimes with a yellowish hue. It may be full of pimples and pustules, as in acne, and is most often found in girls. Coppery discoloration of the face or dark blotches on the face have also been cured by *Calcarea phosphorica*.

The face may be hot, and the rest of the body is cold; we also see cold sweat on the face while the body is cold.

Facial ache that may be neuralgic or rheumatic in origin and which worsens at night. The pain in the face affects in particular the upper maxilla and has a **tendency to spread or wander in a distinct pattern**: it goes from right to left, or it **begins in other parts of the body and extends to the face, or else it starts in the face and extends to other parts**. Some modalities of the facial ache: aggravated by wet weather, by draughts, by physical or mental exertion, by noise, ameliorated while lying down.

Swollen upper lip which is painful, hard, and burns.

Mouth

Bitter taste in the mouth: in the morning, with headache; at the beginning of menses; bread and even water taste bitter. The **bad taste in the morning** upon waking may also be insipid and offensive.

In conjunction with this taste, a white coating of the tongue can be observed. In the provings, we find: *'In the morning, tongue coated whitish, with furrows, as if split, and an insipid, sweetish taste after the ice-cream eaten the day before.'*

The tongue may be swollen, numb and stiff, with pimples on it.

The tip of the tongue burns, as if sore or burnt; sometimes little burning blisters are found there.

Sore spots on the mucous membrane of the cheeks developed in two provers.

Children tend to put their fingers into their mouths.

The **teeth and the teething periods** are often a source of ailments. **Slow and difficult teething, with a variety of complaints** (cough, diarrhoea, vomiting, cold tremors, **convulsions without fever**, emaciation, and so on). **Caries** are very common and often comes very early in children. The teeth crumble and decay rapidly.

The teeth are sensitive and cannot bear the touch and pressure of chewing. Fresh air, especially a cold draft is also intolerable and aggravates toothache, as well as warm and cold things.

Throat

Calcarea phosphorica has a marked action upon the **tonsils and adenoids**. There is a **chronic enlargement of the tonsils, with an aversion to opening the mouth**. If it is opened all the same, e.g. for yawning, there is a **sore pain felt in the tonsils**. The remedy is also indicated in **adenoid growths** which can entirely obstruct the nasopharynx.

Every cold tends to settle in the throat. It is sore, feels raw on swallowing, and there is much mucus in it. **Has to hawk frequently**, and can only talk clearly after hawking. Hawking is also necessary in the evening to get the slime out, it **even continues after falling asleep**. The sore throat is often caused by exposure to cold air. Two descriptions from the provings: 'Yesterday, soreness of the throat; today, tonsils, uvula, and pharynx red and swollen, with pain increased by swallowing' (Cate). And: '*Sore throat in the morning, on waking, worse in the right side, low down in fauces, more towards the back; worse when swallowing; disappears after rising and at breakfast; warm drink causes no pain*' (Hering). Swallowing may also cause a lot of other pains: in the tongue, in the chest, and in the pit of stomach. Also a strange sensation of emptiness or faintness in the pharynx has been noted.

Stomach

The most striking **desires** have been reported in the chapter on Children, and include the **desires for fat bacon, ham, 'ham rind', salted or smoked meat, sausage**, potatoes, farinaceous foods, and indigestible things. In addition, there are cravings for cheese, fish and strongly seasoned foods, especially **pepper**.

Eggs might be an object of desire or aversion, the aversion to soft-boiled eggs being sometimes quite strong (the opposite of *Calcarea carbonica*). **Milk** (mother's milk or cows' milk) may also be craved or strongly rejected.

In spite of emaciation, there may be quite ravenous hunger. Infants want to nurse all the time, but vomit easily. A special time for a sudden feeling of **great hunger is in the afternoon at 4 p.m.**

Before and during the menses, the appetite may be completely lost.

Hering also observed the following interesting symptom: '*No appetite from noon to noon; but thinking about it, she wants to eat.*'

The stomach is easily disordered. **Drinking cold water, eating ice-cream or fruit will cause colic and vomiting or diarrhoea.** Clarke relates that a special sort of dyspepsia has been cured by *Calcarea phosphorica*: '*Pain better for a short time by raising wind, when fasting the pain goes to the spine, feeling as if one ought to raise wind and cannot. Dyspepsia with indescribable distress in region of stomach, only temporarily better by eating.*'

Violent pain in the stomach, with great debility, headache and diarrhoea; pain is excited by introducing the least morsel of food into the stomach.

Nausea comes on after drinking coffee, with incipient heartburn and an exceedingly unpleasant sensation, together with a confusion in the head, headache and great ill-humour. **Heartburn after lunch**, lasting for some time, has several times been observed in the provings.

Nausea when moving, rising from the pit of stomach; better at rest and is followed by a headache and lassitude.

Generally, there is **much flatulence** in the stomach and abdomen, which provokes loud eructation. This may relieve the flatulent colic temporarily, but not the belching which continues to leave a burning sensation in the epigastrium.

An inclination to vomit is often excited by mucus in the throat.

An indescribable uneasy feeling in the region of the stomach is described by provers. It comes in the form of an empty, sinking feeling or a sensation of

the stomach being distended by food.
The stomach-ache is often **burning**, with water-brash or as a consequence of eructation.

Abdomen

Flatulence and flatulent colic are frequent from eating or from certain foods (see Stomach), and the pain, which often has a **cutting**, sharp quality, tends to localise **around the navel**. *'Pain in the middle of the abdomen, while and after eating, lasting half an hour; this pain abated after a copious emission of foetid flatus'* (from Cate's proving). The winds do not always bring such relief, sometimes the pain will be only slightly better or even not at all; they are often difficult to expel. Sharp pains around the navel may also be accompanied by a feeling of soreness. The flatulence can be really violent, with severe pain and also **with confusion of the head, increasing to a dull headache** that is worse on stooping; a thin evacuation may follow, after which the pain ceases.

Motion in the belly as if something were alive.

There are also **burning** pains: all over the abdomen, around navel, in the epigastrium, and rising up into the chest and throat.

There is an empty sinking sensation around the navel, or in the whole abdomen.

The **liver region** is also a locality of some ailments: In the right hypochondrium, **throbbing that is ameliorated by belching or passing wind**. There is a sticking sensation in the region of the liver during a long inspiration, as if from flatus and also from sudden motion. Pain in the liver with soreness may be caused by becoming chilled and will be aggravated after eating and by motion; the patient wants to keep quiet.

Pain in the hypochondria from sitting for too long.

Aching soreness, cutting, drawing pains in the left groin, then later in the right.

A very unpleasant formication over the whole abdomen, which lasts for a considerable time, has been reported; also a kind of quivering of the (outer) abdominal wall.

Oozing of serous-bloody fluid from the navel of infants.

Abdominal hernias, in anaemic patients.

Rectum

Itching of the rectum and anus is characteristic, and is present primarily **in the evening**. An example from Schréter's proving: *'Itching, tickling, prickling in the rectum, with a desire to draw it in very much, without having had a stool all day, evening, in bed.'*

There are also **cutting pains and stitches in the rectum**, or a **sore feeling in the anus**, which may be felt in the evening, especially when walking, or when getting up in the morning.

Piles became much worse during the provings. They protruded and were very painful, the pains were characterised as being smarting, cutting, digging, and itching; also sore, aching and throbbing; with a discharge of blood, especially after stool, or oozing out of a yellow fluid. Kent describes that the pain may be so intense as to keep the patient in bed for weeks; aggravated by standing, walking, from touch; ameliorated by heat; and brought on by every cold change of weather.

Small furuncle near the anus to the right, with much pain; cannot sit; has to stand or to lie on the left side; discharges blood or pus, and leaves a painless **fistula** (observed in two provers).

Fistula in ano, alternating with chest symptoms, e.g. a cough with soreness and dryness in the throat and dull aching in the chest in persons who have pain in all the joints from any change of weather.

Flatus is passed in abundance and is often foetid.

A tendency towards intestinal worms in anaemic or sickly patients might be cured by *Calcarea phosphorica*.

Violent diarrhoea comes on from eating juicy fruits or ice-cream, or from drinking cider or cold water. **Vexation** may also provoke diarrhoea.

Diarrhoeic evacuations with much wind are frequent, during first dentition or in connection with headaches in school children.

There are loose stools which contain many small white points and appear as flakes. Green and loose stools in children which are sometimes slimy, or watery and very hot, or white and mushy. **Loose stools are often very offensive.**

Diarrhoea alternating with skin eruptions.

Copious soft stool in the mornings; renewed urgency directly on wiping, after which a little more is evacuated.

Constipation is also found, especially in old people: costive, hard stool with blood, associated with mental depression, vertigo and headache.

After evening meal pressure in the rectum, with stool; the first hard, the last thin.

Urinary organs

The bladder is **weak and irritable**. There is a **frequent and urgent desire to urinate**. Must frequently discharge small quantities of bright and pale urine. This is accompanied by much pain and discomfort. Exposure to cold and wet will cause or aggravate such states.

Frequent, **copious** discharge of urine, **with weakness and fatigue**. *Calcarea phosphorica* may be indicated in bed-wetting with general debility; also in glycosuria from diabetes mellitus where the lungs are implicated. In men, a relaxation and weakness of the genital organs after urinating has been observed.

Dark urine, warmer than usual and of a penetrating odour; dark-coloured, hot, and smelling like strong tea.

One prover had to retain the urine for a couple of hours, having no opportunity to pass water. He experienced an increasing pain in the bladder and in the prostate gland. When he finally urinated, the water passed only in a feeble stream, taking a considerable time. After all had passed, there was considerable soreness of the bladder, followed again by frequent micturition.

Painful sensation in the neck of the bladder, such as when the stream of urine is suddenly stopped.

In women, a **drawing upwards occurs in the bladder while urinating**, and after urinating a pressing and cutting sensation in the bladder has been noted.

A pressing pain in the bladder, on one side (right or left); also cutting in the bladder before urinating.

Cuttings and stitches in the urethra have frequently been noted in the provings. This can occur while urinating, but occurs especially when not urinating.

A striking symptom in a male prover (Schréter) that occurred several times is: '**The urethra expands much on urinating, it swells and becomes hard, with burning; towards evening.**' The indication '*chronic induration of urethra*' and Hering's symptom '*Erection painful, with burning in urethra, and a tension in penis, in evening*' have been derived from this proving symptom.

The same prover experienced an agglutination of the meatus, with the consequence that a quantity of urine spurted out after urinating.

In the region of the kidneys, pain when lifting, digging, blowing the nose, which is frequently so violent as to make the person cry out loud.

Male genitalia

The sexual drive is often increased, but the desire to perform sex may also be diminished due to the weakness of the *Calcarea phosphorica* organism.

Desire for coitus may be especially strong in the morning, '*together with very unusual orgasm*', as Hering's proving relates. Coitus results in a general feeling of well being, together with a good appetite for breakfast and a stronger desire for work than before. On the other hand, **weakness in the feet after coitus** is reported, similar to *Calcarea carbonica*.

At 1 a.m. , has a **strong seminal emission with a voluptuous dream** of having coitus with his wife.

Strong erections while riding in a carriage for some time, but without voluptuous feeling.

After emission of urine or faeces, the genitals are relaxed and weak.

Calcarea phosphorica has, as Kent says, cured many cases of **chronic gonorrhoea** when the discharge is gleet and there are sharp pains in the urethra and prostatic gland. **White discharge from the urethra in anaemic subjects.**

Shooting through the perineum into the penis. Shooting in the root of the penis and bladder.

Swelling of the testicles. Scrotum sore, and oozing of a fluid; moist, sweaty; itching, producing pimples.

Female genitalia

The **sexual desire is often increased**, even insatiable so that it causes suffering to the patient, especially **before the menses**. Erection of the clitoris with sexual desire also occurs after urination. A proving symptom is a '*voluptuous feeling as if all female parts were filling up with blood; she feels pulse in all the parts, with increased sexual desire.*'

The menses have often been observed to come too early in girls, with profuse, bright red blood; in women, they tend to start too late (sometimes for weeks), with dark blood. We also see cases where the flow is first bright red, then dark.

A **dark flow** is especially seen in **rheumatic patients**.

Dysmenorrhoea can often be helped with this remedy, especially in young girls, and this is the main reason why Kent says that '*the woman has no better friend than Calcarea phosphorica*'. **Excessive, labour-like pains** often accompany the menses, and they frequently set in before the flow starts.

Violent cramping in the uterus and groin several hours before the flow starts, relieved after the flow has been fully established' (Kent). The pain is so extreme that it makes her cry out, and she is so severely affected that she has to stay in bed. A **painful bearing down of the uterus, as if it would protrude**, is also a common symptom before and during the menses. The painful menses can have their origin in having taken a cold at the first menstrual period, and then the dysmenorrhoea continues during all her menstrual life, unless the remedy is used.

Other symptoms related to the menses:

Headache three to seven days before menses; griping and rumbling in the bowel; stitching pains in the left side of the head; fluor, and sleepiness during the day. Calcarea phosphorica has been used with success in cases of **Premenstrual Syndrome**, with **extreme irritability**, puffy eyelids, bloated abdomen, sore breasts, heavy feeling of the uterus, low back pain, sharp pain in the rectum and a host of other symptoms.

During menses: vertigo and throbbing in the forehead, blood rushes to head, throbbing headache, pressure over the *os pubis*, want of appetite, belly-ache and diarrhoea, shooting backache, fatigue of the lower limbs, over-fatigued, feels stiff all over on going upstairs, burning in the vagina and uterus.

Leucorrhoea like the white of eggs, day and night, worse in morning after rising, of a **sweetish odour; increases with stool**, and is white and of a bad odour. Fluor for two weeks after menses, or **from one term to another**.

During pregnancy, fatigue in all limbs; mammae painful: pinching, shooting, burning, sore to touch; nipples aching, sore.

Menstrual flow during lactation.

The breast milk is **watery and thin**, or it has a **salty taste so that the child refuses to nurse**.

There is a tendency **uterine displacement**, which is often combined with rheumatic pains. Weakness and distress in the uterine region with an inclination to prolapsus, worse during the passage of stool, urine, or menstrual blood.

Pressing, drawing and sore feeling **as if the menses will appear**, soreness, aching, pressure in the uterus and vagina, flushes of heat in the loins, fatigued from going upstairs with pain from right groin into left hip. Throbbing, stinging, tickling, sore aching or pressing in the genitals, drawing upward into the symphysis and downward in the thighs. Pressure upward, throbbing and similar sensations over *mons veneris*.

Aching in the uterus in the morning; **uterine pains in cold, wet weather**. The cervix and *os uteri* are swollen, red and painful.

Burning in the vagina, with pain on both sides of the bladder and uterus; burning like fire up into the chest. **Aching in the vagina after nosebleed**.

Pains from the abdomen, especially the navel, draw towards the vagina.

Respiration

Hoarseness of the voice is frequent, especially in the morning and on walking in the open air; must clear throat before he can talk or sing. Catarrhal disorders of the air passages.

Breathing difficult, with constriction of the chest; **better when lying down, worse again when rising in the morning**, with great pain in the chest when breathing. Suffocative attacks upon the slightest exertion, or upon climbing stairs; **in children when lifted from the cradle**.

Respiration is more difficult, frequent, and short. The prover is frequently obliged to take a **deep sighing breath**, which leads to the well-known keynote of **involuntary sighing**.

Deep breathing may, though, induce or increase pains: sharp pain in the left chest and to the left of the left mammae, followed by a dull pain; sharp pain in the region of the heart; sticking in the region of the liver.

Cough

Dry, hacking cough in thin, pale, sickly people, which is worse in cold, damp weather.

Dry cough with hoarseness and soreness, and dryness in the throat.

Hacking cough and fluent coryza with a chill.

Cough with yellow expectoration, more in the morning; with fever, dryness and thirst; **during difficult dentition**, also with rattling of phlegm in the chest which is difficult to expectorate.

Cough in the sunny half of the day, 6 a.m. to 6 p.m.

Chronic cough of consumptives, who suffer with cold extremities.

Whooping cough of teething children, and in obstinate cases, with emaciation.

Chest and heart

A **sharp pain in the left chest in the region of the heart**, sometimes of a cutting or stitching nature, has been observed by several provers. It is most felt on **deep inspiration** and sometimes **so severe as to cut off the breath**. One prover experienced this symptom most in the morning before rising, and another throughout the day. At times this pain may alternate with a similar pain in the right chest.

Burning sensation in the chest, from below up into the throat; sometimes downward.

A sharp pain as though some sharp instrument was pushing out the lower end of the sternum. Tearing, pressing, shooting in the sternum.

Dull aching in the chest, which is sore to touch.

Pain in the chest on swallowing.

Pain where the cartilage and the ribs meet. A sore pain of and over the clavicles, which may extend down the arm to the wrist.

Draughts of cold air cause chest pains.

Ulcer over sternum or clavicle.

Hard tumour, like a walnut, in the left male breast.

Sweaty, emaciated chest; profuse sweat and cold extremities in phthisis.

Palpitation with anxiety, followed by a trembling weakness, particularly of the calves.

Neck and back

One of the most sensitive areas in *Calcarea phosphorica* and one of the first to be affected is the **cervical region**.

The neck tends to be **weak and thin**, so that head is inclined to bob about.

From the slightest draft of air, violent, rheumatic-drawing pains and stiffness in the nape of the neck with a kind of confusion of the head. The

stiffness is often accompanied by a **desire to 'crack' the neck** which, however, gives only momentary relief.

Cramp-like pain in the nape of the neck, first on one side, then on the other.

Pain in the cervical region **extending to the larynx, which is very painful to touch.**

While sitting, **feels beating of the pulse in the nape of the neck** and the left chest.

Pains and aches in and near, between and mostly below the shoulder-blades, which throb and jerk.

Pain as if from a bruise on each side of the dorsal and lumbar spine, during the latter part of the night and **in the morning, which disappears after exercise.**

Violent pain in the small of the back, when making the least bodily effort; sometimes obliging him to scream; also from a jar (blowing the nose, etc.), especially in the kidney region.

Sharp pain in the region of the lumbar vertebrae and at the top of the sacrum, followed by soreness.

Numbness of the sacrum and lower limbs.

In sacro-iliac symphysis, there is soreness as if separated.

Sore, pressive, tearing and shooting pain in the *os coccygis*; particularly from touch or pressure.

Drawing in the back and limbs, with gaping, stretching, bending backwards; aggravated in the evening and in the morning.

Backache when there is a loss of muscular power in young, growing girls; with deviation of the spine; curvature of the dorsal spine to the left.

Backache with uterine pains; backache as if the menses will appear.

Sensation as if an electric shock went along the spine.

Extremities

Rheumatic pains in all the limbs from cold and wet weather, particularly after getting wet in rain or **when the snow melts**; usually worse from motion. They tend to fly about all parts of the rump and limbs. The joints are most affected; pain in all the joints, most on the left side. Gouty fingers and toes become painful in cold weather.

Aching and extreme fatigue of all the limbs. Stiffness after resting, also in the morning.

Aching in the bones, like growing pains.

Soreness about the sheaths of tendons, on extending as well as on flexing.

The rheumatic pains and paralytic symptoms **tend to affect the extensors more than the flexors**. Feeling of lameness of the flexors; **sudden aching of the extensors of all the limbs**.

Rheumatic pain in the upper arm near the shoulder joint; cannot lift the arm. Rheumatic pains in the shoulder and arm, also with swelling of the diseased part and febrile heat. All bones of the arms ache, especially the **thumbs**.

Paralysis of the whole left arm was observed in Bute's proving.

Hard bluish lumps under the arm, oozing and scabbing, after a suppressed itch.

Dull pains in the arms, **first the left, then the right**; from the shoulder to the fingers, from the clavicle to the wrist; worse from a change of weather.

The condyles of the elbows tend to be swollen.

Shooting sensation through elbows, usually **first left, then right**.

Pain that feels like the bones of the forearms are breaking.

Calcarea phosphorica is one of the main remedies for **carpal tunnel syndrome**. It may affect both hands, which is rare for that syndrome. The hands become weak and drop things. **Pain in the wrist, with lameness as if bruised**; cramp-like pains when moving or using it; numbness spreading upward; burning pain. In thumbs, all joints as if luxated or sprained.

Pain in the fingers of the right hand when writing, in the evening; **writers' cramp**.

Spasmodic motion of the thumbs.

Ulcerative pains in the roots of the finger nails, especially the middle finger.

Finger tips sore.

The lower limbs are the most to suffer, with tearing, shooting, rheumatic pains etc. Kent states that the reason is probably that **the lower limbs are always cold to the knees** and that in this remedy **the cold parts are always the parts that suffer**. **Heaviness, fatigue and stiffness** also refer to the lower limbs to a greater extent than the upper, especially **during the menses or during pregnancy**.

Numbness, 'going to sleep', and tingling of several parts, especially the **buttocks**. This feeling extends **upward to the sacrum or down to the soles of the feet**. It can come on from sitting, after rising from a seat, or from riding in a car. It can be accompanied by a peculiar **restlessness of the legs**.

Schréter's proving provoked the following symptom:

'Muscles of the nates [buttocks] fall asleep, with restlessness in lower legs, has to move them all the time, change position, with an anxious feeling, he wants to jump out of the carriage; if he turns to the right side, the nervus ischiadicus aches as if pressed upon, and he has to sit straight (on riding in a car for some time, at night).'

In the buttocks a lameness as if beaten; after a storm all kinds of pain with soreness, most from right to left, but alternating, mostly on the right side. There are also stinging, burning, itching sensations on small spots in the skin of the buttocks. Oozing pimples develop that form scurfs and continue to itch after scratching.

Calcarea phosphorica may be useful in hip-joint disease, coxarthrosis.

Aching and soreness of the thighs as if beaten, with aching in the sacral bones.

Sharp pain in the tendons on the inside of the thighs, more when walking. Tensive drawing in the hollow of the knee **when standing up and stretching the leg, as if the tendons were too short**; better from continued walking.

Pain in the knees: as if sprained, sore, boring; worse when walking or stretching. Chronic swelling of the knees; *hygroma patellae*.

The pain in bones is most felt in the **tibiae**. **Bone pains in the left lower leg, as if it were breaking or beaten**.

Cramp in the calves, drawing, rending, shooting pain; cramp on a small spot inside the calves when walking.

Contraction around the left calf as if it is tied over there.

Ankle joints as if dislocated; they tend to be weak and easily injured.

Ulcers at the ankle; fistular openings.

Hering's proving gives *'old gouty pain in big toe, with inclination to crack the joints, which, however, he did not do.'*

Pains in the big toe, like a cramp, or **aching in the region of the root of the nail**, first the right toe, then the left.

Sleep

Very tired all day; **irresistible drowsiness**, especially in the morning, constant gaping and stretching, also **with sweat in the face**; gaping with tears in the eyes and confusion of the head. Sleepiness before the menses.

Cannot get awake in the early morning. One symptom from the proving: *'Awakes early in the morning, with erections without voluptuous feeling, then falls in slumber, in which he hears everything, but cannot get fully awake and dreams of journeys with many obstacles.'*

At night, the sleep is often disturbed. Cannot fall asleep, has to turn from one side to the other, his body itches, does not sleep before 2 a.m.

Very vivid dreams: of **journeys**, of meeting old friends, of events of the day, of robbers or an army of cats, of dangers (though without fear), of fire

(though without many flames). Frightful dreams cause him to wake with a start. Children cry out in sleep.

Fever

Calcarea phosphorica patients are generally **chilly; easily chilled** and often have **ailments from becoming cold or wet**.

Frequent creeping shivering; coldness, tingling, and numbness with pains. Chills run up or down the back; but there might also be heat in the head that runs down to the toes. The lower part of the body is nearly always cold, but the face may be hot.

Chill in the morning after dressing; shaking chills on going outside.

Copious night sweats; partial sweats (head and neck) waken him. Profuse sweat during phthisis. **Cold sweats, with cold body**.

Bad news and emotions such as **sadness**, may provoke outbreaks of sweat.

Skin

The colour of the skin tends to be dirty-white or darker (brown), sometimes also yellowish.

Dry skin, with **dry, crusty affections**; eczema with anaemia.

In **ulceration** Calcarea phosphorica may be helpful: exulceration of old scars, e.g. after an amputation; ulcers that develop from furuncles; ulceration from long-continued external applications (e.g. from a mustard poultice); fistular ulcers at the ankle joints.

Skin eruptions often appear **on injured parts**.

Acne is common in adolescents, **especially young girls**.

Itching and burning over the whole skin. From Schr ter's proving: *'After a cold river-bath, red as a lobster over whole body, with biting and prickling as from nettles.'*

Clinical

Anaemia. Ankles, weak. Back, weakness of. Bones, disorders of. **Brain-fag.** Bright's disease. Cholera infantum. **Chorea. Consumption.** Cretinism.

Debility. Dentition. Diabetes. Dyspepsia. **Emissions.** Enuresis. Epilepsy. **Erotomania. Face, boils on. Fistula.**

Fracture. Non-specific urethritis. Gonorrhoea. Headaches. Hernia. Hydrocele. Hygroma. **Joints, disorders of.** Leucorrhoea. Lumbago. Nymphomania.

Phosphaturia. **Rheumatism. Rickets. Masturbation. Spermatorrhoea. Spina bifida.** Stiff-neck. Strabismus. Testicles, swollen. **Throat, sore.**

Tobacco habit. Tonsils, enlarged. Uterus, prolapsus of; polypus of. Yawning.

Relations

Compare: *Calcar. hypophosporosa*
Complementary: *Ruta; Hepar.*

Relations

Compare: *Calcar. hypophosporosa*
Complementary: *Ruta; Hepar.*

Calcarea silicata

Calcium Silicate, CaSi_2O_5 .
Trituration.

The essential features

Calcarea Silicata is recommended for cases that resemble *Calcarea carbonica* or *Silica*, but where these remedies fail to act. It is a very deep-acting remedy and exerts a profound influence upon the skin, mucous membranes, joints and glands.

I have found *Calcarea silicata* to be indicated in cases of severe acne, severe constipation, arthritic conditions, gout and anxiety neurosis. According to Kent it has also cured cases of epithelioma and lupus, and is reputed to stimulate the absorption of corneal exudate. Atrophy in children may indicate this remedy. Children who need it are typically malnourished, emaciated, chilly, tubercular and sweat profusely.

The type of pathology seen in this remedy includes ulcers and abscesses with raised edges that discharge thick, greenish-yellow pus, catarrhal disorders with greenish-yellow expectoration, recurrent bronchitis and chronic sinusitis. An important symptom is ailments from suppressed perspiration. Though these people tend to perspire profusely, perspiration ceases with exposure to a slight draft or cold air. This suppression aggravates symptoms in general and can even cause the patient to become lame.

The most striking features of the remedy are deep exhaustion and weakness experienced throughout the day. The patient is completely lacks energy; any exertion aggravates the symptoms and fatigue. It is no wonder, then, that there is a marked aversion to exertion of any kind, especially physical

exertion. The depletion and lassitude compel him to lie down frequently; lying down ameliorates the general state, the weakness and many other symptoms (Manganum). After lying down for a while, the patient feels fine, but as soon as he starts to walk about all the fatigue returns, such that he must lie down again. *Calcarea silicata* is a tubercular remedy like *Mang.* and *Stannum*; the exhaustion, however, is less than in *Stann.* cases.

The general picture of the *Calcarea silicata* constitutional type is someone who is frail, timid, cowardly and easily frightened, completely lacking in self-confidence, and who has many fears and anxieties. His mind is constantly distracted by trivial thoughts and worries. He has fears about family matters, anxiety about their health or about financial problems. The only part of the body that seems to be relatively hard are the nails, and they, in fact, are not really strong; they tend to be brittle and to break easily or to grow very slowly (compare *Silica*).

Calcarea silicata's anxiety about health combines the anxieties of *Calcarea carbonica* and *Silica*, with its own peculiar symptom of fears that come on mostly in bed at night. The patient may, for example, lie awake all night worrying that he has an incurable disease or that he has a brain tumour which can never be cured. During the night, even while asleep, the whole organism seems to be extremely sensitive to anxieties, fears, fright and sadness. *Calcarea silicata* individuals shriek, weep and start in their sleep. They have a lot of nightmares, frightful, horrible dreams, dreams of death, disease, murder, etc.

Upon waking up in the morning, they are frequently anxious and somewhat frightened without even knowing why. When awake, they conjure up fears and worry, and sit and weep for hours. They often find it impossible to keep from bursting into sobs.

Calcarea silicata has two interesting modalities: The fear and anxiety are worse at night in bed, while the lack of mental energy is worse in the daytime and better in the evening hours. In the daytime the patient experiences inertia and may even dread or fear work and any kind of exertion. His mind is sluggish. In the evening the energy level rises, the dullness of mind is relieved, and he can more readily think and concentrate. His mind is crowded with ideas in the evening and at night, similar to *Sepia*, *Medorrhinum* and *Aurum*.

Exertion of any kind triggers many symptoms. Mental exertion frequently brings on symptoms or aggravates them, and yet there is, at the same time, a marked amelioration from being occupied. *Calcarea silicata* can experience imaginary fears and vexations after mental exertion.

Sadness is a strong mental feature of *Calcarea silicata*. In some cases the patient feels sad and depressed most of the time, especially during the day, without apparent cause or knowing why. The mental depression can become so intense that the patient even becomes suicidal and has the impulse to jump when he finds himself in front of the window or in a high place. These symptoms, along with the modalities 'better in the evening' and 'better with occupation', are characteristic of *Aurum* as well and are the reason *Aur.* is often prescribed instead of *Calcarea silicata*.

Calcarea silicata patients feel a deep sense of dissatisfaction. Nothing pleases them. They desire the unobtainable, like *Tuberculinum*. They try to find pleasure through new things but soon tire of them and become critical. The vexation and irritability they experience is often a result of mental exertion; this exertion can also make them angry. (Margery Blackie remarks that these patients are often too weak to get really angry, but if they do, they can get angry 'over nothing'.) Coitus and other sexual activity may also trigger irritability and aggravate the mental symptoms.

In general, these people do not like communication, do not like to converse with others and prefer to be alone with their dullness. Kent reports of one patient: 'She sits for a long time in one place, looks into space and does not answer when spoken to.' They do not want to be bothered, do not want to

answer questions, shun consolation and all these things irritate them. In their state of worry and exhaustion, they just want to lie down. They are oversensitive to reproach, even to a mild rebuke from a friend. Remedies that may be confused with this one are Sepia and Natrum muriaticum. *Calcarea silicata*'s intellect is totally disorganised and may even reach a state of Alzheimer's disease. In the initial stages their memory is very weak, and their mind deficient of ideas in the daytime. They are absent-minded, have difficulty concentrating, especially conducting a conversation, and tend to make mistakes in speech and to misuse words.

Then, when the prostration of mind reaches a more advanced stage, it is characterised by a total inability to concentrate on what is being listened to or read. The mind is confused, especially upon waking in the morning, and when the individual attempts to think. Such a patient may be so forgetful that he cannot recall the sentence just spoken.

Eventually the mind breaks down and a state of delirium and psychosis sets in. The patient begins to talk with imaginary people who have long been dead. He sees them, hears their voices, and answers them. An example of this is a woman who thought that her husband long dead was in the next room, and she grieved because she was not allowed to go to him; she wanted to get evening meal for him and imagined that he would starve if she couldn't reach him. She called her living son by the name of one long dead. *Calcarea silicata* may also have other delusions and horrible visions; for example, she sees dead people and corpses, dogs at night, disagreeable persons when she is half-awake. She mutters foolish things, experiences restless delirium and wanders all night in her room without sleep.

Generalities

The patient is weak, tired, emaciated, cold and chilly, and extremely sensitive to cold.

He has great weakness of the nervous system. He must lie down all the time and feels most comfortable when lying on the back in bed. This general state of weakness has been described very vividly: 'He is always so weary' (Kent); 'lack of vitality, says she never feels quite well, had a miserable life because always being dead beat' (Blackie). The patient feels weak from the least exertion, whether it be physical or mental, for example, from walking in the open air. Climbing stairs not only brings on weakness but, similar to *Calcarea carbonica*, causes the patient to be out of breath.

The patient is extremely sensitive to draughts and to cold in general - to cold air, to cold and wet weather, to uncovering. He is constantly catching a cold and seems hardly able to get through the winter; in summer, however, he is much improved. Chill induces much trembling all over his body. He develops ailments from sudden suppression of perspiration due to the exposure to a draft or cold air. Cold food, cold milk, cold drinks aggravate many complaints. Aversion to and aggravation from bathing, especially cold bathing is a keynote of this remedy. (Kent observed this in a prover who always used to enjoy cold bathing, prior to the aggravation from the remedy.)

Concurrent with the desire for warmth and general lack of vital heat, there is a definite aggravation from being overheated. The head tends to get congested and blood rushes from the body to the head, causing great flushes of heat.

Pahud's experience is that prolonged suppuration of rhinopharynx in chilly people with feet that sweat points to *Calcarea silicata* (*Klassische*

Homöopathie, 1959)

The function of organs and glands is slow and often much impaired. There is swelling of the glands with hardness and a tendency to varicose veins.

Touch aggravates many parts of the body; the patient dreads being touched; his bones are sore to the touch. He is sensitive all over, sensitive to pain, and all the internal organs feel extremely sensitive when the body is jarred.

Much numbness is felt, especially in parts that are lain on or are painful.

Mucous membranes bleed easily - in the throat, nose, lungs.

There is a convulsive tendency, which is displayed through a contraction of body orifices. The muscles twitch and exhibit chronic jerking.

There is pulsation all over the body, both internal and external.

Additional modalities: many symptoms are worse before, during or after the menstrual flow; worse after breakfast; all symptoms are worse from motion.

Periodicity is marked in many symptoms.

Vertigo

A kind of 'swimmy feeling in head' has been reported after perspiration has been suppressed by going into a cool room (Margery Blackie). Swimming feeling in the head, as if unable to walk straight, after the least amount of alcohol.

Vertigo appears especially in the morning on and after rising; also from mental exertion or while walking in the open air.

Head

Coldness of the head, especially of the occiput and on the vertex.

Heat in the whole head, worse in the forehead, in the evening.

Congestion of the head, especially at night, and when coughing.

Marked sensation of fullness in the head; head is inclined to fall forward.

Periodic headaches (every day or once a week).

Headaches are severe and all over the head, with the pain coming in paroxysms. They may become so violent that the patient feels stunned.

Touch, eye strain, walking, writing, or drinking wine triggers headaches. The pain is worse from: cold air and draughts, cold damp weather, and alternately, from becoming overheated, from the binding up of hair, noise, light, a jar, physical (climbing stairs) or mental exertion. Must lie down.

Hard pain in the forehead in the morning; the pain is steady, dull, and heavy; better: after eating, from being occupied, from perfect rest; worse from mental exertion.

Pressing pains in the occiput, temples, and vertex. Tearing in the forehead and occiput.

Aching deep in the brain, with pulsation upon motion. Strange shaking or undulating sensations in the brain.

Twitching of the muscles of the head.

Crusty, eczematous, or pustular eruptions on the scalp; much itching on the scalp.

Bristling of the hair; tendency for hair to fall out.

Perspiration of the forehead, of the face and the scalp.

Eyes

Inflammation of the conjunctiva and the lids, with thick discharges. Eyelids agglutinated with pus.

Very severe pain in the eyes, worse from light, before and during a storm, with redness.

Marked redness in the eyes - the inner canthi, the lids, the veins.

Calcareo silicata has proved useful in opacity, spots, and ulceration of the cornea.

Itching of the eyes.

Heaviness of the lids; twitching of the lids.

Paralysis of the optic nerve; photophobia; pulsation in the eyes, with contracted pupils.

Flickering or colours appear before the eyes.

Exertion of vision causes headaches and many nervous symptoms.

Ears

Otorrhoea offensive, purulent, thick, yellow or greenish-yellow; also watery and bloody.

Hot ears.

Itching deep in the ears.

Fluttering or flapping sensation in the ears. Hears many noises: humming, ringing, roaring, whizzing, cracking when chewing.

Violent drawing, jerking, stitching, tearing pain in the ears.

There is a pulsation in the ears with and without pain; a sensation of swelling inside and a blocked feeling; increased wax in the ears.

Inflammation, suppuration, swelling of the parotid gland.

Hearing, at first, is acute, later impaired.

Nose

Great tendency to catch colds. The remedy may be indicated in chronic rhinitis, hay-fever, sinusitis, often accompanied by bronchitis and cough.

Profuse, thick, yellow or greenish catarrh from the nose and posterior nares. The discharge may also form hard crusts.

Discharge becomes fluid in open air and makes the patient feel better.

Epistaxis with bright red blood occurs on blowing the nose.

Much pain high up in the nose, in the root of the nose.

Sense of smell at first acute; later diminished and finally lost.

Face

Very pale, anaemic; lips bluish, cracked, dry.

The face may also be hot and red, with circumscribed red cheeks; especially during a headache.

Pain in the face from cold, better by warmth.

Calcarea silicata is a great acne remedy and heals: acne with comedones, boils, eczema, herpes, pimples, scurfy eruptions, and other eruptions everywhere in face.

Mouth

Leucoplakia.

Mucous membranes of the mouth covered with aphthae.

Ulceration of the buccal mucous membranes, painful, spreading, with inflamed edges.

The tongue is coated white, very sore, with copious saliva and swollen, accompanied by swollen gums; speech is difficult.

Offensive, even putrid, odour from the mouth.

The mouth has a taste in it that is bad, metallic, putrid or sour; sometimes taste is entirely wanting.

Teeth become loose and feel too long. Caries of the teeth.

Toothache is worse from cold air and from anything cold in the mouth; better from external warmth or warm things in the mouth.

Throat

Inflammation of the throat, pharynx, and tonsils, with dryness and redness.

Tonsils and uvula swollen; ulceration in the throat.

Tenacious mucus in the throat, like a lump; greenish mucus from the posterior nares which sticks to the throat.

Constantly makes an effort to clear the throat.

Much pain in the throat, frequently sore and burning; on becoming cold; on coughing. Splinter-like pain on swallowing, which is difficult.

Respiration, chest, and heart

Calcarea silicata has a powerful action upon the air passages and has a well-confirmed reputation for curing chronic bronchitis with cough. Kent reports:

'It has cured desperate cases of catarrh of the bronchial tubes... Chronic inflammation of bronchial tubes and lungs.' The patients tend to be emaciated, weak, and chilly.

Chronic irritation of air passages, with copious, thick yellowish-green expectoration. Haemoptysis is also frequent.

Short, asthmatic respiration, rattling, suffocative. Respiration is difficult when coughing and while lying down.

Calcarea silicata's cough often comes during evenings in bed, at night, and in the morning after rising; it may be excited by cold damp air, cold drinks, anything cold, and is aggravated by talking.

Spasmodic cough, especially in the evening, racking the whole body.

Palpitation of the heart at night, after eating, from exertion, even from the slightest motion.

Stomach

Great thirst, especially at night; but an aversion to milk. There may also be a desire for milk (which, according to Kent, occurred in some provers).

Appetite first increased, then ravenous, finally wanting, with an aversion to food, especially to meat.

The digestive organs are generally slow to function, as is true for most organs in this remedy.

Water-brash, heartburn, hiccup, and sour eructation.

Nausea in the morning, while and after eating, better after empty eructation.

Vomiting in the morning and at night, on coughing, after drinking milk. Vomiting of black blood.

A feeling of anxiety in the stomach.

Sensation of coldness in the stomach especially when empty.

Sensations in the stomach: empty feeling in the stomach, which is not relieved by eating; fullness, distension, and flatulence after eating; sensation of a stone in stomach; a marked sensation of tension.

Stomach-ache after cold drinks, on coughing and after eating.
Pulsation in the stomach.

Abdomen

Distension of the abdomen after eating. Flatulence with much rumbling and fullness with a sensation of movements in the abdomen. Marked tension; even a tympanitic abdomen.
Abdomen very hard, liver enlarged, hard.
Cramping, pressing pains, morning and night, before menses.
Inflammation of the peritoneum.

Rectum

Extreme constipation, with inactivity of the rectum, feeling as if paralysed. Has to strain very much. With the constipation, the stool is dry, hard, knotty and large, but may also be soft and light-coloured.
Calcarea silicata cured a stricture of the rectum that allowed the passing of only a 'pencil stool'.
Painless diarrhoea, with copious stools, offensive, even putrid, sour, lienteric.
Dysentery, with bloody, scanty stools.
Copious, offensive flatus.
Marked soreness of the anus, moisture about the anus, itching, burning during and after stool. Pressing, stitching and tearing pains.
Haemorrhoids which protrude during stool, sore to the touch, worse when walking. Bleeding from the rectum and anus with the stool.
Fistula ani have been cured with this remedy.

Urinary organs

Tenesmus of the bladder, retention of urine, pressing pain in the bladder.
Urging to urinate at night, worse moving about, better lying, frequent nocturnal urination, also involuntary.
Unsatisfactory urination.
Urine often containing blood or mucus; catarrh of the bladder.

Urination cutting and burning.

Purulent, greenish, yellow discharge from the urethra.

Calcarea silicata has been used successfully in stricture of the urethra, but also in *diabetes mellitus*.

Male genitalia

Increased sexual desire without erections.

Erection at night without erotic thoughts or dreams. Seminal emissions.

Testes swollen. *Calcarea silicata* has cured hydrocele, and induration of the testes.

Sweat on the genitals which is offensive.

Prostate gland is enlarged and tender: prostatic fluid is emitted when straining to pass stool.

Female genitalia

Sexual desire is increased.

Menstrual flow acrid, bright red, copious, early and protracted. Menses may also be absent or suppressed, or are irregular and painful. Metrorrhagia.

Fluor may be milky-white or yellowish-green.

Heaviness of the uterus, prolapsus.

Eruption on the vulva with much itching.

Soreness in the genitals, ulceration of the labia, vagina, *os uteri*.

Malignant ulceration in the mammary glands may be restrained by *Calcarea silicata*.

Back

Cold feeling of the back, in the back of the neck and in the sacrum.

Spine sore to the touch in many places.

The back is weak, especially in the lumbar region.

Stiff neck, with tension in the cervical region; a stiff back.

Much pain in the back, especially at night, during menses, which is worse while sitting, on rising from sitting, and on motion.

Pain in the scapulae and in the spine which lies between them, in the coccyx.

Eruptions: acne, comedones, pimples, pustules, especially in cervical region.

Perspiration on the back, worse on the back of the neck.

Extremities

Weakness of all the limbs, especially of the joints. Limbs are easily strained and sprained, ankles twist easily. Stiffness, awkwardness, heaviness, especially of the legs and feet.

Joints tend to become inflamed. Stitching or tearing pains in all the joints, but especially in the big toe.

Aching in all limbs, with stiffness in cold, damp weather.

Swelling of the hands, legs, ankles, feet.

Coldness of all the limbs, cold sweat; alternately, burning of the feet and soles.

Intense itching of all the limbs, especially of the legs and feet.

Nails hard and brittle, cease to grow or grow very slowly.

Pain in the upper limbs at night, worse from cold, motion, and from the act of taking hold of anything.

Blackie reports a case of a pain in the muscles of the arm after moderate exertion (carrying a heavy suitcase) that continued no less than 10 days.

Calcarea silicata cured the pain within 24 hours.

The arms and hands feel paralysed

A lot of cracks in the skin of the hands and fingers.

Contraction of the tendons in the hands and fingers.

Warts on the hands, on the dorsum or ball of the thumb; large hard seed warts.

Gouty nodosities of the fingers may be an indication.

Tingling in the fingers.

Paralysis in the lower limbs.

Violent pains in the hip-joint; pain as if an abscess were forming. The remedy is useful in coxarthrosis.

Apt to get pains in the legs which regularly go numb.

Cramps, especially in the calves, feet, soles, toes.

Ulcus cruris, cannot get rid of it; feels miserable; thick, greenish-yellow plug in it.

Easy perspiration of the feet, often cold and offensive.

Many corns, painful, sore and stinging.

Sleep

Restless sleep, disturbed by vivid dreams. Sleeplessness from over-abundant thoughts; cannot fall asleep again after awakening. Unrefreshing sleep, waking frequently and early.

Exhausted and sleepy in the daytime, especially after eating.

Many dreams of: dead people, death, murder; disease, sick people and caring for sick people; anger. Has anxious, confused, amorous, frightful dreams and nightmares.

Fever, chill, and perspiration

Chill predominates in this remedy. Chill in the open or cold air, but also in bed; shaking chills, chill with trembling after uncovering oneself. Desires warmth, which, however, does not relieve; becomes chilled during stool.

Marked fever in the evening at night; fever alternates with chills. External heat with chill, flushes of heat.

There is profuse perspiration, which may be hot or cold. Cold sweat mostly on the extremities (especially on the feet). Sweat comes on from any kind of exertion, physical as well as mental. Perspiration with great anxiety. The sweat may be sour or offensive.

Concerning the ailments from suppressed perspiration mentioned above, an example from Margery Blackie shows the peculiarities of this feature very graphically: 'She said: I don't really sweat, but I can get what I call moist. But if I go into a cool room or into a draft of air or out into the open air, it stops at once. If I do that I feel thoroughly mussy and a bit sort of swimmy in the head afterwards.'

Skin

A good description of one possible state of the skin in *Calcarea silicata* is found in Boericke: 'Itching, burning, cold and blue, very sensitive. Pimples, comedones, wens [sebaceous cysts]. Psoric eruptions.' A severe acne case was cured by Springer where the bluish discoloration, the cool skin, and the comedones were important hints for the prescription of *Calcarea silicata*.

Tendency to chaps, cracks, desquamation, sore, raw places, indurations, boils, warts, epithelioma, lupus. Has all kinds of eruptions, eczema, herpes, pimples, pustules, urticaria. Eruptions discharge pus or a white, pus-like substance, which bites, burns, or itches.

Itching also occurs without eruption; scratching generally aggravates. Radiant heat ameliorates the itching.

Ulcers are also frequent, do not heal, have raised edges, greenish-yellow discharge, burning and stinging pain.

Clinical

Atrophy. Cornea, ulcer of. Lymphatic tuberculosis. Ulcers.

Relations

Compare: *Ars.*; *Tub.*; *Bar-c.*; *Iod.*

Calcarea sulphurica

Calcium Sulphate, CaSO₄.

Gypsum. Plaster of Paris.

Trituration.

The essential features

The general idea that runs through this remedy is of an organism which tends to produce tumours and abscesses that not only do not heal easily, but that **suppurate profusely and for long periods of time**. The characteristic trait of the remedy is not its tendency to the formation of abscesses themselves, rather the fact that an abscess opened is **very slow to heal and has a continuous discharge of yellow pus**. In cases of inflammation, this organism quickly reaches a state of suppuration, which tends to continue. The presence of **pus with a vent** is common.

I have found this remedy effective in cases of malignant **acne** in young people and also in **hidradenitis suppurativa** with cicatrices forming during the healing process. I must however point out here that some severe cases of this type of chronic condition will need more than one remedy to complete the cure. In cases of acne both cheeks present a crusty, ugly, uneven surface of dried pus mixed with blood and serum. The suppuration is so profuse that the patient cannot clear it up fast enough, and it forms again immediately after cleaning.

Calcarea sulphurica can be useful in **malignant growths** after ulceration has set in, where a lot of pus forms. As Kent says, '*if given early enough it will prevent a malignant growth terminating in its usual way,*' and in later stages it may be '*an excellent palliative.*'

Abscesses of the teeth and gums (*granuloma apicale*, gumboils) with discharges of pus are easily managed with this remedy, even if very obstinate.

Sometimes we have effected deep cures by prescribing on a superficial level like this on the teeth; the Calcarea sulphurica patient generally has a

strong tendency to recurrent tooth and gum abscesses.

If you take a long-term view of a case where a patient is suffering with an internal disease, and you find recurrent abscesses or severe acne or even hidradenitis suppressed by antibiotics in the patient's history, then there is a definite possibility that this is a case of *Calcarea sulphurica*.

Fistulae are also a pathological condition that is often found in this remedy, especially **perianal fistulae with painful abscesses**. This has been repeatedly confirmed in recent times, by Wolfgang Springer who cured a case of multiple perianal fistulae formation of several years' standing with *Calcarea sulphurica*, and Vogt (*Allgemeine Homöopathische Zeitung*, 1963) who reports several cases of suppurating fistulae due to injection or drainage wounds that promptly gave way to this remedy.

The remedy may help in cases of glomerulonephritis, where there are tube casts and albumen in the urine, where the heart is involved and when this is a complication after an epidemic disease in children (e.g. scarlatina). It is also useful in advanced cases of diabetes where there is ulceration on the skin without the ability to heal itself.

There are many other pathological conditions that respond to *Calcarea sulphurica*, mostly linked to the general idea of suppuration. **Suppuration in any organ or part of the body** points to this remedy: from the ear, e.g. in *otitis media*, purulent nasal catarrh, tuberculosis of the lung with a lot of slimy and purulent expectoration, abscess of tonsils, **suppurating glands**, purulent exudation in serous sacs, deep suppurating ulcers on cornea, etc. **Recurrent abscesses**, of the skin or elsewhere, are a strong feature of the remedy. It is also indicated in burns or scalds or chilblains, if and when suppuration sets in.

In short, '*all ailments in which the process of suppuration continues too long and the suppuration affects the epithelial tissues*' (Boericke and Dewey) should make you consider *Calcarea sulphurica*. Generally, **the pus discharged tends to be yellow** or else bloody and often **thick and lumpy**. The same qualities usually apply to all the discharges from mucous membranes, as in cough, gonorrhoea, leucorrhoea, coryza, and so on; they are often also purulent or pus-like. **Glands and lymph nodes** are inclined to swell and ulcerate.

Upon the skin we see pathologies such as: milk crust or 'scald-head' of children; crusty eczemata, often connected with glandular swellings; skin infections with yellowish, greenish, or brownish scabs; thick, yellow, purulent exudation; *lupus vulgaris* and *lupus erythematoides*; **acne vulgaris**; **pemphigus foliaceus**. In addition, there is an inclination to form fibrous polypi of mucous membranes and various kinds of tumours: cystic tumours; fibromata and fibroids; also malignant tumours like scirrhus.

The **connective tissues** are also included in the sphere of action of *Calcarea sulphurica*. They are weak, and due to this weakness they tend to easy inflammation and suppuration.

Moreover, the **musculo-skeletal system** is often affected. *Calcarea sulphurica* may be useful in complaints from straining muscles and tendons, from over-lifting, etc., when the pain stays for a long time and apparently indicated remedies fail to act. The remedy is also useful in bone infections, including caries of bone. Epilepsy, epileptiform and hysteric convulsions with twitching of muscles all over the body come under the action of *Calcarea sulphurica* as well.

Malice, irritability and jealousy

The constitutional Calcarea sulphurica patient is not an easy case to deal with. The remedy is not easily recognisable by its mental-emotional characteristics. This patient does not know how sick he is, and will hide his mental state because he does not realise that he has a problem. He will not talk about it, but the information will come rather from relatives.

The main feature I have found in the mental-emotional pathology is an exaggerated sense of self-importance. There is a **marked hidden egotism** and we frequently see the traumatic effects of false modesty. Such patients go along in life expecting everybody to appreciate what nice and clever people they are, and therefore are deeply hurt by people not paying attention to them or not duly appreciating them. They moan and complain and hold grudges if they feel **that others do not appreciate them**. This idea is central to the remedy.

Imagine a patient who has an internal wound that cannot heal, cannot close, and it oozes and suppurates, and you wonder where all this pus is coming from day after day, week after week, or even year after year. The same idea may be applied to the soul which has been wounded and which oozes not blood but pus. There is something rotten inside the patient, a process of decomposition is taking place. The ego has been hurt and the soul weeps, but not in a healthy way.

A general **discontent** is shown, with morose and obstinate mood. The patient loathes life and becomes **malicious** with others. He has a quarrelsome nature, and, expecting others to do as he says, he feels insulted or offended if this is not the case, and **hatred** or contempt overtakes him just because **people do not agree with him**. He does not want to be talked to, and he has an aversion to answering questions and to company. The alternate reaction is to complain because they don't feel duly appreciated.

These individuals are **easily irritated** and **roused to anger**. A highly impatient and impetuous manner is often found, and they seem to be always in a hurry. **Great irritability** has been noted **in the late afternoon**, and in the evening as well, and 'irritable after coitus' is also a symptom that has been observed. Once the irritation and the anger have been expressed the patient becomes totally exhausted and very weak.

Jealousy is one of the strong aspects of this remedy. In this respect it is similar to *Lachesis* and *Salicylicum acidum*, there is a malicious jealousy in all three of them. Irritability and jealousy can grow to an almost **pathological** degree.

Other mental characteristics

Changeable moods are frequently noted in this remedy, especially in the afternoon and evening. Some of the mental states are **aggravated in the morning, with sadness on waking**, but **in the evening the patients become mirthful**, even joking and laughing out loud. This symptom was successfully used as a key-note in the fistula case of Springer mentioned above, and thus confirmed.

But there are also other time modalities as to the changeable mood: '*Good spirits, best about 6 p.m.*' '**Excessive gaiety of spirits in the afternoon.**'

'*Very low-spirited in early evening, then more cheerful, then 'blue' again.*' Even the reverse order has been noted in the proving: '**Great restlessness**

in afternoon and evening, with sadness, dislike to talk; petulant; **desire to weep and to be miserable, alone, and unhappy**; moderately cheerful in the morning; change not sudden, but between 2 and 3 p.m. '

This kind of **tearful mood**, which is common in this remedy, is often coupled with a gloomy melancholy, from which he can however easily be aroused to take part in conversation. Or he may **sit and brood, absorbed with imaginary misfortunes** and refuse to answer; apathetic, indifferent, not wanting any disturbance.

There may be a desire to do something but it does not last long, as Hering's symptom shows: '**Sometimes desire to walk, to attend something; as soon as she sets out to do it the desire is gone.**'

The Calcareo sulphurica individual is constantly in a state of **apprehension**. He may be **timid**, bashful and apprehensive all the time, which renders his conversation extremely wearisome; also many little delusions, whimsies and strange fancies. He has fits of excessive, bitter melancholy with distressing apprehensions of evil to loved ones. There are many **fears and anxieties**: anxiety about the future; about his heart and his health in general; about salvation; fear of death; that some evil will befall him; of insanity and of misfortune. Anxiety and fear especially come on in bed: in the evening or **during the night**, but also in the morning on waking. **Sees frightful images at night when trying to sleep**. In the fever heat, the fear and anxiety is also aggravated. Then the patients will suffer from **great despair of recovery**. But **in the open air**, the apprehensions will be **ameliorated**, like many other complaints with this remedy.

The intellect becomes **sluggish**. Especially **on waking in the morning** and again in the evening, there is a **dazed, confused state of mind**, which is also provoked by mental exertion. A **sudden loss of memory** may occur in these people, they can scarcely remember what they were going to do. '*Old issues, which have been long decided, are presented to mind, and I can't recall my decision*' is a symptom a prover experienced suddenly after lunch. While busily engaged thinking, suddenly the thoughts may vanish altogether. Stumbles in speaking and misplaces words. This kind of confusion of mind, like other symptoms, is also ameliorated in the open air.

The states of **mental weakness** may also be accompanied by an indifference as to the surroundings, with dullness of the senses, an incapability to make decisions, a condition of irresolution and a great deal of timidity. Averse to any mental work, lazy and weary, sometimes coupled with restlessness.

Generalities

The patients tend to be cold in general, and they easily catch colds, especially **from exposure to a draught**, to cold, wet weather, etc. But at the same time, they are remarkably **sensitive to heat** as well. In laryngeal diphtheria or similar conditions they have a **strong desire to uncover, and open air actually relieves their condition** (contrary to *Hepar*). However, heat does relieve in certain complaints: the pains of the body are often relieved by local heat. This is true for the pains from fistulae, and also from acute and chronic rheumatism. Standing makes the pains in the joints worse.

Violent rushes of blood, flushes of heat, pulsations throughout chest and head, sometimes extending into limbs.

Laziness, languor, weakness and fatigue are frequently to be seen. Very weary and dull all day, could easily fall asleep. Fatigue and restlessness, with

sadness. They feel tremulous weakness and crave stimulants to overcome it. The fatigue may be coupled with a certain stiffness and painful rigidity, especially in muscles of limbs.

Excessive fatigue between 10-12 a.m. ; intolerable lassitude in the afternoon, after a nap, feeling perfectly miserable, weak and languid. Great exhaustion after waking from a frightful dream.

Calcarea sulphurica patients often look very **pale** and have a tendency to obesity. Tending to have many skin infections, they may have, according to Margery Blackie, the red rough skin of *Sulphur*. Candegabe says that they are inclined to a doughy obesity, frequently have a stooped body posture and broad hands with long fingers.

This remedy is especially useful in constitutions broken down by alcoholism.

Lack of reaction to well-selected remedies is a general feature. *Calcarea sulphurica* may be indicated when well-selected remedies act for only a short time, as with *Sulphur*, *Tuberculinum* and *Psorinum*.

Springer recommends to think of *Calcarea sulphurica* in cases of glandular swellings that are unusually soft.

Worse from **draught**; touch (but, according to Clarke, without the excessive sensitivity to touch seen in *Hepar*); cold and wet, but also **warmth** in many forms: warm rooms, warm wraps, **warmth of the bed**, getting warm or overheated. At night; also on waking and from exertion (physical or mental).

Strong desire to be in the open air, and feels better there. Ameliorated by **uncovering**, bathing, eating, local heat (for body pains).

Vertigo

Vertigo on getting up in the morning, or again in the evening; **ameliorated in the open air.**

Vertigo with deadly nausea; on moving head quickly.

While walking, dizzy in head and weakness and oppression from head down to stomach.

Vertigo with a tendency to fall over.

Epileptic vertigo.

Head

Flushes of heat in head: morning and evening; forehead and vertex. **Congestion of brain** is frequent, especially evening and night; in a warm room; after stimulants; on coughing; during menses or **with suppressed menses**. This is, once again, better in the open air. But also: coldness of head, especially vertex.

The head feels constricted, particularly the forehead and the occiput. **Sensation around head as though he had his hat on**; tries to grasp it to take it off, but discovers there is no hat.

Pain around the head, several times before going to bed. Tearing around whole head, with nausea, when rising from lying; ameliorated while lying. Rising from lying causes pulsation and increases the pain.

Many inveterate chronic and periodic headaches have been cured with this remedy. The periodic headaches often come on **in morning** (on waking) or **in evening** (after evening meal) and are frequently centred **in the forehead**. They are in most cases **ameliorated by open air**. Periodic sick headaches with nausea and vomiting.

Other causes: headaches from concussion; **from becoming cold, but made better by cool air; from becoming heated, aggravated by jarring.**

There is pulsating with nearly all the headaches. Spasmodic throbbing headache, mostly in frontal region, in morning.

Many headaches are of a pressing character and aggravated by mental exertion (reading, etc.).

Some more modalities: headaches worse from looking upwards, moving head, noise, standing, stooping, heat of sun, talking, washing, cold weather; better from pressure.

Crusta lactea with purulent discharge or yellow, purulent crusts.

Pimples, pustules, hard swelling, eczema etc. appear on the scalp, often with suppuration and scabs or crusts, but sometimes also dry eczema. The affected places may be sore and sometimes burning or itching.

There is much dandruff and the hair tends to fall out.

Eyes

Inflammation of eyes, with discharge of thick, yellow matter; worse evening and night; canthi are particularly affected. Eyes red and hot; red like raw beef; bleared, red, with colic.

Phlyctenular keratitis and conjunctivitis, with enlarged cervical glands.

Purulent discharge in *ophthalmia neonatorum*.

Has been very useful in **cases of injury to the eye** by a foreign body, **if much matter was discharged and the organism was unable to absorb it.**

In one case a splinter of wood had caused inflammation of conjunctiva and lids and a loss of vision on the affected eye. The cornea was dim, the anterior chamber between cornea and iris exhibited a smoky appearance, and some matter could be seen floating quite distinctly. Hepar failed, but *Calcarea sulphurica* led to complete resorption of the pus, the eyesight was restored, and the inflammation disappeared (Köck).

Deep ulcers on the cornea.

Fissures of canthi.

Smarting of eyes in inner corners.

Cutting pain in eyeball, with some soreness, as though eyes were sunken in head, with headache.

Pain in right eye from looking at a piece of paper.

Lids stick together in morning.

Twitching of eyes and eyelids, sometimes with occasional blindness.

Dim or foggy vision.

Sees only half an object, late in evening.

Flickering before the eyes.

Falling of eyelashes.

Ear

Suppuration from middle ear, pus thick, mixed with blood, sometimes offensive. This may be accompanied by diminished hearing and subjective noises, such as **singing or ringing**. Such cases often date back to a scarlet fever. The **meatus may be filled with pus; abscesses in the meatus** are an important indication. The otorrhoea may or may not be accompanied by pain.

Catarrh of Eustachian tube.

Mastoiditis.

Dark-brown wax in ear; earache relieved by removing it.

Right parotid sore; better when walking in open air.

Pimples around or on top of ear; sensitive swellings behind ears with tendency to suppuration.

Nose

Easily and frequently catches colds, especially from draught (open windows). Coryza with **thick, yellow, lumpy discharge**; often **purulent** and **blood-streaked**. Kent remarks that even most inveterate cases of nasal catarrh have been cured by the remedy, and that, clinically, the **one-sided cases** responded best. For example: yellowish mucus from left nostril, with tears from left eye.

There are two important modalities concerning coryza and sneezing. First, **open air very often ameliorates**. The provings give symptoms such as:

'Tendency to influenza and sneezing, disappearing in the open air.' *'Very little expectoration but considerable influenza, disappearing in open air, and worse in right nostril.'*

Second, **bathing or washing, especially with cold water**, exerts a powerful influence. It may cause or aggravate the nasal discharge, but also ameliorate: *'Always blows yellowish or greenish mucus from nose in morning after bath'*, but also: *'Excoriating coryza in open air, soon disappearing in the house and after washing face in cold water.'* The last symptom shows that also open air may aggravate as well.

During the day, dry coryza in left nostril, while right nostril discharges white watery mucus in small quantities; at night reversed: right nostril dry, left

nostril discharging.

Watery coryza from anterior nares; posterior nares closed tight, has to breathe through mouth.

Bloody coryza in infants. Epistaxis during sleep and daily on washing face.

Loss of sense of smell. Caries of nasal bones.

Quivering or crawling sensation on root of nose, extending to cheek.

Face

Pale and sickly complexion, but **a lot of eruptions** and also of **flushing** in the face.

Acne vulgaris forms **crusts from pus and serum**. **Pimples and sores**, with dry yellow scabs, itching. Pustules; herpetic eruptions; boils on forehead;

eczema; *lupus erythematosides*. Many pimples under beard, discharging blood after scratching, or discharging an oily transparent matter.

The lips may be cracked, and yellow blister-like sores that burn and smart on touch appear.

Sensation of great heat in face and eyes, but parts are really cool; great desire for and relief in open air.

Darting, neuralgic pains in right side of face.

Mouth

Dry, hot mouth.

Ulcers and vesicles in mouth. Inflammation and swelling of mucous membranes.

Soreness inside lips, raw and burning and on the roof of mouth, as though burnt, during lunch.

Tongue yellow coated at back part, like a layer of half-baked clay.

Swelling and inflammation of tongue; **when suppuration sets in**. The swollen, stiff tongue renders **speech difficult**.

Mouth has a soapy, sour, acrid or bitter taste.

An important remedy in **gumboils and abscesses**.

Swollen, sore gums; bleeding on brushing teeth. Toothache greatly aggravated by gently stroking gums.

The teeth are sensitive to cold air and water.

Throat

On this subject, I would like to quote Margery Blackie's lucid remarks: *'A great throat remedy. It has the characteristic that it is apt to push out infection. The whole mouth is dry. As a rule, the front of the mouth looks quite clear and clean. But if you make them open their mouth a bit wider, the whole of the back of it is coated yellow, with a lot of secretion they cannot get rid of. They get pain on swallowing and a tendency to ulceration of the tonsils, and a rapid involvement of the glands of the neck. Feeling of fullness and choking, quite often a sort of air hunger, thirst for cold drinks or fruit. They are all worse for hot things to the throat ...'* (Emphasis G.V.)

Some additions: fauces and throat swollen, red, sore; suppurating sore throat.

Thick, yellow mucus is drawn from the posterior nares.

Sensation of a plug in throat.

Tonsillitis, when peritonsillar abscess is discharging.

Respiratory tract, chest and heart

Obstinate **hoarseness, ameliorated in open air.**

Sensation of dust in larynx.

Choking is characteristic of this remedy, as it is of *Hepar*. **Laryngeal diphtheria with much choking, patient throws off the covers** and wants the air, which **ameliorates** him definitely; while *Hepar* will be worse from uncovering and slightest draught.

Much mucus in air passages, **catarrh with thick, yellow or whitish, lumpy discharge, or pus-like secretion. Profuse expectoration.** Expectoration of transparent mucus early in day, yellowish from about 12-3 p.m. , transparent again towards night.

Difficult respiration: rattling and short; with wheezing and suffocative attacks, may hence be indicated in asthma cases. Asthma or cough with hectic fever; purulent, sanious sputa. **Asthmatic cough, croupy in morning on waking and after siesta.**

There is much mucus in the air passages and they feel raw and painful; catarrh that is thick, lumpy, white-yellow or pus-like.

Tight, short cough leaving rasped feeling in throat and strained sensation of chest and head. **Coughing after bathing; cough often ameliorated in cold or open air.**

Bronchitis with yellow, yellowish-green, or blood-tinged expectoration.

Oppression and rawness of the chest; burning and weakness of chest. Chest lame and raw behind sternum, with nausea in morning, reaching a climax at about half past one **in a small, close, crowded room**, (while witnessing an operation), then deadly nausea and vertigo; could hardly get into the street where in about 15 minutes felt better.

Empyema, pus forming in pleural cavities.

Anxiety in region of heart. Anxious palpitation; at night.

Stomach

Increased, even **ravenous appetite and thirst**; or appetite completely lacking. Eating generally ameliorates his condition.

Desires: **green, sour fruit and vegetables**; tea and wine; refreshing things, salty things.

Aversion to **meat**, milk and coffee.

Bitter or sour eructation; at night.

Nausea: with vertigo; with headache; with pain in pelvis.

Easily subject to indigestion, particularly after breakfast.

Sensation of weight in stomach and chest in the morning, relieved after lunch.

Pain in and at stomach: cramps, spasms; single spasm of cutting colic in stomach precedes stool; soreness; wandering pains in stomach and abdomen; pain from stomach to liver; colic, relieved temporarily by drinking cold water, with sensation of constriction in stomach, followed by stool, afterwards much flatulence and eructation.

Abdomen

Violent pain in liver region.

Cramps and colic in hypochondria; all day, or late in evening; **at night after retiring**, with great restlessness.

Flatulence, with distension and colic from incarcerated flatus. Putrid-smelling flatus. Flatulence and eructation after bath.

Great coldness in the abdomen, with distension.

Sharp, cutting, darting colic; after ice-water (which was very unusual to the prover); with rumbling; with bleared eyes.

Appendicitis.

Feeling in lower part of abdomen as if skin were too tight, with pain.

Pain in right side of pelvis, followed by fatigue, nausea and pain in stomach.

Extravasation of pus within pelvic tissues unconfined by any pyogenic membrane, or when a pus-bag is formed by the rupture of an abscess wall without finding an outlet into the pelvic viscera.

Rectum

Calcareo sulphurica is very frequently indicated in **painful or painless abscesses about anus where there is constant discharge of pus. Anal fistulae**

also form a very well-confirmed indication.

Anal prolapsus.

Itching and formication of rectum. Moisture about anus, causing smarting and itching.

Pressure on bowel, as if to stool, and **constriction of anus** after breakfast.

Stools may be preceded by spasms of cutting colic in stomach or abdomen.

Stools with great tenesmus, with excoriating, biting and burning sensation at anus, and hard pieces at night. Large, hard stool, tenesmus at close of stool, with convulsive shuddering during passage, leaving smarting-burning at anus.

Inveterate constipation; difficult, insufficient stools.

Diarrhoea: morning or evening diarrhoea; from change of weather or after eating maple sugar; with discharge of pus, or bloody pus; very useful in **diarrhoea of children**, worse after eating ever so little, painless, involuntary. Diarrhoea of long standing, stools of a mushy consistence, coated tongue.

Dysentery, if stools consist of pus-like slime; also mixed with blood.

Urging for stool, morning on waking; first part hard, last part thin.

Light-coloured stools; undigested.

Urinary organs

Chronic nephritis, with great pain in kidney region day and night, and great, weakening discharge of pus in the urine. Nephritis subsequent to scarlatina.

A valuable remedy for catarrh of the bladder where there is copious yellow pus.

Urethral discharges: yellow, bloody, often gleety. Purulent, sanious discharge in gonorrhoea.

Burning in the urethra during urination.

Bright's disease, if symptoms correspond.

Red urine during hectic fever.

Male genitalia

Abscess in prostate gland.

Spermatorrhoea with impotence.

Uneasy feeling of genital organs; bruised pain in testes as if crushed or injured; drawing sensation in spermatic cord and testicle, with almost irresistible amorous fancies and desires.

Hydrocele in boys.

Female genitalia

Menses came later and lasted longer; usual symptoms, headache, twitching, cramping pains, weakness, were aggravated.

Dragging down in pelvis during menses, as if there were prolapsus.

Itching after menses, in vagina, with swelling of labia; itching of genitals during menses or fluor.

Labia excoriated, inflamed, suppurating.

Fluor which is thick, yellow or white, lumpy; **bloody; burning;** excoriating.

Fibroid tumours of uterus.

Ulceration of genitals; of *os uteri*.

Mastitis when pus begins to form or during suppuration; also when pus is discharging after prolonged nursing.

Back

Painful rigidity in side or back of neck.

Weakness of back, especially in the lumbar region. Kent says that Calcarea sulphurica has been a valuable remedy in the treatment of curvature of spine in the lumbar region, making it difficult to sit up. **Small of back weak, only noticed while lying on the back.** Weakness of back with stiffness of hands and puffiness of fingers.

Backache in evening after retiring, causing great restlessness and discomfort.

Ischialgia.

Extremities

Gouty joints; rheumatic joint pains.

Itching, often burning itching of skin of extremities; pimples and vesicles appear.

Growing **painful rigidity** of arms, shoulders, and back, from morning till late in afternoon. Especially **the shoulders are extremely stiff and rigid, painful to touch;** painful to put off or on a coat; worse morning and evening; better in open air and walking. Neuralgic pains in shoulder, extending to wrist and back of hand.

Numbness of hands, with sticky sensation.

Painful cramps in right hand, with stiffness and numbness of little finger.

Fingers puffy, swollen, stiff, rigid, especially **in the morning**; also in afternoon, more on right hand; awkward and clumsy.

Phalanges of fingers swollen. Little finger inflamed and swollen.

After injuries to fingers with continuous suppuration.

Whitlow, when suppuration begins.

Inflammation of hip-joint; in suppurative stages of coxarthrosis.

Painful rigidity of thighs, worst in early evening.

Fatigue of knees after walking, usually felt in the calves.

Inner side of left knee very lame, when stooping or walking fast.

Legs stiff, weak, tender to touch; feet swollen and tender.

Deep ulcers.

Margery Blackie says that *Calcarea sulphurica* people nearly always have **very cold feet**, with heat everywhere else. Cold, offensive foot sweat. But hot, burning feet have also been observed, with great **burning and itching in soles**. (Compare the constituents of the compound remedy *Calcarea sulphurica*, *Calcarea* and *Sulphur*.)

Painful corns; stitching, burning.

Sleep

Sleepy during day; wakeful at night. Sleeplessness from persistent thoughts and restlessness.

Frightful dreams, followed by convulsions. Dreamed she had a convulsion from fright; awoke screaming, much exhausted.

Dreamed of trying to catch and hold an eel, and was unable to do it because of stiffness of fingers.

Fever

Flushes, pulsations, throbbing of heat; as if about to burst into a sweat, or else with sweat. Flushes of heat during evening meal.

The remedy has cured many cases of chronic intermittent fever with evening chill. Evening fever with chill.

Hectic fever: caused by formation of pus; with asthma and cough; with burning in soles of feet.

Profuse perspiration, brought on by slightest exertion; cold and offensive on feet.

Skin

There are numerous skin symptoms, as Kent remarks, as might be expected from a study of *Calcarea carbonica* and *Sulphur*.

The skin is generally **unhealthy**, and **wounds** (cuts, bruises, etc.) **do not heal readily and tend to discharge pus**.

The skin tends to crack after washing in winter, especially in the hands.

Most skin complaints are characterised by **burning**, **itching**, and very often **suppuration**.

Many skin infections have been described above. To give a brief enumeration: herpetic eruptions all over, psoriasis, **lichen** (papular lesions); pemphigus foliaceus; suppurating pimples and pustules, **acne**; *eczemata* in children, crusty, *crusta lactea*; furuncles, carbuncles; suppurating burns, scalds, chilblains; **ulcers discharging thick yellow matter or blood-tinged pus**; **abscesses**; **suppurating fistulae**; **hidradenitis suppurativa**, **sudoriparous abscesses**, especially in axillae; cellulitis, phlegmon; urticaria; and so on.

Margery Blackie considers *Calcarea sulphurica* the '*best of all acne remedies, unless strong indications for something else.*' The lesions are slow to heal. The complexion may be pale, greyish, lead-coloured; but all the same, the skin may give a rough, red appearance as in *Sulphur*.

Clinical

Abscess. Anus, abscess near. Boils, Buboec. Burns, Carbuncles. Chilblains. Cornea, ulceration of. Cough. *Crusta lactea*. Cysts. Dropsy. Dysentery. Eczema. Fistula. Glandular swellings. Gonorrhoea. Haemorrhages. Injuries, effects of. Pneumonia. Polypi. Scarlatina. Spermatorrhoea. Syphilis. Tonsillitis. Tumours. Ulcers.

Relationship

Compare: *Hepar*; *Silica*.

Calendula officinalis

Calendula officinalis.

The Marigold.

N.O. Compositae.

Tincture of leaves and flowers.

The essential features

- Calendula is to **lacerated wounds** what *Arnica* is to bruises. Both are considered specifics for **injuries** (as are *Ledum*, *Bellis perennis* and some other remedies). When the skin or an organ is not torn and the external trauma only produces an extravasation of blood, then *Arn.* will be indicated. However, when there is laceration of the skin or of an organ and inflammation sets in, then the correct choice is *Calendula*; yet this is not always the case, as the injuries have to have additional *Calendula* characteristics if we want our remedies to be effective.
- An important characteristic of *Calendula* is that, once there is an injury, inflammation or ulceration, **the pain experienced may be very violent, often out of all proportion to the extent of the injury**. Also the effect on the general condition of the patient is quite distressing: **general weakness** which, again, may be **much more debilitating than could be expected** given the severity of the wound or the ulcer.
- Exhaustion may also come from profuse loss of blood from the injured part, or from inflammation with exhausting suppuration and threatening sepsis; but weakness and pain will also be excessive if the wound is not so severe. During these states of intense pain and weakness, the patient may feel **nauseous**, as well as suffer other consequences from physical trauma. **Chill** is a marked feature, and many symptoms occur during chill, as the proving showed; fever and headache may also follow the injury.
- Calendula* is indicated in cases of (where usually *Bryonia* and *Rhus toxicodendron* are given) and where there is intense inflammation and the symptoms look like *Bry.*, but *Bry.* does not help. The pain will be **worse on moving the part** and **relieved by lying perfectly still**. The injured part is **sensitive to touch** and the wound is painful even after being dressed. However, in *Calendula* we may also see an **amelioration from walking about**, and moreover an **aggravation from wet weather** (like *Rhus-t.*) with pains coming on **in paroxysms** as in *Lachesis*.
- The constitutional state of *Calendula* shows an individual with **lowered defences**, who catches colds frequently, gets tired easily - mentally, emotionally and physically - feels extremely nervous, irritable, fretful, is easily frightened, is very sensitive to noises, and starts from them. The patient gives you the impression of being weak and frightened individual. Every difficult situation and every stress brings about a state of panic. **A fear that something bad is going to happen** (as in *Causticum* or *Phosphorus*) prevails, a '*feeling as if some overwhelming calamity was hovering over me as to be almost unbearable*', as one prover put it, and this fear makes him very **restless**.
- These people are very **touchy** individuals who react with irritability and fretfulness if they are criticized or insulted. A **morose and fretful mood** may be coupled with **anxiety and apprehension, especially during a chill**, but also with a sleepy, dream-like state. The mental pain of anguish and despair is so acute that it may become totally intolerable, such that the individual may eventually reach a state of indifference and may even seem callous. (It is interesting to note here that *Calendula* has been used successfully in cases where the skin of the hands and/or soles of the feet were thickened, hard, and calloused.)
- In an involuntary proving on a baby, *Calendula* caused screaming, twitching of the hands and face, with colicky pains (seemingly from flatulence). There were even convulsions with fixed eyes, a dark round mouth and vomiting of milk with slime. This was accompanied by extreme nervousness and

sensitivity to noise, as mentioned above. Another symptom was a decidedly yellow tint of the skin and also of the stools ('the colour of marigold'). Clarke, who relates this involuntary prooving, reports that cases of **jaundice** have been successfully treated with Calendula. **Great irritability** that is, like many symptoms in this remedy, **aggravated during a chill** may be a keynote in these cases.

In injuries, Calendula (in external application, but also *per os*) promotes healthy granulation and rapid healing by, with favourable cicatrization and without disfiguring scars. This **tendency to produce granulation tissue** has led to its use in cases of excessive 'proud flesh', cicatricial keloids and true keloids. This is especially true when cicatricial tissue is found on the tympanum and impedes the hearing. Cooper has shown that Calendula is one of the best remedies **in loss of hearing or deafness from 'proud flesh' or cicatricial tissue on the tympanum**, even if there is no actual injury to this part, but only a concussion of the head or some such causation. He also used it with success in cases where there was a history of suppressed skin eruptions. His main modalities were: **deafness worse in damp weather and from drinking**.

Generalities

Calendula is well-known as a vulnerary, i.e. to be applied externally, especially for **lacerated wounds with loss of tissue, in suppurating wounds and ulcers, in fractures**, especially if **compound** and if repair is slow, and for consequences of a blow, shock or fall. Jahr, who was in Paris in the bloody year of 1849, used the remedy for several victims who had fragmented bones from **gun-shot wounds**; limbs that would otherwise have been amputated were saved by means of Calendula.

This remedy is useful for inflammations due to mechanical trauma (ophthalmia, etc.), **neuritis** as a result of lacerated wounds and also **after surgical operations, or after the rupture of the perineum in childbirth**. Clarke remarks that *'the application of a sponge saturated with a hot solution of Calendula after delivery gives the greatest comfort to the patient.'* It can be used when **wounds from dental operations** (extraction of teeth etc.) do not heal readily and continue to haemorrhage. Its remarkable power **to prevent suppuration, sepsis and gangrene** has been confirmed often.

Boericke praises its *'remarkable power to produce local exudation'* and says that it *'helps to make acrid discharge healthy and free.'*

Bloody and serous infiltration of cellular tissues in open wounds and ulcers (sugillations, suffusions) is also considered as an important indication.

It also acts very promptly in some cases of carbuncles, subduing pain and fever.

This remedy has also cured bad or excessive cicatrization, keloids, superfluous 'proud flesh', weakness and other consequences from badly healed injuries or ulcers

Calendula is most commonly applied externally as a solution, but it has also been used orally (in tincture or potency), either without external application or in order to support its external application.

Other indications on which Calendula was given with good results include: paralysis after apoplexy; rheumatism which is worse from motion; chronic vomiting; disturbances of menses, especially suppressed menses and ailments from it; and more. *'Applied externally and as a fomentation, particularly*

the flowers are said to...relieve headaches and toothache' (Hahnemann's Dispensary Dictionary).

A general feature is a **strong tendency to catch colds, especially in damp weather**, and a tendency towards catarrhal conditions.

Head

Lacerated scalp wounds. Compound skull fractures.

Dullness in the head, as if he had a hangover.

Heaviness of the head in the morning, as after prolonged illness.

Dull, pressing sensation, especially in the occiput.

Frontal headache after eating, with a sensation of heat in the forehead.

Flushes of heat in the forehead, in the evenings.

Eyes

Traumatic ophthalmia with suppuration (e.g. from foreign body in eye); conjunctivitis, iritis, keratitis. Lacerated or incised wounds of the eyes. After operations on the eyes or lids where undue inflammation and suppuration is to be avoided. Wounds of the lids and brows which have not been correctly treated and where suppuration has taken place.

Franz's proving elicited this symptom: *'White of eyes inflamed, with pressive headaches now in forehead, now in temple when lying, but not when sitting or standing.'*

Discharge from the lachrymal sac.

Dryness and biting of the margins of the lids, as though from smoke.

Yellowish vision.

Ears

Loss of hearing or deafness, with cicatricial tissue on the tympanum. There may be a history of otorrhoea and suppressed eczema. In one case, a thickening of the epidermis of the back of the hands had remained after suppression of an eczema, and this was the deciding factor for choosing Calendula.

Hearing may be **better when there is noise around**, also when riding on a train or a bus. Distant sounds are heard better. **Worse in damp, heavy**

air; from drinking. Worse when having a cold or when tired. **Bathing** can trigger the appearance of deafness. Difficulty in distinguishing speech when two or more people speak together; there is an inability to distinguish from where the sound is coming.

Nose

Coryza in one nostril; with much green discharge.
Severe sneezing.

Face

'Black and blue' eyes, from extravasation of the blood after injury.

Face puffy and swollen, particularly under the eyes.

After taking a tablespoon of the tincture, Price experienced the following: *'Immediately, sensation as if lips were swollen; from the lips it spread to sides of nose, and increased rapidly in intensity. After one hour, lids were much swollen and pupils dilated ...'*

Mouth and throat

After extraction of teeth, or dental operations resulting in laceration of the gums.

Burns on the lips, the tongue, scalding of buccal mucous membranes; tongue dry, red and cracked.

Submaxillary glands swollen and **painful to the touch**, as if ulcerated, at the same time axillary glands painful to the touch. Or: Submaxillary glands painful to the touch as if swollen, but also without being touched there is a tensive pain which becomes a pressure in the throat, especially on swallowing. Or: Drawing tensive pain in the glands behind the left ramus of the lower jaw, **when moving the head**.

A case of **violent toothache**, diagnosed as acute pericoronitis, was treated successfully by a single dose of *Calendula C 200 (per os)*. The symptoms exhibited were: Severe pain in the muscles and bone of left lower jaw; worse at night; pain radiating to the left ear; tired, weak and nauseous; general aggravation from heat. The reason for prescribing *Calendula* was due to the advice from a workshop the practitioner had attended that the remedy was to be considered for any septic condition when another remedy was not indicated. (Cf. Gregory Pais, *Simillimum*, Winter 1991, p. 82).

Bitter-slimy taste in the throat before eating, but food tastes natural.

Stomach

Heartburn with horripilation (hair stands up) is a peculiar symptom of this remedy.

Sinking sensation; attacks of **nausea** or nauseous feeling. **Nausea felt in the chest.**

Chronic vomiting: after catching a cold; with cardialgia, hectic fever and emaciation; with pain in the uterine region; preceded by diarrhoea.

Epigastric distension.

Abdomen

On walking, a **boring and digging pain in the umbilical region.**

Dull, coarse stitches in the middle of the right side of the abdomen upon motion, ceasing during rest.

Enteritis caused by a foreign body. Constant soreness of the abdomen and tenderness in the left iliac region, with frequent, almost entirely mucous stools.

Rectum

Stool preceded by pinching and anxiety in the hypogastrium, with a chill.

Constipation: with flatulence, strains, but passes no stool; from retroversion of the uterus.

Diarrhoea: with flatulence; excoriating anus; with vomiting.

Urinary organs

Injury to the bladder **after an operation.**

Tearing in the urethra during a chill.

Frequent urination with emission of pale, clear urine, which is very hot and burns, or dark, offensive urine.

Clarke mentions that **difficulty in passing water** such as is commonly encountered in old men was entirely removed for some days after the person had chewed a leaf of *Calendula* for some minutes.

Genitalia - male

Mechanical excoriation of the mucous surface of the prepuce, after coitus; cured in two days by a lotion of *Calendula* 200, a few globules dissolved in water (cf. *Journal of Homoeopathic Clinics*, vol. 4, p. 116).

Genitalia - female

Swelling and induration of the uterus; with stretching and dragging in the groin; sense of fullness and weight in the pelvis; menorrhagia; constipation from occasional retroversion; pain on sudden movement. Prolapsus.

Ulceration of *os uteri*; with offensive leucorrhoea. **Condylomata at *os externum***. *Calendula* has even been used in uterine and breast cancer.

It helps when there is a rupture of the *cervix uteri* and perineum during childbirth, or for a lacerated womb after a Caesarean section.

Inflammation of the genitals, with a lacerated hymen, from coitus or other causes. Inflammation of the vulva resulting from cutting or tearing the parts.

Profuse, offensive watery discharge from the vagina, with great exhaustion, after instrumental delivery.

Excoriated and cracked nipples. Nodosities in the breast.

Menses suppressed; with cough.

Chest

Cough with hoarseness and green expectoration; with distension of the inguinal ring.

Drawing pressure in the left side of the chest and on the sternum, with stitches in the right side.

Pressure and oppression on the left side of the chest, during the evening in bed.

Neck and back

Pressing-tearing pain between the scapulae.

Pressive pain with sensation as if ulcerated and bruised under angle of the right scapula.

Rheumatic drawing pain in the right side of the neck, increased when bending the neck to the right side and when lifting the right arm, extending to the shoulder.

Extremities

Drawing-pressive tension in the hands and ankle joints, during rest.

Pain as if beaten at the outer side of the knees when sitting.

Burning tearing pain on top of the calf, when sitting.

Drawing, cramp-like pain at the inner margin of the sole of the foot, when sitting.

Tired weary feeling in the lower extremities; hands and feet cold.

Ulcus cruris varicosum. Deep, ragged ulcers with frequent **intense pain**, profuse suppuration, and a discharge with an offensive stench (compare *Calc-sulph.*).

Erysipelas and gangrene after crushing the foot.

Sleep

Restless sleep, finds rest in no position, frequent waking, frequent urge to urinate, drinks much.

Feels as if he would fall from a height, when falling asleep.

Fever

The chill and fever symptoms from Franz's proving are remarkable, strong and numerous.

Chilly all morning, with great sensitivity to the open air.

Almost all the symptoms make their appearance during a chill. Anxious, morose, apprehensive mood during chill.

Chill in the hands and the feet all morning, without thirst; with drawing-pressive pains throughout the whole body; the ribs ache as if compressed and beaten, after having sat for some time.

Shivering and goose-flesh, though the skin is warm to the touch.

Shivering on the back, with pressure on the last true rib of the left side and movements in the pit of the stomach and abdomen which make him feel as if he would faint.

Heat in the afternoon, intermingled with shivering, and frequent thirst, but drinking always causes shivering and a shaking chill.

Sensation of heat in the afternoon in the hands (which are otherwise cold) and the whole head, intermingled with shivering, thirstlessness, almost an **aversion to drinking.**

Great heat in the evening in bed, begins to perspire, the feet, in particular, burn intensely and sweat.
Great heat all morning, with **profuse sweat**, a nauseous feeling in the chest, and the shoulders are very hot.

Skin

A yellow tint to the skin; jaundice.

Traumatic erysipelas.

Old, neglected wounds which become offensive.

Dermic thickenings, callous, especially on the backs of the hands or the soles of the feet.

Keloids. Ailments from bad or excessive cicatrization.

Some cases show that *Calendula* can exert a favourable influence upon cutaneous cancers (malignant epithelioma, etc.).

Clinical

Abscess. Balanitis. Breast, suppurating, nodosities in. Bubo. Burns. Carbuncle. Chilblains. Deafness. Eyes, inflamed. Fever. Fistula. Glandular swellings. Jaundice. Labour. Nails, pulp of, inflamed. Nipples, sore. Suppuration. Tetanus. Ulcers. Uterus, inflammation of; cancer of; offensive discharge from. Varicosis. Whitlow. Wounds.

Relations

Calendula contains a lot of nitrogen and phosphoric acid.

Antidoted by. Arn.

Incompatible. Camph.

Complementary. Hep.

Compatible. Arn., Ars., Bry., Nit-ac., Phos., Rhus-t.

Follows well. Ars.

Is followed well by. Arn., Hep.

Compare: Arn., Ars., Bry., Calc-s., Carb-an., Carb-v., Ham., Hep., Hyper., Led., Nit-ac., Phos., Rhus-t., Ruta, Sal-ac., Sul-ac., Symp.

Camphora officinalis

Camphor. C₁₀H₁₆O.

A gum obtained from *Laurus camphora*.

N.O. Lauraceae.

Solution in rectified spirit.

The essential features

Camphora is so powerful that it antidotes most of our remedies. It should not be kept in the home where you are stocking homeopathic remedies or during homeopathic treatment.

This disruptive quality is not accidental as Camphora so deeply affects the vital processes of the body. It prevents the blood from reaching the periphery: the head, the extremities, or the penis. It will cause **collapse** (due to the shortage of blood to the brain), **Raynaud phenomenon** (ischemia of hands and feet due to blood being prevented from reaching the periphery, by spasms of the vessels), or **impotence** (due to the blood supply being interrupted), in the form that coitus proceeds normally for a while but the erection is suddenly lost.

The results of provings and clinical experiences with Camphora can be summed up in these three symptoms: **extreme cold, collapse, and convulsions** (especially tonic convulsions). It is by this very quality that Camphora will act so promptly in the well-known conditions of fainting or collapse.

The appearance of a Camphora case will be a person who is cold on the external surface of his body, face and nose; the face is pale and pinched or collapsed, and maybe bluish (cyanotic). The **tongue is cold**, as is the mouth, and the breath is so cold it seems to be coming from a cellar. In spite of this coldness there is a desire for icy cold water, and the thirst can be so tremendous, as to be virtually unquenchable.

The peculiar symptom that indicates this remedy is a **state of sudden collapse where the body is icy cold and yet the patient is averse to being covered**. If he is covered all the same, he often suffers from the heat and sweats copiously. Kent describes this for cases of menopausal heat waves: 'The limbs and abdomen are very cold and she suffers from cold when uncovered and sweats copiously when covered. She cannot endure covering to warm her limbs though she suffers from cold.' On the other hand, there may be a state of **internal burning heat with great anxiety and sweat**, and then the patient is **averse to being uncovered**. He feels either too warm or too cold: if inside, the patient wants the windows open, wants to feel something cold; if outside, he feels too cold. **The circulation seems to have gone haywire**. It is as if the natural contraction and relaxation of the arteries during temperature changes cannot take place.

Kent gives a most impressive description how this unique characteristic may look: *'The patient is a most troublesome patient to nurse; nobody and nothing suits. If an inflammation of the bladder comes on, there is intense pain and tenderness, and from the shock of the suffering the mind is in a state of frenzy. Coldness then comes on and the patient wants to be uncovered, wants cold air, wants the windows open, but before all this can be done, a*

flash of heat comes on and then he wants the covers on, and the register turned on, and wants a hot iron and hot bottles; but this stage now passes off, and while the nurse is bringing the hot irons he wants her to open the windows and have everything cool. You will see at once that these are serious cases...'

We can imagine that Camphora allows the arterioles to relax suddenly, allowing surplus of blood to reach the periphery, and then they suddenly contract and almost totally cut off the blood supply, causing collapse and coldness.

Secale cornutum is a remedy that is in some way similar to Camphora, because it also has a desire to uncover when cold, but in Camphora the states of coldness, heat, frenzy and pain very often intermingle. Unbearable internal heat, for instance, may be there at the same time with extreme coldness of the surface to the touch.

The Camphora state is one of **opposites**, not only in the field of heat regulation. An analogous situation also takes place on the **emotional plane**. With the least provocation, with the least inflammation or pain, there is extreme excitability, then irritability which soon goes into a kind of frenzy. The patients cannot control themselves, and do not know what they want. Patients can show frenzied states, extreme irritability or even violent behaviour at one moment; and after that phase the patient will not pass smoothly to a normal state but will go to the opposite extreme, looking totally exhausted, to the verge of collapse and cold all over. No reaction can be elicited from them. They seem to feel nothing, and register no sensations. Even the **sense of touch may be lost**, the skin is cold and insensitive like marble.

Convulsions are also an important key-note of this remedy. They may be accompanied by hysterical excitement, **shrieking and screaming** and shouting for help. There may be vomiting and a frequent urge to urinate, with convulsive contractions of the limbs and a loss of consciousness. Tonic and even tetanus-like convulsions and epileptic fits where the patient falls down unconscious, have often been described and are important actions of the remedy. We also see clonic convulsions of the face and limbs.

To complete this picture of weird and peculiar symptoms and modalities, there is yet another key-note of Camphora (a strange modality which was first observed in Hahnemann's provings) must be mentioned. Thinking about the existing complaints has a great influence upon the patient's state, which is not unusual in other remedies, but in most other cases this will aggravate whereas in Camphora the patient usually **feels better when thinking of his complaints**,

The intensity and the suddenness of the suffering in this remedy might be understood by appreciating that Camphor is well known for **curing cholera** when the symptoms agree. **Sudden sinking of strength, deathly coldness all over** very soon after the infection, **hopeless despondency and anxiety** is to be seen in all gestures, **cramps and convulsions in the muscles, especially in the calves**, later intense exhausting diarrhoea and vomiting, finally **collapse within only a short time, 24 to 48 hours**. According to Hahnemann and many other authors, Camphora was indicated where coldness and tonic spasms prevailed, while the stage of intense and profuse discharges often called for other remedies, as *Cuprum*.

Camphora will be indicated in different diseases and pathologies, mostly acute but also chronic. For instance, it is one of the remedies that we will use in common colds when the patient is **very sensitive to cold air**, the coldness of the whole body is very intense, objectively as well as subjectively, with chill and sneezing, but with an aversion to be covered.

The remedy is also used in all kinds of serious inflammations: of the brain, of the urinary tract, intestines and liver, of the eyes, etc. In cystitis the case is so intense that it looks like *Cantharis*, with **hot burning in the urethra, strangury, tenesmus of neck of bladder**, with bloody urine that comes only in drops; but the coldness of the body will differentiate it from *Canth*. Camphora may be indicated in congestion of the brain, or when the organism is in shock from a violent inflammation of an organ or from an injury. It is one of the main remedies in shock where the patient goes quickly towards **coldness and collapse**.

For example, in a **perforated ulcer with violent epigastric pain** and with extreme coldness of the skin, pulse very weak, blood pressure very low, with **violent thirst for icy cold water**, the remedy will not be *Carbo vegetabilis* or *Phosphorus* but *Camphora*.

Convulsions will also be an important indication. They may be accompanied by hysterical excitement, **shrieking and screaming**, shouting for help. There may be a state of vomiting and frequent urge to urinate, with convulsive contractions of the limbs and loss of consciousness. Tonic and even tetanus-like convulsions, epileptic fits where the patient falls down unconscious are actions of the remedy that have often been described, but we also see clonic convulsions of face and limbs.

In most of the acute complaints, there is a state of extreme nervous arousal, almost frenzy, with tremendous anxiety and restlessness, spasms and convulsions, distension and throbbing of veins, followed by a **rapid and sudden sinking of strength** and total exhaustion.

Fear and anxiety

The striking symptoms on the mental and emotional levels are the anxieties and fears that look like a mixture of *Phosphorus*, *Calcarea*, and *Lycopodium*, but *Camphora* has a combination of fears and anxieties that belong to its own. There is an **expression of great anxiety on the face**. The anxiety reaches states of **anguish, even psychosis**.

All external objects may provoke a **repulsive fretfulness** in the person affected. The thoughts are not controlled, they seem to run on by themselves, also against the resistance of the will, and produce a terrible state of anguish; becomes afraid of his own thoughts but there is no way to stop them. There is not only a **dread of death** but also a **sensation of death** which is quite a different condition. Death is there, is imminent and is felt as such. For instance, a person poisoned by *Camphora* felt that all the external world had vanished, and he was compelled to scream out loud: "So I am really dead, the hell that I was thinking about is no fiction, I am doomed to hell forever!"

During the initial stage of excitation there is tremendous restlessness mixed with the fears, with the patient tossing about in bed with great anxiety. Any noise that can be heard in the room will startle him. His imagination fills the dark with ghosts, spectres and supernatural phenomena. He dare not get out of bed in the dark, bores his head deep in the pillow to shut out the hideous sights, won't uncover the head any more. Everything that moves seems to be a spectre, and the inanimate things of the room become alive and terrify him, just as in *Phosphorus*.

These states mostly come on when alone in the dark, and thus, an excessive **fear of solitude and darkness** is experienced. One prover would not go into the cellar alone at night but always took his little daughter with him, a girl of only 8 or 9 years of age. A tremendous fear of mirrors, '*lest he should*

see himself in them,' has been observed; 'so excessive was this fear at times in the night that he would have got up and broken the mirrors, only that he was still more afraid to get up alone in the dark.' Another fear is that of a murderer standing at the bedside. Terrible fear of nuclear war, of a general catastrophe (*Natrum muriaticum*).

But all these fears and delusions have to be understood together with the whole picture of anguish, frenzy, coldness and convulsions in order to prescribe this remedy. When this stage of excitement passes, however, he becomes **insensible**, exhausted, collapsed and cold. There is no reaction to external stimuli, does not feel anything, all the senses seem to be lost. The patient lies there with closed eyes, as if asleep, cannot be aroused, doesn't answer any questions, doesn't want to be touched.

Irritability and depression

In its chronic condition, Camphora is irritable and short-tempered within the family system. These people are easily offended, they tend to take everything in bad part and feel insulted and scolded even if there is no apparent reason. They are quarrelsome and exhibit a dogmatic, 'know-it-all' attitude, with an inclination to contradict everybody. They become **dictatorial** (but not to outsiders). There is a tendency to rule over others; women will be attracted to men who need their help. On the other hand, they tend to be indecisive and even timorous. Often they are affected with inferiority complexes, thinking that everyone considers them as failures, which makes them feel wretched.

When the irritable mood passes, they may go into a self-destructive mood, becoming depressed, sad and despondent. There is a sensation of **indescribable wretchedness, discomfort and loathing**, bodily as well as emotionally. **Feels like weeping but the eyes stay dry**. In these stages, a suicidal disposition will be exhibited, with an urge to throw oneself out of the window which may exert a dangerous attraction to the patient. The depression may also be coupled with a feeling of unusual lassitude and with frequent yawning and stretching, which gradually increases, soon becoming very disturbing and annoying.

Even severe cases of agitated depression may be cured with this remedy, as a case of Müller shows (*Allgemeine Homöopathische Zeitung*, 1992).

Overall, Camphora people are closed persons. It is characteristic that when they will try to say something that has a direct connection with their emotions the hands freeze, as if the blood were cut out.

Loss of memory and confusion

The intellectual faculties are strongly impaired by Camphora. A sluggishness and dullness of the mind comes on, with confusion and aversion to all mental work, especially during the chilly stage. There is a great difficulty to concentrate; when reading, the patient is unable to follow the train of thought of the author, to get a clear notion of what the author wants to say. 'Inability to think, to feel, to remember' (Hahnemann).

Loss of memory is an important trait. After mental or sensorial disturbances as described above or below, the memory of everything he did during that

time is often totally lost, cannot remember what he did. Forgetfulness can also be accompanied by flight of ideas. When there is Alzheimer's disease and at the same time Raynaud phenomenon in a case, this should bring this remedy to mind.

Delirium and hallucination

In delirious states, as from meningitis, it will be difficult for this remedy to be differentiated from *Belladonna* or *Hyoscyamus*. There may be busy delirium with wild talking, constantly repeating the same sentence. Camphora has proved curative in some manic states with excessive excitability: vehement and **abusive**, also **obscene talking**; violent, raging gestures; strikes, scratches, spits (*Bell.*) and bites; **tears their own clothes** (*Tarentula*); foams at the mouth. Throws himself back with dreadful shrieks and endeavours to tear everything within his reach.

The delirium often has a sexual component: women bare their breasts or strip naked (*Hyos.*), clinging to their husbands; men strip naked and dance wildly about, sometimes attempting to jump out of the window. In one case where Camphora acted successfully, a young man wallowed in his own faeces, without showing the slightest sensitivity or shame. He did not want to lie down except on the bare floor. There may be **laughing, weeping, talking and shouting by turns**, or an alternation between loud laughter and deep depression with fear of dying. These raving states will often be accompanied by **violent convulsive fits**.

There is also another kind of delirious psychosis in Camphora which is equally intense but not so noisy and violent.

A good example of this is found in the report of a poisoning case: *'Like in a frenzy, I am seized by the thought: I am dead, no, I am not, yes, I am ... The external world had disappeared around me, my thoughts had vanished, with only one dreadful idea remaining: I felt that I had been transferred to another world, everything else had vanished for me. ... I was alone in space, I alone had remained of everything. ... There was no sensation in me but the feeling of my infinite and eternal damnation. Prostrated on my bed, I believed that I was the Demon of Evil in a world without God. ...'*

This resembles *Hyoscyamus* or *Mancinella*. A feeling of lightness may accompany such states, a sensation as if flying, as if gliding over the floor without touching it, or as if being carried away through the air in spite of all opposition.

Trance-like states: stands motionless and unconscious, with the eyes fixed in a stare, doesn't react to questions.

The delusions will mostly come on **at night when alone**. There are spells of great anxiety because absurd figures are floating before his eyes, everything seems alive and moving, spectres everywhere in the room. There is a great desire for company, with screaming for help.

Generalities

There is such a deep coldness that the body becomes blue and cold to touch. A strange sensation has been observed **as if a cold wind were blowing on the body or parts of it** or else as if a cold liquid ran over it. The 'cold wind' sensation is even felt **on covered parts**, yet at the same time the patient sweats profusely when covered.

The decision for giving this remedy will, however, not be because the patient is chilly since many of our remedies are extremely chilly, but because of the fact that **the more intensely they suffer, the sooner they become very cold, and when they are cold, they must uncover.**

The whole body becomes **insensible to touch, dry and insensible like marble**, no vital heat can be felt any more. Not only the sense of touch will be vanished, but also the **sense of differentiation between hot and cold**. Boiling hot tea seems cold, and there may also be objective coldness of tongue, mouth, and throat even when swallowing hot liquids.

The **sudden and complete sinking of strength**, a general feature of the remedy, can take the form of **fainting spells that follow each other in rapid succession**. Sudden fainting with falling unconsciously to the ground, sometimes announced by a feeling of sultry heat in head and body. Breathing and pulse become very weak, often scarcely perceptible. There may be cold perspiration over the body, especially on the forehead. On recovery, there may be one-sided paralysis or blindness.

The tendency for **convulsions and spasms** is well-known though this remedy is often neglected in cases of epilepsy or convulsions from an inflammation and high fever. **Trismus** and other tetanus symptoms. *Subsultus tendinum* (twisting movements of the muscles and tendons) with excitability, jerking, twitching and trembling. **The arms may spasmodically move in circles (rotation)**. The head is often spasmodically drawn backward or to one side.

The eyes are convulsively turned upward. Epileptic seizures followed by a state of extreme exhaustion.

An important indication is: spasms in children **when an exanthema does not come out** (in **measles**, in scarlatina). They can also occur after suppression of a cold or in new-born children (trismus). *Asphyxia neonatorum*, with cyanosis and spasms as a consequence.

Some other remarkable general symptoms:

Hasty in action and speech.

After eating, chill and drawing through whole body, with cold arms, hands, and feet.

Feeling of dryness in and at body, most in head and **bronchi**.

A feeling of **indescribable discomfort** in the whole body.

Pains run from the head to the tips of the fingers, with trembling and uneasiness.

Finds pleasure in drinking, but without thirst.

Disgust for tobacco.

Camphora can be indicated in ill effects from shock (from an injury or from inflammation), vexation, sunstroke, or exposure to extreme cold. **Ill effects of suppression**: headache or other symptoms from suppression of sexual desire; spasms from suppression of exanthema, eruptions, or discharges.

There is a great sensitivity to and an aggravation from **cold air and draughts** (but coldness may be better by cold air and worse from covering!).

Sudden weather changes may cause catarrhal infection with headache. Motion tends to aggravate, as most pains of Camphora come on during motion.

Profuse sweating will mostly (but not always) ameliorate. Amelioration is also caused by warm air and from drinking cold water as well as from cold water showers.

Vertigo

Vertigo is a frequent symptom in Camphora. It often comes on in **frequent, short attacks** that can be rather violent; sometimes induced by excessive mental exertion.

Giddiness after nausea and retching, with sparks before eyes, dim sight, ringing in ears, heat and tremor; tends to fall forward.

Heaviness of head with vertigo, head sinks backwards; especially on stooping.

Camphora often produces a **drunken feeling in head**, with confusion; **staggers while walking** as if falling down, uncertain gait.

While reading the book seems to go round with the sun, can hardly keep his seat, feels as if falling to the right and as if going into sleep or unconsciousness.

Vertigo when looking from a window; everything in the street seems to be in great tumult and confusion, feels as if he was involved in it; feels in danger to lose balance.

Head

Congestion to head, to the brain; beating of temples, distension of jugular veins. **Heat in head** and sensation as if perspiration would break out, **with shivering over limbs and abdomen**.

Heaviness and heat in forehead, worse when walking.

Cold perspiration, especially on forehead; with anxiety.

Throbbing headaches are prominent. They are especially felt **in the cerebellum, like beats of a hammer isochronous with the pulse**. Throbbing in back of neck and occiput as if it should crack; better from sitting or standing up (raising head), worse from bending head forward.

Throbbing, stitching pain in forehead all night, with general dry heat, but without thirst.

Transient headache as if head were compressed from both sides; **only felt when he does not pay attention to his body; as soon as he becomes conscious of his pain and thinks of it, the headache instantly vanishes**. This modality has proved a general key-note of Camphora.

Constrictive pain at base of brain, particularly in occiput and over root of nose, head is leaned to one side; worse deep stooping, lying down, or external pressure.

Cutting shocks from forehead and temples to centre of brain, returning after a short time, after lying down. Cutting pressure from left side of occiput to forehead.

Boring headache in right temple, **ending in a stitch that goes into eye and a tooth**, in short attacks.

Dull headache over frontal bone, with nausea, inclination to vomit.

Dull headache, with transient stitches in both temporal regions and orbits.

Frontal headache which presses outward. Pressive headache over left eye in evening.

Headache as if brain were bruised or sore.

Meningitis; after sunstroke; especially with beating pain in cerebellum.

Hydrocephalus: great coldness of skin, yet the child cannot be covered.

Head is **spasmodically drawn sideways to shoulder**.

Eyes

Staring, wild look; eyes convulsively turned upwards (or to the side); sometimes with eye-lids half closed and in constant agitation.

Extremely **contracted pupils**; sometimes alternating with dilatation of pupils.

Photophobia. Sensation as if **all objects were too bright and shining**.

Sees sparks and wheels of fire; small black spots float before the eyes.

When reading, the **letters run together**, making reading very difficult; when he stops reading, bright circles appear before the eyes.

Obscuration of sight, **objects seem to vanish in a fog**.

Camphora was useful in some cases of dim vision. As through a fog, often double vision; when looking at an object it seemed to move as if receiving a jerk to the side, which made vision still more indistinct; vision better in morning, much worse in evening. After taking the remedy, slight attacks of vertigo occurred, and while the vertigo increased, the vision became better.

Soreness, or tense, stiff feeling in eyes and eyelids all day.

Many red spots on eyelids.

Pressure upon right eyebrow muscle.

Chronic, obstinate inflammation of eyes.

Ears

Congestion to ears; **hot, red, earlobes**.

Buzzing or **ringing in the ears; with vertigo**.

Stitches into ear from draught of air or wind.

Dark red abscess, more than pea-sized, in the external meatus, with stinging pressure on touch.

Nose

Easily catches cold, with fluent or **dry coryza**, sneezing, chill; often indicated in old people. Camphora has been used successfully in the first stages.

Discharge of thin mucus, without sneezing and coryza, **in morning on rising**.

Nose cold and pointed. Even the air of the room, breathed through the nose, seems cooler.

Persistent **epistaxis**; especially with **goose-flesh state of skin**.

Drawing in left side of nose.

In skin of root of nose, some **pricking or crawling from dorsum to tip**, has to rub it; this ameliorates but the sensation soon returns.

Stitching pain in anterior angle of nostrils, **as if ulcerated and sore**.

Face

The face is often **pale**, even bluish with blue lips, and **pinched, haggard, sunken**, with hollow eyes and blue rings around them, with an **anxious look** expressing despair; but this state may alternate with a **dark red, glowing colour**. The features may look collapsed, paralytically relaxed, **expressionless**; or violently distorted, with incessant spasmodic movements and grimaces, staring, wild look, foam before mouth.

The **lips are often everted or drawn in**, with exposure of teeth, especially the **upper lip**; this symptom may accompany fits of unconsciousness, with tetanic spasm and coldness all over; but it is also seen in gastralgia, with cold sweat standing in drops on face.

Lockjaw.

Erysipelas, with yellow blisters around ear; with redness of ear-lobes and cheeks. Erysipelatous appearance of face.

Boring in right zygoma.

Mouth

The whole **mouth is cold**, also the **tongue is cold** and trembles, even the **breath is cold**. The coldness may even be felt **when swallowing hot liquids**.

But a burning sensation and unpleasant heat in mouth and pharynx has also been observed.

Whole mouth interior, with tongue, gums and palate, feels as if it is swollen.

Scraping, dry sensation at palate.

Increased taste to all food; **food tastes bitter, especially meat**; tobacco tastes bitter and offensive.

Bad taste, nausea, vomiting, especially in the morning. Offensive odour from mouth in the morning, which prover noted himself.

Collection of saliva in the mouth, which is sometimes slimy and viscid.

The tongue is thick, spongy, fissured, covered with much tough yellowish mucus. **Sensation of dryness on back part of tongue**, a scraping feeling, with much saliva.

Toothache worse from coffee and spirituous liquors, from touch of any food, ameliorated for some moments by drinking cold water, but **holding cold water in mouth aggravates the pain tremendously**; strange enough, **drinking of beer ameliorates the pain**, as well as smoking tobacco. **Coitus makes the toothache disappear**. On exposure to cold or windy air, a stinging pain goes from a tooth to the eye.

Gums painful, loosened, teeth feel too long and become loose.

Throat

Heat in mouth, pharynx, stomach.

Violent burning at palate all the way down the oesophagus which makes him drink, but drinking gives no relief.

Sore throat, more on swallowing, as if it were excoriated, with a sensation as if he had eaten rancid food. Impossible to swallow in typhus.

Respiration

Voice husky and deep; **feeble, broken, hoarse**; uncertain; whispering; even aphonia.

Great difficulty of speech, hardly able to articulate.

Mucus in trachea which makes the voice impure and is not cleared by hawking.

Pain in trachea and bronchi, most on coughing, but also when hawking.

Cutting, cold sensation in trachea, which seems to cause stitches in chest and hacking cough.

The bronchi feel dry.

Throat feels constricted, as if from sulphur fumes; with feeling of suffocation; spasmodic contraction of circular fibres of trachea.

Breathing oppressed, anxious, wheezing; with bronchophonia and rattling. Respiration may be irregular and hurried or almost completely arrested.

Suffocative dyspnoea; as if from a pressure in pit of stomach; asthmatic attacks, with great suffocation; *asphyxia neonatorum*, with spasms as a consequence.

Constant **sensation of coldness beginning in pit of stomach, extending over whole sternum, exhaled as a cold breath.**

Very fatiguing cough, without bringing up anything.

Cough, with pain in throat, chest, stomach, and abdomen.

Chest and heart

Congestion to chest.

Pleura-pneumonia with collapse.

Contraction and suffocating oppression of chest.

Stitches on, in and through the chest, frequently extending to vertebral column.

Cramp-like stitches in region of heart with oppression when lying on left side; ceasing when turning to right side.

Internal trembling of left side of chest and left arm when lying on left side; ceasing when turning to right side.

Feels and hears throbbing of heart against ribs after eating.

Trembling of heart.

Much praecordial anxiety and distress, with sensation of severe coldness and irresistible sleepiness.

Pulse small, hard, slower and slower; weak, scarcely perceptible.

Cold sweat on upper part of chest.

Stomach

Neither appetite nor thirst; or eats voraciously and has frequent thirst; or: **Insatiable thirst, not quenched by large quantities of cold water.**

Frequent empty eructation after eating.

Belching and gulping up contents of stomach.

Deadly nausea with inclination to vomit, **with cold sweat on face.**

Nausea and vomiting in the morning; chronic, of sour mucus; of watery, slimy substance.

Vomiting followed by coldness over body; by short attacks of vertigo.

There is an intense feeling of **coldness in the stomach** or the pit of stomach (sometimes extending over whole chest). This may, however, **alternate with a sensation of burning heat in stomach** that may reach a terrible degree, with tremendous anguish, driving to despair.

The pit of stomach is very sensitive and exceedingly painful to touch.

Unpleasant feeling in pit of stomach, with slight, transient vertigo.

Pressive pain in pit of stomach or anterior part of liver.

Abdomen

There is a **sensation of coldness in upper and lower abdomen**, which may alternate with **violent burning heat**. When the cold feeling prevails, it may spread all over the chest. Or there may be **internal burning in abdomen, with external coldness**.

When there are pains in abdomen he covers up, but after they have passed, the skin becomes cold and he uncovers.

Much colic pain in abdomen; cutting pain at night or from catching a cold.

Very intense pain in epigastrium, radiating all over belly and into limbs.

Drawing pain as if bruised in whole right side of abdomen, up to liver and chest, more internal than external, particularly on inspiration.

Heaviness, with stitching and drawing, in right side of hypogastrium, worse on pressure.

Sensation of hardness and heaviness over umbilicus.

Contractive pain below short ribs, extending to lumbar vertebrae.

Burning stitching on an area size of a hand, below the anterior iliac crest.

Rectum

The successful use of Camphora in **cholera** was introduced by Hahnemann. In a recent epidemic cholera in Peru, the French group 'Homéopathes sans Frontières' was able to confirm once more the favourable action of this remedy. Hahnemann recommended Camphora especially in the first stage of the disease, where symptoms such as icy coldness all over the body and tonic spasms prevail and the exhaustive diarrhoeic discharges have not yet set in.

Kent describes a cholera state where Camphora is indicated: *'At times the cholera patient, with the coldness and blueness, is stretching and straining to vomit and suffering with horrible tenesmus to get rid of a little stool and has convulsions here and there. These bowel symptoms gradually increase until there is no ability to strain at stool, a paralytic condition. The rectum seems contracted and painful.'*

The **paralytic state of the anus** is an important symptom of Camphora; it **resembles a tonic spasm**. The rectum feels as if narrowed, swollen, painful, even when passing flatus. **Flatus sometimes is as difficult to expel as the hardest stool**.

This may also be true in summer diarrhoea with **rice-water stools which are preceded by passage of much wind and are only discharged with much difficulty**.

Mezger says that diarrhoea is not found in the pathogenesis of Camphora, but this is not correct, as the following symptom from Hahnemann's proving shows: **'Easily catches cold**, and then either a shaking chill comes on, or **a cutting pain in abdomen, with diarrhoeic discharge of blackish-brown or black stool, like coffee-grounds**.' This symptom has led to the cure of diarrhoea with colicky pain after cold, especially when there was a sensation present as if **cold air blew even through the covered parts of the body**.

Sudden attack of diarrhoea with sudden and great sinking of strength, icy coldness of body and cold sweat.

Urinary organs

Strangury, tenesmus of neck of bladder, painful, burning urination is a very marked symptom of Camphora in this area, which leads to its use in **cystitis** (compare *Cantharis* which, however, has not the coldness of surface that is so typical of Camphora).

Retention of urine, with full bladder; with constant pressure in bladder and urging, but nothing is discharged; with **very slow urination**, the bladder seems to be paralysed; with dribbling urination; with painful micturition, scalding, burning, stinging; with **bloody urine**. Retention or suppression of urine in cholera; from suppression of gonorrhoeal discharge; **from suppressed eruptions** (especially measles); in new-born infants; in women during pregnancy.

After violent urging, involuntary urination.

Violent burning-cutting pain in neck of bladder, extending to fops navicularis, especially before and after urination.

Almost involuntary urination, and **pain in urethra after urination feeling like a contraction from the front backwards**.

Biting pain in posterior part of urethra on urination, followed by pressure in region of bladder feeling like renewed urging.

Yellowish-green, turbid urine with a mouldy odour.

Sexuality

Camphora has a strong relationship to the sexual functions and organs. It causes an **increase in sexual desire** (both in men and women) but also a **total absence of the sexual drive**.

Genitalia - male

Suffers with attacks of violent priapism, especially at night. Experiences unusual sexual ardour, with continued delusions respecting the object of embrace. Violent priapism with a somnambular state, similar to trance.

Absence of sexual desire and impotence. Or: **totally impotent, no erection even after external stimulation, in spite of constant sexual desire**.

Incomplete erections with weak desire, which soon vanishes. Or: stultified by sudden laxness of penis.

Nightly emissions, with or without erotic dreams.

Scrotum relaxed; cold. Contracting feeling in testes.

Dragging sensation in course of spermatic cord to testes.

Effects of sudden suppression of gonorrhoeal discharge: strangury, due to stricture of urethra; retention of urine with restlessness, pain in hypogastric

region, weak, but rapid pulse, delirium.

Genitalia - female

Increased desire. Manic states in child bed with excessive sexual desire where she constantly bares her breast, with pale face and staring eyes; cool dry skin.

Fearful of having sex; afraid she will be overwhelmed.

Camphora also acts upon the menstrual functions. It has produced a more profuse flow, but may also make it cease entirely.

Os uteri enlarged and hot.

Camphora may be indicated in **threatening abortion, particularly in seasons of epidemic influenza** when women abort almost as generally as the influenza prevails; especially when they have pale, loose, cold skin with general disposition to catarrhal discharges.

When labour pains are weak or entirely ceasing, with cold, dry, shrunken skin, but aversion to be covered, and restlessness.

Flushes of heat and sweat, abdomen and limbs very cold, during the menopause.

Suppuration of mammae; fine stinging in nipples.

Neck and back

Stiffness in nape of neck. Tensive pain in the neck muscles, increased by every motion or turning of head.

Tearing pain in nape of neck from bending head forward.

Painful drawing and sensation of stiffness at side of neck and in nape of neck downwards, on walking in the open air.

Perspiration in nape of neck when walking.

Violent pain in back, all day. Severe pain in spine, making it difficult to keep erect. Pain as if beaten in back.

Frequent **chill in back; as if a cold air blew on it.** Internal chill between scapulae; **in region of loins and small of back, worse on walking even a few steps.**

Sense of heat and internal quaking, proceeding from nape of neck and between scapulae, extending as a pressure in the limbs.

Alternate chill and heat in small of back when walking.

Drawing stitches through and between shoulder blades which extend into chest, when moving arms.

Tearing pressure at anterior margin of scapula, impeding motion of arm.

Frequent chill in back; between scapulae. Sensation as if cold air blew on back.

Pressure in small of back, with limbs heavy as lead.

Extremities

The limbs are difficult to move. Spasms and convulsions of limbs: spasmodic contractions; **tetanic spasms**, shoulders bent back, arms first slightly bent, then extended and rigid, fingers stiff and open; thumb clenched or drawn back at nearly right angle with its metacarpal; toes drawn up or spread; convulsive rotation of arms; convulsions generally more in upper limbs.

Cold extremities, often with a sense of numbness and tingling, or with clammy sweat and great prostration. **In spite of the coldness, covering seems unendurable. Hands and feet icy cold.**

Tearing stitching in joints, now here, now there.

Cracking and creaking in joints of loins, hands, and feet.

Pain in periosteum of all bones.

Drawing in muscles of left upper arm when walking.

Pressure and drawing on inner side of both arms, during rest of parts, ceasing while moving them. Tired feeling from shoulder to wrist, relieved by motion as well.

Tearing on inside of left arm, extending downwards to thumb and index finger.

Painful pressure in right elbow joint, worse when leaning on it, whereby pain extends into hand.

Hands pale, bluish; **become cold on walking**; trembling.

Itching on back of hand and knuckles of fingers, with stitching pain, ceasing on scratching.

In lower thumb joint, on moving it, pain as if sprained.

Great lassitude of lower limbs on walking; thighs as if bruised and tense. **Lower limbs trembling, tired, heavy.** Knees as if bruised, seem to give way.

Internal coldness through right thigh as if cold air blew on it; also in right leg to toes, like a stream of cold air going down through calf to foot.

When sitting and bending knee, thigh falls asleep, with sensation of coldness.

Stitches in patella while sitting.

Knees painful; pressive drawing at inner side of knee.

Heaviness in leg, as if a weight was hanging in knee joint and drawing it down.

Cramps in calves.

Pain in ankle as if sprained, in the morning on stepping and walking.

Tearing cramp pain on back of foot, extending along outer calf to thighs.

Drawing cramp pain on back of foot, especially on motion.

Trembling of feet, tremulous shaking of legs. Icy cold feet. They may behave as in *Calcarea carbonica*: goes to bed with freezing feet, but soon

they get hot, burning, and red, has to uncover them.
Sore pain on knuckles of feet and in corns.
Tearing in tips of toes and under nails, on walking.

Sleep

Sleepiness and drowsiness.

Yawning and sleepiness through the day, and then cannot sleep at night (Staphisagria), **with restlessness and cold limbs.**

Afraid to go to bed; when he thinks he will fall asleep, suddenly all sleep is gone, the eyes open by themselves, the thoughts are driven to eerie objects. When he does sleep, he has many dreams, often very confused: jealous dreams, anxious dreams of theft, dreams of what was talked about the previous day; nightmares, screaming for help because a murderer seems to stand at the bedside; dreams of projects to be carried out; amorous dreams.

Murmuring, sighing, snoring in sleep; **talks all night in a low voice.**

Sleep disturbed by starting; even while waking frequently starting in a fright, with palpitations.

Fever

The **icy coldness over the whole body, including tongue and breath**, is a guiding symptom of Camphora, especially in connection with an **aversion to covering**. Coldness objective as well as subjective. Rigor, chattering of teeth.

Congestive chill; congestion to head and chest.

The skin is cold and, as a rule, **dry**, or **covered by a cold, clammy sweat**.

Chills easily, great aversion to cold air, on exposure to it he is chilly through the whole body.

But **external coldness may be coupled with internal burning heat**, or **coldness and heat alternate**.

Great heat of whole body with distended veins. Heat over whole body, increasing to a maximum when walking. Increased warmth of whole body, with red face.

On waking in the morning, peculiar sensation of heat over whole skin, as if going to sweat.

Covers up when fever is present, but after passing of fever skin becomes cold, and he uncovers.

Much sweat during sleep. Profuse sweat generally ameliorates, but may also be exhausting, as in this symptom: 'Next morning awoke miserably weak, the sweat having penetrated to the lower side of the feather bed, and shirt and bed-clothes drenched.'

Camphor odour of sweat.

Skin

Painfully sensitive skin of whole body, slight touch hurts.

But also: **loss of all tactile sensations, even hot and cold cannot be differentiated.**

Skin wilted, cool, flabby, often very cold. But during heat, it may also be tense, hot and dry, like parchment.

Ill effects of suppressed or receded eruptions or exanthema (spasms, retention of urine, etc.).

Erysipelatous inflammation, with coldness, paleness, sinking, and aversion to being covered. Erysipelas of infants, with spasms. One example: a child, five weeks old, becomes very restless, screams incessantly and gets red spots at right thigh and in pubic region, quickly magnifying and confluent; after three days got hard, the redness extended upward to the navel, which became sensitive to touch. In the evening, slight but continuous twitching came on, increased when child left dorsal position. Camphora caused all symptoms to disappear, and instead a general red rash appeared, but with it also sleep, perspiration, appetite, and general well-being.

Clinical

Angina pectoris. Bed sores. Cholera Asiatica. Chordee. Cold. Convulsions. Epilepsy. Eruptions, suppressed. Erysipelas. Gonorrhoea. Heart affections. Hyperpyrexia. Influenza. Measles. Memory, loss of. Priapism. Rheumatism. Sexual mania. Shivering. Sleeplessness. Snake-bites. Spasms. Strangury. Sunstroke. Taste, disordered. Tetanus. Tobacco habit. Twitching. Urethra, spasmodic stricture of. Urine, suppression of.

Relations

Antidoted by: Op., Nit-s-d., Dulc., and Phos.

It antidotes: Am-c., Canth., Carb-v., Cupr., Lyc., Squil., Nat-m., so-called worm medicines, tobacco, bitter almonds, and other fruits containing prussic acid; also the secondary affections remaining after poisoning with acids, salts, metals, poisonous mushrooms.

Incompatible: Tea, coffee, and lemonade, as a rule do not interfere, but sometimes with coffee it is worse.

Compare: Aloe.; Carb-v. (coldness from undeveloped exanthema, collapse; epistaxis, dark, persistent; low haemorrhages generally); Lyc. (head drawn to one side - Lyc. to the left, Plb. and Stram. to the right, Bufo to either); Op., (narcotism, heart affections); Phos. (anguish and burning in cholera). Nit-s-d., Squil., Verat. Teste puts Camph. in his Belladonna group, with Agar., Lach., Cedr., Stram., Tab., and others. He notes that it acts much more powerfully on carnivorous animals than on herbivores.

Cannabis indica

East Indian Cannabis sativa

Hashish. Bhang. Ganja. Marijuana. Indian Hemp

N.O. Cannabinaceae.

Cannabis indica and Cannabis sativa

It is hardly possible to differentiate between *Cannabis indica* and *Cannabis sativa*. There are several reasons for this: the two plants not only belong to the same species (*Cannabis sativa* and *Cannabis indica* are botanically identical; the difference in their properties is due solely to the differences in the soil and climate in which they are grown), but the provings also brought about very similar symptoms (and it is not clear in all the proving reports which plant was taken as the raw substance). Still more important is the fact that clinical experience has given evidence for the possibility to substitute one remedy for each other and to effect a cure. This was tested as early as 1870 when Berridge deliberately prescribed *Cannabis sativa* in a case that, from its symptoms, seemed to call for *Cannabis indica*, and could report a complete success in curing the condition (*Journal of Homeopathic Clinics*, 4, 26). In this way, many *Cannabis sativa* symptoms have been confirmed as yielding to *Cannabis indica*, too. I have, for this reason, included some symptoms first observed in *Cannabis sativa* in my remedy picture of *Cannabis indica*. For the sake of precision, the symptoms first observed in *Cannabis sativa* are marked with an asterisk (*). An asterisk after a full stop refers to the whole sentence; in all other cases, it refers to the part after the last semicolon or colon.

The essential features

Cannabis indica is a remedy which is required with increasing frequency today, largely because of the widespread abuse of hashish and marijuana. The injudicious consumption of hashish can, in many instances, provoke a chronic *Cannabis* state. The idea that cannabis is an innocuous, harmless herb or 'grass' is a myth, as we have seen hundreds of cases that are still suffering from its side-effects years after taking it. In those cases where the symptoms correspond to *Cannabis*, the confirmation that such symptomatology originated with taking the drug is the fact that these people become well after taking the remedy in high potency.

This does not mean, however, that *Cannabis* is indicated for all people who suffer from the consequences of hashish abuse. The reaction of the organism to the consumption of hashish can also assume other forms and display the symptomatology of other remedies. Moreover, it is not necessary to have a history of exposure to *Cannabis* for a *Cannabis* state to develop; *Cannabis* states can also appear spontaneously as a result of an individual's predisposition or as a specific reaction to external influences or internal disturbances. It should be noted, however, that an anamnesis of hashish or marijuana abuse should make you consider *Cannabis* as a remedy.

When we talk about a *Cannabis* state we always mean a certain degree of **mental confusion**, which may range from slight confusion (similar to that in a

mild state of intoxication) to total psychosis, in which **delusions** of all kinds predominate. Trying to summarize the central elements of this important remedy *in nuce*, we could say that Cannabis cases prominently present the following symptoms: **confusion, excessive theorising, ethereal 'floating' sensations, fear of insanity or of 'losing control', and an extreme anxiety about health.**

In order to better understand this remedy's essential features, we must recognize that Cannabis has **two main types of mental pathology**. In **type one**, confusion dominates the picture, but the patient does not have actual delusions. He theorizes endlessly and his thoughts are disconnected, but still not totally incoherent. His intellectual faculties are weak, but have not yet yielded to illusions. He has a fear of losing control, a fear of insanity, but does not have the actual insanity that prevails in type two.

The first type of mental pathology is definitely a more agonized and tormented state than the second type because the patient is conscious of the deterioration of his mind. His mind is confused, disorganized and diffused, and out of this condition emerges an overwhelming anxiety about sanity; the patient actually feels that insanity is imminent.

Despite all of the above, this type of pathology is still infinitely better than **type two**, which appears mostly in acute conditions, such as fever or acute mental derangement, and in chronic states, including chronic cases of mental disturbance and disease. The mind is completely broken down - in total confusion and out of touch with reality - and **delusions** of different types and in varying degrees prevail.

Delusions

Cannabis can be called the remedy for delusions. There is no other remedy that has produced and cured such a great variety of delusions, although I do believe that if other hallucinogenic drugs were properly proved, they too would elicit a similar number and diversity of delusions. With regard to Cannabis, we can say that there is virtually no delusion that cannot be experienced in a case caused by this drug or demanding this remedy.* Let us look at the impressive array of delusions that are listed in the provings, many of them elicited by substantial doses of the drug:

The prover often has experiences of **unreality**: seems to be in a dream, **as if things were not real**; familiar objects appear strange and unreal, also people, even his own family; his **voice sounds strange, as if not his own**, alien and unreal, as if it is someone else who spoke; sometimes does not know where he is; thinks he is someone else; doubts his own existence, is preoccupied with the idea that he doesn't know if he himself exists, if human beings even exist at all, and for what purpose he exists.

Cannabis creates a variety of illusions that affect the senses, hallucinations of great diversity, which often change rapidly and are sometimes synaesthetic: hears the noise of colours; swims in an ocean of sounds; feels a cloud of music and perfume around himself; sees stars in his plate and the firmament in his soup dish; his vomit looks to him like the head of a hippopotamus, then like a bunch of worms; sees a silent army marching by, which is identified as the army of ages going by into eternity; has hallucinations of riding on horseback, of seeing blue water; thinks he is swimming or that he is captain of a vessel; water seems to be delicious nectar, to the taste as well as to sight, gleaming with spiritual fire. He has **sublime visions** of beautiful landscapes, of magnificent architecture, visions that equal paradise.

He hears voices, someone calling him, hears himself shouting and singing even when he doesn't do so in reality. His voice seems so loud that it reverberates from every recess of the building like thunder. He hears noise from a waterfall, which turns into the sounds of shouts of men shouting and the rumbling of vehicles, and then into the booming of a cannon. Wind sighing in the chimney transforms into the steady hum of a vast wheel in accelerating motion and then into the reverberating peal of a grand organ. He **hears music**, music of the spheres, the most sublime melodies and harmonies.

Not only the sublime, but often, at the same time, also the absurd, grotesque and **ludicrous** elements are strong in the delusions, sometimes making the patient **burst out in fits of laughter**. Some examples of delusions with these components are: the illusion that he is a pump, through which a stream of hot water is pouring out and threatening his friend with a wetting; his head seems to be an inverted pendulum that has to be kept down because it is attracted to the ceiling. Everything he sees is perceived as ridiculous; all the objects around him assume such a whimsical expression and become in themselves so comical and absurd that he is provoked into a long fit of laughter.

The patient has delusions of greatness, often manifesting as **mania of grandeur**. He imagines that he possesses all the wealth in the world and with a benevolence equal to his wealth, showers riches on all those who are needy around him. His powers are superhuman, his knowledge encompasses the universe, his range of vision is infinite; he believes there is creative power in his word, and that he has only to speak and it will be done. He thinks he is Christ come to restore the world to peace. He is an emperor or the commander of an army. Often this is accompanied by an impressive eloquence (sometimes considered brilliant only by the patient himself), and the ability of many Cannabis persons to argue eloquently in the midst of confusion is really astounding.

Delusions relating to the size of the body, the expansion of space, and the amplification of time to infinity appear very frequently and will be dealt with in detail in a separate section. He has hallucinations or delusions of being transported in space, in most cases into a huge and sublime environment, e.g. he believes he is transported into heaven; he thinks he is in eternity; he thinks he is being conveyed from a plain to a mountain, then to a steep ascent, then to a naked rock and eventually to the ridge of a mountain with a tremendous abyss before him. He has the **sensation the he is flying from an enormous rock into a fearful and dark abyss**. He believes he has journeyed to another world whose objects he cannot recognize and whose paths he does not know. It seems to him that he is walking in a vast arena, encircled by tremendous walls.

The delusions are often delightful, but they can change into horrifying experiences. Not only can he feel as if he has been transported to heaven, but also to hell, where, for example, he sees devils thrusting a pitchfork of white-hot iron into his side and hurling him into a fiery cradle. He feels as if he were nothing, sits there awaiting extinction.

He is firmly convinced that he is about to die and will presently be dissected, so much so that he says good-bye to the people around him. He can also feel that he has already died. The walls of the room seem to glide together; the ceiling comes down; the floor ascends. Finally, he feels that he is being crushed and that all of his senses are being blotted out in the ensuing darkness. In one proving a crisis of some catastrophe by water appeared at the end of every vision, with the regularly recurring feeling of drowning or being in imminent peril of doing so.

Suspicious imaginings, resembling paranoid states, are also frequent: he thinks some men have been bribed to kill him; the sound of people whispering in

a room makes him think that they are plotting something.

Sometimes sensations of immobility and stony hardness come over the patient. He suddenly feels as if he were a marble statue, cold all over and, unable to move. His brain seems to have been changed into marble, as have his eyes. More frequent, however, is the **sense of levitation**. He thinks he is weightless, that his body is transparent and the light can shine through it, that he can look inside his body. He has the **sensation that the body or some part of it is elevated in the air and that he is starting to float or fly**; that he can fly like a bird. He loses the sense of existence of his own body; he feels as if he were suspended in the air; he believes he is transformed into a cylinder or a sphere. He has the **sensation of leaving the body**, often accompanied by a '**double consciousness**'. It is as if the soul is separate from the body and looking down upon it, as if the body is too small for the soul and has to be expanded to suitable proportions, or as if he is split in two from head to foot and has become two people.

The **out-of-body experiences** of Cannabis may be pleasant, especially in the beginning stages of the condition (the notion of 'beginning stages' used here and later on should not be confused with the two types of mental pathology mentioned earlier; it refers to the development of the condition and the drug's stages of action rather than the fundamental types of mental pathology). The drug produces a state of euphoria, often along with the sublime visions mentioned above and is accompanied by great delight and mirth. A strange feeling of ecstasy may pervade the body and senses, a thrill of delight flows through the limbs, and the limbs may even tremble from it. These sensual and mental distortions and the experiences of diffusion and lightness reflect a deeper dissociation taking place between the ethereal and the physical body. A dream-like state results. The person becomes conscious of another level of existence, perhaps akin to what has been termed the ethereal level or astral level. This disconnected state, however, must be understood for what it is; the beginning of psychosis.

The ecstatic state that Cannabis can produce is the reason that a whole generation of hashish users were misled into believing that 'grass' or 'dope' could provide them with a new dimension of understanding, more openness of the mind, an expanded awareness, and more spirituality. However, what it really created was a 'spaced-out' condition of the mind that could no longer discern the real from the unreal. The drug seems to promise its users that it would open them up to more freedom, but in reality it imprisons them in their own subconscious minds. It seemed to promise to speed up the evolution of the mind, but it actually broke the mind down and left it prey to its subconscious fears and incidental impressions from the environment, all mixed up in a confusing manner. Even many years after an individual has stopped taking the drug, it is still evident to us homeopaths how deeply this 'wonderful' drug continues to affect their health.

I remember a dramatic case that I encountered in Gstaad, Switzerland. An Italian camera man had thrown a party during which he and his friends consumed huge doses of cannabis and, in addition, engaged in a lot of sexual intercourse, in an uninhibited orgy. The next day he came out of the orgy a total wreck. His eyes could not focus on the camera. His mind was totally confused. He could not retain his urine, which was dribbling all the time. He had lost his willpower and sexual energy. He felt unbelievably weak; in short, he had become a zombie. The moment he tried to look through his camera he would become dizzy and was absolutely incapable of continuing. He lost his job. I saw him one year after this incident, and all these symptoms were still present. It is interesting that the remedy prescribed was not Cannabis but *Phosphoricum acidum*, proving once again that the organism does not always produce the symptomatology of the intoxicating substance but can take on other symptoms and remedy states.

The consequences of hashish abuse are, of course, not always so dramatic, but a constitutional weakness which renders the organism vulnerable to the action of the drug or to the partaking of too large a dose, possibly combined with other influences, can actually lead to a disturbance as severe as in the above case. This is especially true for chronic conditions, such as those described in the following section.

Fear of insanity and losing control

In the early stages of development of the Cannabis state, in addition to the out-of-body or ethereal experiences, more localized and dissociated symptoms can be observed. Sensations as if any or all of the limbs are floating or rising upwards are common. They lie on their bed, and suddenly an arm or a leg seems to 'float' up into the air. The extremity feels as if it possesses no finger, no bone; it is not really 'here', not solid. Beat Spring reports that one of his Cannabis patients had to grab onto her chair in such states, because she felt she might otherwise fly away. Such sensations are often experienced in a decidedly unpleasant way and can eventually become quite frightening. They are the reason for the development of a great **fear of insanity** and also **of death**.

This fear of insanity is listed prominently for Cannabis, but seldom is it described by a patient in these terms. It is more readily called a **fear of losing control**. The levitation and floating sensations make the patients feel that their whole being is becoming diffused and that they are losing control over themselves. As stated above, this terrifying state is the origin of the overwhelming fear of insanity, which is experienced as the fear of losing control.

The patients are reluctant to reveal their intense fear. They often won't admit that they even experience 'floating' sensations and may often be afraid that the physician will refer to them using the word 'insanity'. There is a marked **desire for control**, emerging from their feeling of diffusion; they employ all their strength to hold themselves together, which is very difficult and requires constant effort. They may feel that they should control everything. For example, if you give them a lift in your car they might feel the urge to tell you how to drive: "Please stop, please go on, don't drive so fast," etc.

One doesn't see the same anxiety and panic in the *Pulsatilla* fear of insanity; it is altogether different from that of Cannabis. *Puls.* patients will say amidst much weeping, "I'm going crazy,"; they cry interminably. Cannabis patients don't make such an emotional display; instead they exhibit a **great intensity** behind which resides tremendous anxiety. Their questions are asked with great intensity: "Am I crazy? What remedy will you give me? Will it be the right one?"

This fear of insanity, in the form of fear of losing control, is so overwhelming and disturbing that the person feels as if they're living permanently in hell (instead of the paradise which the drug seems to promise). Other symptoms, such as indifference, confusion of the mind, endless theorising, confusion with regard to time, and so on are nothing in comparison to the turmoil that is brought about by the fear of insanity. We have been treating cases of hashish abuse dating back ten or fifteen years, who are still suffering from the consequences.

An overwhelming general **anxiety about health** is often connected with this fear of insanity, but it also won't be admitted. Further on, we shall see the ways in which this anxiety is usually displayed by patients.

Various other fears can also be present, along with the fear of insanity, especially a **horror of darkness**. The student homeopath must be aware, however, that the more prominent the fear of insanity the less intense the other fears. Other examples noted in the provings are: fear of fainting; *'dread of congestion, apoplexy, haemorrhage and a multiplicity of deaths'*; wakes before midnight overcome with the dreadful sensation of choking (compare *Lachesis*); fear that he will have a fit; fear of spectres, of anyone approaching, of bright objects and water (hydrophobia), of drowning.

Dilation of time, space and body

A very characteristic feature of the Cannabis state is the experience of a distorted and confused sense of time. Time is expanded in this state; it is almost as if time has stopped altogether. **'Time passes too slowly'** is the way the repertory expresses this peculiar trait, with Cannabis in the highest degree. This dilation of time may assume very impressive, even tremendous proportions: five minutes may have passed, yet it seems to the individual as if hours, days, years, or ages have elapsed. As is stated in the provings: *'A seeming extraordinary slowness of time, which struck the observers in so singular a manner, and made them so impatient of delay that they were continually recurring to their watches and observing, with a kind of awe, how minutes were transformed into epochs.'*

This sense of expansion is most marked in time, but it also applies to space. *'Extreme exaggerations of the duration of time and extent of space - a few seconds seem ages - the utterance of a word seems as long as a drama, and a few rods are a distance which can never be passed.'* [1 rod = 5 metres] A walk in the street seems to be an infinite journey. The room seems to expand, with ceiling and walls running upward with a gliding motion, as if vivified by a sudden force of irresistible growth. External objects look enlarged and vivid. When these impressions become even more intense and dramatic, the delusion comes on that he has been transported through space, transferred to another world, and so on. Then the drug may make its user exist alternately in different places and various states of being: now he is a gondolier in Venice, now the Alps are towering before him; this prover called hashish the 'drug of travel.' These exaggerations of time and space can take on a sublime and solemn character- it may seem as if 'the soul's own time' has been revealed by such experiences - but they can also be terrifying and frightening.

In fact, the theme of 'expansion' reflects much of this Cannabis state in general but it also refers to the body of the patient. **The whole body or parts of it seem to swell, to expand**, sometimes to infinite dimensions: he feels that he covers the whole earth. The head seems to swell to giant dimensions; the lower lip feels as if it were so thick that it reaches the nose; the eyelashes seem to be prolonged; all the limbs feel enlarged, or just the hands assume a monstrous size; one leg seems to extend in length so that he has to hop on it, or one side of the body seems so enlarged that he feels he must bend over to the other side if it continues to grow; finger-nails may assume the size and form of plates... these sensations of 'inflation' and greatness are often accompanied by the levitation and out-of-the-body experiences described above. All expansion illusions and delusions can be experienced as passing fancies together with the fear of insanity (type one), or they may be constant delusions in a real psychotic case where the

agonising fear of insanity is no longer felt (type two). Their extent, duration, and intensity is thus a matter of the degree of mental disturbance. If the sensations and delusions experienced are joyous and pleasant, spells of **nervous laughter** can come on. This is in keeping with the propensity to the absurd, grotesque, and ludicrous experienced in the provings: **laughs immoderately at serious remarks**; laughs indiscriminately at everything said to him, or at the merest trifle, or without any apparent reason. There may be **spasmodic fits of absolutely uncontrollable laughter**, till the face becomes purple and the back and loins ache. Mirthful jesting about himself and others is observed, as are foolish behaviour like shouting, leaping in the air, clasping hands for joy. There may be, however, a part inside the consciousness that tries to control this behaviour and to prevent the individual from 'doing something foolish'.

The mirthful behaviour may alternate with depressive states and weeping without cause. Sighing, moaning, laughing and weeping may occur in turn. In the states of depression and fear, a feeling of isolation from all those around them can come on, a great sense of loneliness (even while in the midst of all their friends), a sensation of being forsaken (compare *Pulsatilla*). The intensity of the states of fear may also be expressed by a **restless and nervous** sensation and behaviour and by **moaning**, a symptom under which Cannabis is listed in the third degree.

The symptoms of the type two mental pathology, especially the delusions but also the capricious mood, have led to the use of Cannabis in some delirious states: *delirium tremens* with hallucinations, with trembling and, especially, with misapprehension of time and space. Sometimes erotic delirium. Puerperal mania has also been given as an indication of the remedy. While most of the delirium states are of a rather passive character, occasionally raging and destructive delirium has been observed.

Dual consciousness

It is interesting to see in this remedy's provings that the symptomatology that develops in each case is quite different, according to the disposition of the individual who took the remedy. The state that develops corresponds especially to the subconscious loading of the person. If the subconscious of the individual is full of fears, the prominent symptomatology that emerges is centred on fear, but if guilt dominates the subconscious, the symptomatology takes another form, for instance that of **dual consciousness** (compare the delusions of this kind described above).

As Boericke describes the state: *'Subconscious or dual nature state. Apparently under the control of the second self, but the original self prevents the performance of acts which are under the domination of the second self. Apparently the two natures cannot act independently, one acting as a check upon the other.'*

This kind of duality can exist in various manifestations: seems to have two existences, or to be conscious of two states, or to exist in two spheres. In the provings we find symptoms such as: *'Had a feeling of duality. One of his minds would be thinking of something, while the other would laugh about it.'* Or: *'My will or spiritual existence was separate from my bodily existence, and spurring it onward, pushing it forward and using it as much as an artificer uses a tool.'* Or: *'One part of me awoke, while the other continued in perfect hallucination. The awakened portion felt the necessity of keeping in side streets on my way home, lest some untimely burst of ecstasy should startle more frequented thoroughfares.'*

This is similar to a schizophrenic state, which is the consequence of such a dissociation between the physical and etheric bodies. In the schizophrenic, the vital or etheric body is not able to fully integrate with the physical body, and consequently, the consciousness wanders uncontrollably about the astral plane, a realm of mental projections. Of course, at times an awareness of this level of being can lead to valid insights; thus, one can actually detect clairvoyance and prophetic dreams in the Cannabis patient. Vivid, ecstatic dreams occur, but also very impressive nightmares.

This dissociation may also be responsible for a dream state the Cannabis patient may experience in which he feels as if he is falling into a dark abyss, into empty space. We might explain it like this: As the etheric body re-enters the physical, this falling sensation occurs and is concluded by a sudden shock as the two bodies coalesce. An expression of this idea is seen in some proving symptoms: *'On regaining consciousness, violent shocks pass through his brain.'* Or: *'I was troubled by a crisping sensation in the brain, just when I fell asleep or awoke from sleep.'* It may even be a noise like a crash or explosion and the sensation may pass through the whole body.

The student of homeopathy, on confronting these conditions, should try to understand and evaluate them correctly. What may look like a schizophrenic state may be but a passing dissociation of the physical with the etheric bodies. It is in the nature of this remedy to produce such symptoms and states easily, but they are often temporary and self-correcting, though they might be repeated in another situation. There is also the possibility, of course, that such states remain permanent, in which case we have a serious mental condition.

Excessive theorising

A general characteristic of this remedy, in all its stages, is the tendency of the patient to go in for **theoretical discussions and explanations**. The mind produces thoughts and ideas with great speed and the patient seems to have no control over the process. Having abundant ideas and **theorising** are key-notes of this remedy.

To illustrate this characteristic feature: you meet an individual who looks perfectly normal and sane, who can hold a job in the bank; yet the moment a discussion touches upon a philosophical issue, the man produces so many arguments and with such speed that you cannot really follow his thinking. The same thing happens to him if his emotions are touched when flirting with a woman. He starts with all kinds of theoretical arguments, of course with the aim of impressing her, but then constantly brings new ideas into the discussion, so that the woman is soon confused as to the purpose or meaning of the discussion. This 'discussion' or theorising is continuous and even though he knows that he is talking inappropriately or even talking nonsense, he cannot help nor stop it.

This is the kind of mental behaviour that justifies the repertorial description of Cannabis indica as 'theorising'. It is a restless activity of the mind that cannot be controlled. The mind works so fast that speech cannot follow it. As Kent remarks *'Wonderful theories constantly form in the mind'*, **one idea arising after the other**. They drive him on but these ideas also **crowd upon each other** and bring on confusion. Often they have an improbable, unbelievable character to them, being far from rational reasoning. He passes back and forth from the rational to the irrational in rapid succession. As Kent puts it: *'Any effort to reason is interrupted by flights of wild imagination and theory.'* These persons engage in discussions, drifting from one

subject to another, continually spinning new theories as they go. Or else there are persistent thoughts, **fixed ideas** that the patient simply cannot let go.

The ideas of Cannabis cases are weak, not clear or strong enough to be followed or executed. Great plans are made, but the patients lack the strength of mind and mental discipline to organize their concepts and to act upon them. They never leave the realm of discussion. When a Cannabis patient is before you, you may be momentarily impressed by the wonderful ideas he expresses, the velocity of his thinking and his theorising, but you soon realise that there is something wrong with the patient, as he has no limits and stops at nothing.

Excessive loquacity, as if he is constantly being urged on by his mind, is the consequence (it has also been called 'logorrhoea' in literature). It is a loquacity that is quite different from that of *Lachesis*. A *Lach.* patient talks to you with great passion about things or situations that touch upon his or her emotions. *Lach.* is all about passion and jealousy. It is about human emotions and how these people relate to others. In contrast, Cannabis cases talk theory; these patients talk about abstract ideas rather than personal emotions; it is the mind that is stimulated, not the emotions or the erotic or sexual passions. To summarize their condition in a word: they are **mentalised**.

When this happens, the mind becomes hazy, vague, scattered. These people become inefficient in their tasks. They cannot focus on reality for any length of time, cannot control the mind enough to reason rationally on any subject. Typically, these people drift from one job to another due to dissatisfaction. They leave a job simply because they have lost interest; they prefer to do something else. They do not feel any bitterness about this. Indeed, they are, in general, mild, sweet people and are very easy-going.

In many cases the fact that Cannabis speeds up the mind stimulates it, but in other cases this breaks it down. Where the mental faculties of young people are not very strong, they sometimes cannot support such speed and the mind breaks down with devastating experiences. This is the point where the tremendous **fear of losing control and of insanity** develops in its chronic state, as described above.

Dullness of mind and weakness of memory

Just as the mind can be speeded up, so can it be slowed down and develop a **weakness of memory**. Examples of this are: forgets what he just said in conversation; answers questions incoherently and immediately forgets what they were about and what he has answered; forgets proper names; has a constant succession of new ideas, but almost instantly forgets each of them; forgets what he has just read, what he has just written. Often, we observe that the patient forgets what he is about to do. In one of Berridge's cases we find the description: *'Memory bad; forgets when speaking what she is going to say; forgets what she has to do if she does not make a note of it.'* Especially in speaking or writing, there is this tendency to **forget what one intended to speak or write**, which not only leads to incoherent speech, but also to the strange symptom that patients are **unable to finish a sentence**.

From this proving symptom Nash derived a successful prescription in the case of a woman with dropsy resulting from valvular heart disease, who, after being relieved of the bloating, suddenly became unable to speak. To quote Nash: *'In answer to a question she could begin a sentence, but could not*

finish it, because she could not remember what she intended to say. She was very impatient about it and would cry, but could not finish the sentence, but could signify her assent if it was finished by someone else for her. Cannabis helped her rapidly recover the power to express herself.

Another description of the serious deterioration of memory is: *'Absolute forgetfulness of the thought, or speech, or act of the previous moment. I would, for example, be startled by hearing, as it were, the echo of the last words of a sentence I had spoken without knowing what it was about...'*

According to Clarke, speaking may also be 'embarrassed': *'At one time the words are wanting, at another the voice fails.'* Similar problems may come on while reading: *'Could not read, partly on account of dreamy spells, and partly because he had not full power of vision'* (Hering).

Concentration may become difficult; the patient cannot focus his thoughts. An excessive sensitivity to noises may be present; he can even hear a whisper in an adjoining room and be irritated thereby. These people become unable to follow what is said to them for long; they are confused as if in a dream; they make mistakes in writing, such as repeating or omitting words. Their thoughts suddenly begin to wander, especially when performing mental activities such as reading or writing. A disinclination to mental work prevails.

States of absent-mindedness and dreaminess frequently occur: *'is absorbed in his own thoughts and fantasies, wants to remain perfectly quiet, without speaking, even without moving'*. In this state there is also a marked taciturn tendency, exactly the opposite of the logorrhoea described above. Eventually it is also possible that the **thoughts seem to stand still**.* Is able to remember one thing or another, but the ideas remain stationary, as if standing still, while looking for a long time at the object he was going to work upon.* The powers of reflection and imagination seem lost.* The patient is **spiritless, apathetic and indifferent**.

Overwhelming anxiety about health

The Cannabis patients that belong to type one, those who have not totally lost contact with reality, eventually develop a **tremendous anxiety about health**. It is not related as such, and the patients may not even recognise that they are suffering with from such an anxiety. In fact, they tell the practitioner that they have no anxiety whatsoever about their health. However, the manner in which they present their symptoms and talk to the physician readily convey the impression of substantial anxiety.

I recall a *Nitricum acidum* case that vividly illustrates the anxiety about health that these two remedies have in common. A man wrote to me from France complaining of lumbago. He had seen a chiropractor whose adjustments had only worsened the pain. He had seen many doctors and subsequently a homeopath whose prescriptions had had no effect. The man was bedridden and could not work. The letter he sent to me consisted of twelve pages - twelve pages! - I read and read, noting one symptom after another. He wrote that he was surely going to die or retire to a monastery, that his life was no longer worthwhile. It became apparent from reading his letter that he was suffering from a profound anxiety about health - the only symptom he failed to mention! I sent him a dose of *Nitricum acidum* 10M, and he made a full recovery within a week. Similar states can be seen in Cannabis.

In Cannabis patients, the marked **desire for control** described in the section on 'fear of insanity' utilizes a great deal of effort. With any little stress, they feel that they are breaking down; they feel exhausted and take to their bed. When they visit the homeopath, they complain of a vast number of

symptoms - exhaustion, constipation, headaches, pains, etc. The litany of symptoms and sufferings can be fantastic. If they have not read a materia medica, the list of complaints is lengthy and difficult enough to deal with; but should they have studied homeopathy, the list will be exhaustive. They can produce twenty pages of symptoms - there is no symptom they do not have - and they will tell the physician to be certain to underline one symptom twice and another three times because it is very important, and so on. In addition, they admit to having whatever symptoms the physician suggests. If their symptoms alone are focused upon, the case will be hopelessly confusing; one blind alley after another will be followed.

A frequent observation in Cannabis cases is that when on the telephone to their physician, they will, because of their anxiety, complain of their multiple problems in a **panicky** way and with great intensity. They call their physician frequently, even daily. Other remedies, such as *Agaricus*, *Arsenicum*, and *Nitricum acidum* manifest similar behaviour. Cannabis patients keep the physician on the telephone for a long time complaining; their anxiety cannot be explained away easily despite the physician's strenuous efforts to do so. They demand explanations, but are not readily reassured. *Phosphorus* patients, on the other hand, also frequently telephone their physician with anxiety about health, but they can be easily reassured within a few minutes and their concern evaporates.

Cannabis patients may check up on their doctor by visiting another physician to see if he gives them the same answers as the first; a behaviour that exhibits also the **suspicious** element of the remedy. (Cannabis is in the third degree in this rubric.) The desire for control is also seen in their inquiries about the treatment plan. They continuously ask, "What are you giving me?" and want to know far in advance what is going to happen in the course of the treatment.

The theoretical mentalisation of Cannabis is also strong with regard to the anxiety about health. They abound with theories and have a strong urge to explain things (themselves, their condition, the conditions of others, of the society, of the planet, etc.) in detail. The doctor must listen to the patient so as to ensure that they feel satisfied with having said all they have to say. Quite often, though, they may send or telephone in an extra two pages of symptoms that they forgot to relay; this pattern is quite typical.

Another important feature should also trigger thinking of Cannabis: they always feel that their remedy has been antidoted. They provide several reasons, many theories, as to why they have antidoted their remedy. This characteristic is another manifestation of the panic that aggravates any crisis they have; their symptoms are magnified several times over by this panic. For example, a patient may feel a little dizzy, but the panic magnifies the complaint to the degree that he feels that his head is floating or that his arms are dissociated from his body (floating away). These panic states are terrible.

Evasion

This characteristic can be seen in Cannabis patients and reminds one of *Thuja*. It might present itself as follows: you wish to confirm a symptom, let's say, by asking, "Are you really thirsty?" and the initial reply may be "Yes". You inquire again "Very thirsty?" - "Yes," is the answer. Then you say that you are going to base your prescription on this thirst. The moment you make such a statement, the patient becomes anxious that you will make a

mistake by using that symptom, and he develops a theory to discredit it. "But yesterday I took a lot of salt, and the day before I ate sardines. Perhaps my thirst is only a result of that!" "But aren't you thirsty all the time?" you ask. "Yes. Yes, but it is only so strong recently; that is why I stressed it. I don't know. Do I really have thirst?" Should you then choose another symptom, the same hedging will occur. The extent of the explanations can be truly fantastic. Of course, there are other patients, who are not Cannabis, who also try to explain their symptoms away. In Cannabis' case the important thing to remember is the **intensity with which the symptoms are given**, the underlying anxiety about health, and the exaggerated degree to which they attempt to sabotage symptom validity by providing discrediting theories.

In addition, in follow-up visits they find it difficult to report whether or not they are better, which is partly due to the confusion that prevails in their minds. Consequently, the evaluating physician must be very circumspect in analyzing the patient's response.

An interesting case might help to illustrate the way that the Cannabis anxiety about health manifests. There was a patient at our clinic who over a period of time had been treated with no success. Though he had been given *Arsenicum* and *Nitricum acidum*, etc. without effect, he continued to come back for treatment because he had studied some homeopathy and felt there was something to it. As he helped us with our public relations, in the course of this work he would come to discuss matters with me. He could talk and talk to the point where I would grow tired of the discussions. Between his discourses he would, of course, bring up the subject of his health and could be quite nagging about his health care. In his primary job he also was known to talk and talk and speculate considerably.

All the while, several doctors at the clinic were trying to treat him. He would go from one doctor to another complaining, "He did not pay the right attention to my case." I would be given the case reports and would prescribe on the basis of the symptomatology without result. Finally I saw the disconnection in his thinking and the anxiety about his health. At that point I thought, 'Oh, my God, this is a case of Cannabis indica.' I asked him if he had ever used cannabis as a drug. After several denials he admitted that he had taken it once. Perhaps his symptomatology wasn't connected to this drug experience, or perhaps he had a special predisposition to the drug, being severely affected by one single exposure, or maybe he had lied to me and had taken it more often; at any rate, his mind was running out of control.

Emotional diffusion and yielding

The emotions of Cannabis patients can suffer from the same tendencies as the mental state: both can be scattered and diffused. Actually the emotions are explained away, they are not experienced as real feelings but rather as states of the mind states of mind. Often these patients recognise their 'weak point' in the emotional sphere and attempt, for that reason, to avoid emotional entanglements. If they do get involved emotionally, they are prone to express themselves in silly, foolish ways.

For example, a man goes out with a woman for the first time. As they talk he gets increasingly emotional and excited. He wants to say, "Would you like to go to bed with me?" but cannot. Consequently he says irrelevant things. He wanders from one subject to another. He starts to realise that he is flustered and confused and becomes afraid. In the midst of this emotional upheaval he suddenly loses control and hysterically grabs the woman while

saying, "I love you!" Subsequently, when he recalls the event, he may feel humiliated at the way he acted.

The Cannabis state can be constituted by many loving feelings, but these are uncontrolled. There is no power or discipline behind the love to permit it to manifest itself in action. The love exists in the imaginative realm; it seems more fanciful than real. These people can appear quite soft, much like the 'flower children' of times past, and in most cases they are very nice to others.

I have observed a trait in Cannabis users that is interesting (it is a strong impression of mine though I am not sure if the observation is entirely correct): the individuals who have taken this drug repeatedly seem to become softer, more gullible, easily persuaded, especially on spiritual matters. They easily follow gurus who are obviously false, but these persons find nothing wrong with them and explain away any of the guru's strange behaviour. It seems as if the mind has become more receptive, more compassionate, in a word: more human. It has lost its selfish driving force and can become easily obedient, subdued - in general, a follower. If these people make a revolution it is always with an avoidance of violence; they are followers of the ecological movements and whatever is mild and non-violent. It is not accidental that the generation of the sixties who smoked a lot of hashish was called the 'flower children', that they sought out peace and a nice life full of pleasures. They ought to have been called the 'grass children'. I therefore believe that paradoxically, Cannabis has done a great deal of good for the planet (as it tames the hardness inside us which is a defence mechanism), but has perpetrated a great deal of evil for the individuals that used it by weakening their logical capacities, their faculties of judgment, and by diminishing their sanity.

As their driving forces are diminished, these individuals are disinclined to work, feeling incapable of performing their duties. Their pattern is to do a little work, perhaps potter about the house, then to go and lie in bed for a while, then to get up and do a little more, and so on. They are reluctant to go out, but, if coerced, they feel better in the open air.

Sexuality

Cannabis also produces an excess of sexual passion (however, with all of the problems of 'realisation' mentioned above), but it can also have the opposite effect, creating indifference and even aversion. In the mentalised or 'type one' Cannabis patients we usually see a very **strong desire for sex**. In maintaining control it seems that their energy shifts and becomes concentrated in the sexual sphere. The desire is so strong that if they do not have a partner available at the time, they resort to masturbation. They are not particularly choosy about their partners; they just want quick satisfaction. Consequently, they are quite susceptible to gonorrhoea.

Cannabis is one of the remedies that has been used in acute gonorrhoea, although its discharge which is yellow or yellowish-white and slimy, sometimes thick, sometimes watery*, is of no value in the prescription, because it is common in gonorrhoea. To prescribe Cannabis, the characteristic mental picture would have to be present. I think that it will seldom be effective in acute cases, but might be of greater use in complaints after contracting gonorrhoea.

A frequent symptom in men is **painful erections at night** (*Cantharis, Staphysagria*); in Cannabis these erections are of a mechanical type, without an

urge to masturbate or to perform coitus, a sort of erection without arousal.

Concluding remarks

The two types of Cannabis state can *overlap* to varying degrees. For instance, the first type of patient who is more 'mentalised' and controlling may experience quite joyful ethereal states, somewhat similar to states of heightened spiritual awareness. He may actually feel transported into another sphere, a little world of his own, surrounded by an ethereal flux that seems less dense than water but not as thin as air, which resists movement and passage and has to be overcome by willpower. This sort of sensation frequently occurs when the person is in a hypnagogic state, very close to falling asleep, and it is experienced in a pleasant way and readily tolerated. However, when this tendency becomes truly pathological, disturbing visions begin to occur. Unwanted clairvoyant visions occur as the person closes his eyes to sleep; they may even come on by day with the eyes open. Then states of excitement occur which precipitate nervous and immoderate laughter. Such states are seen in deeply mentally ill adults and children. As these people increasingly lose touch with actuality, with reality, and everything seems strikingly unreal to them, they are drifting into the second type of mental pathology. A similar sense of unreality also appears in *Alumina* and *Medorrhinum*. It is also interesting to note the similarities in the mental state between Cannabis and *Med*. They share a disorientation of the time sense with time seeming to 'pass too slowly'. As alluded to earlier, the chronic Cannabis state may be induced by excessive use of recreational drugs including, but not limited to, hashish and marijuana. There is also a special type of person with a history of Cannabis abuse who, after having indulged in much hashish, becomes extremely sensitive to it, to the point of being almost allergic. The least amount taken will produce a state much like a waking nightmare; they cannot touch it any more. In addition, these persons show chronic symptoms of Cannabis, great depression and anguish coupled with the fear and anxiety dealt with above. Cannabis is a specific for such situations. In summary, in a Cannabis case one's attention should be primarily focused upon the mental level and the diffusion and **confusion** so characteristic of that level.

Generalities

Sometimes Cannabis has induced spasms and convulsions, in a couple of cases of a clonic nature with violent muscular action, but mostly tonic spasms, even cataleptic states or *flexibilitas cerea*. It has been prescribed for epilepsy when all powers of body and mind were exalted before a fit. Excitement, especially from something ludicrous or **mental exertion**, may trigger or intensify spasms of different kinds. Trembling is frequent; there can be: trembling motions of hands and feet, unpleasant shuddering through all the limbs, with a painful feeling of weight in occiput, and a tetanic intermittent contraction of the muscles at the nape of the neck. There can be strange sensations of **thrills** or jerking moving through the body; sudden and violent shocks shoot through the entire frame, piercing the brain; shocks, jerks, and quivering in different parts of the

body.

There is insensibility or anaesthesia of the whole body, or of one side. The patient is **paralysed**, unable to move the affected parts. They seem petrified and have a sensation of **marble-like hardness**, e.g. in the brain or eyes; **with tingling or pricking in the affected parts**, sometimes transforming into involuntary twitching. Cannabis is also indicated in certain early neurological cases characterised by weakness and numbness of the extremities, prior to the stage of true paralysis or precise clinical diagnosis. Alternately, a peculiar sensation of airiness and lightness of movements has also been observed.

A characteristic sensation is a **cold feeling like a trickling, as if drops of cold water were falling** onto the skin or from a part or several parts of the body, especially **on the head**, on the heart region and in the region of the anus.* There is also a sensation as if hot water were repeatedly poured over the patient*, or else as if warm water were flowing up the back.

Dreamy attacks, returning periodically in the daytime. Every few moments he loses himself, and then wakes up, as it were, to the others. He has sudden, **transient attacks of unconsciousness**, which may be triggered by impressions like candle-light or hearing music. He awakes before midnight in a state of semi-consciousness, is unable to move, has palpitations, slow, deep and laboured breathing and a feeling as if he were dying. Fainting feelings may recur every day, or he may sometimes suddenly faint.*

There are not only visual and auditory hallucinations, but also an increased sensitivity to light and **noise**, sometimes amounting to states of **clairvoyance** and **clairaudience**. 'Visual clairvoyance' has frequently been experienced in the provings. Two descriptions: '*Apparent clairvoyance, that is, I saw or fancied I saw, articles in another room, but the sensation was of short duration.*' '*At midnight precisely, awoke suddenly and fully; the room was dark, still the location of every article around him seemed perfectly plain; he could read the titles of books upon a table 12 or 15 feet [4 or 5 metres] off.*' Or concerning clairaudience: '*His sense of hearing had become extremely acute; he very distinctly heard what was said far off and in a low voice.*' Such experiences may be quite disturbing.

Characteristically, Cannabis patients are **extremely thirsty**, especially in acute situations. This, coupled with the fear of death, can lead to confusion with *Arsenicum*. However, there is one important differential point: Cannabis patients always want to rest and tell you they feel better from it, but from what I have observed, this is really an intellectualised symptom. Though they have a **great desire to lie down** in the daytime, they arrive at the conclusion in their minds that they are better from lying down, and so this is what they do. Actually, if you force them to take a **brisk walk, especially in fresh air, they feel better**. Mental symptoms (for example a feeling of anguish, which is accompanied by great oppression) are especially better in the open air.

You must be careful, however, not to overexert them as over-exertion makes all Cannabis symptoms worse. The provings also give the symptoms: '*Thoroughly exhausted from a short walk*'; and '*Great weariness after moderate movement*'*, as, for example, climbing stairs.

Thirst may be accompanied by a dread of drinking. The individual may be unable to swallow a single draught in spite of the intense thirst.

The **pulse** is unusually **slow**, and it may be feeble, sometimes hardly perceptible, and irregularly intermittent, but this may alternate with a rapid pulse, bounding, fluttering, full, etc. Kent aptly calls it '*a nervous pulse*.' Sometimes stentorian breathing is observed (Cheyne-Stokes).

Aside from the mind, the head and the **urinary organs** are the most affected.

Some modalities: worse from **urinating** (pain in urinary passages), **darkness**, **overexertion**, liquor, tobacco, tight clothing.

Better from **fresh air**, deep breathing, washing with cold water, rest, coffee (vertigo and headaches).

Lying down may ameliorate or aggravate, as well as moderate exertion.

With regard to time, aggravation in the morning and morning are most frequently observed.

Vertigo

Chronic vertigo as if floating off, as if elevated.

Vertigo on rising, with a stunning pain in the back part of the head and he falls.

Giddiness when walking, with a sensation of falling or actually falling forward, at the same time feeling as if losing his senses.*

Violent vertigo; Clarke reports a case where the patient felt as if the house were falling in ruins about her and Cannabis removed it.

The peculiar sensation of giddiness produced by this remedy is increased by walking about, and subsides during rest. Strong coffee may also relieve it.

Head

A peculiar symptom is an **opening and shutting sensation of the skull**. It seems to expand as if parting at the sutures, with a feeling that cold air blows into the brain, and then collapse again with a shuffling sound. Or there is a sensation as if the brain were boiling over and **lifting the cranial arch like the lid of a tea-kettle**.

Headache with an opening and shutting sensation in the right temple and vertex; begins on waking and lasts all day, off and on; worse from noise; the head feels as if it would fall in any direction.

There is a violent congestion in the head with a feeling as if the blood was were boiling. Fullness in the forehead as if it would burst. Or: congestion in the head with agreeable warmth in the brain, but pressive pain in the temples.*

Heat of the head with coldness of the extremities.

Tension first in the occiput, then also in the sinciput, lastly in the temples.*

Strange feelings in the head: **violent shocks through the brain on regaining consciousness; noise like a crash or explosion during sleep; crisping or crackling sensation, especially on falling asleep and waking; pendulum-like oscillations**. Feeling of something surging up from the posterior part of the head toward the forehead. Jerking in the right side of the forehead and towards the interior and back part of the head.

Great constriction in the head, as if from an iron skull-cap.

The sinciput is compressed from the borders of the orbits to the temples; not relieved by stooping.*

Dull, heavy, throbbing pain through the head, with the sensation of a heavy blow on the back of the head and neck. **Throbbing of the occiput.**

Throbbing, aching pain in the forehead.

Heavy weight at the back of the head. It may be experienced as a crushing weight on the cerebellum, neck and shoulders, with a thumping in the head, making him unable to rise from a stooping position. (This was observed during a shaking chill.) The heavy feeling at the occiput can also be accompanied by **pains shooting from it up the sides of head to the temples and vertex**, the pain being so intense that it makes the patient cry.

Heavy insurmountable pressure on the brain, forcing him to stoop.

Pain in the entire right side of the head. Cannabis has helped hemicrania states, e.g. with the opening and shutting sensation of the skull or when the attack was preceded by unusual excitement with loquacity.

Dull drawing pain in the forehead, especially over the eyes.

Pressive headache with excessive sensitivity to light.*

Violent headache with hallucinations.

Headache with flatulence, continuing until he can pass wind upward or downward; with throbbing in the occiput.

Coffee may almost instantly relieve headaches.

A frequent involuntary shaking of the head is a characteristic symptom.

Head feels as if floating in the air; as if separated from the body.

The scalp is sore to the touch, and it may be felt may feel tightly stretched over the skull, '*as a bladder is stretched over a jar*'. Crawling in the scalp on top of the head.

On a small spot of the *os parietalis* (later also on other parts of the head) a **cold feeling as if a drop of cold water had fallen upon it**.*

Eyes

Eyes become red and small. **Blood vessels of the conjunctivae** are often seen.

Fixed gaze; eyes brilliant, very bright and shiny; sometimes also strikingly dull.

Feeling of distension in the eyeballs, as if starting out of the head; they ache when he tries to read.

Pupils dilate and contract alternately in the same light.*

Sensation of spasmodic drawing in the eyes.*

Outward pressure at the back of the eyes.*

Jerking in the external canthus and lid.

Inflammation of the *caruncula lachrymalis* of both eyes.

Weak feeling of the eyes and poor vision*; objects seem indistinct and, dim, hazy sight. After looking for a long time, he cannot see well; he sees mist

before his eyes. **While reading, the letters run together.** Vision is confused. He experiences transient blindness, with the exception of a small point on which he is fixing his gaze (experienced during a shaking chill).

Photopsia. Twinkling, trembling, and glimmering before the eyes.

Distortions of sight, objects enlarged or more distant; visual hallucinations; sensitivity to light; visual clairvoyance.

Ears

Throbbing and fullness in both ears.

Boring pain immediately above and in the back of the right ear.

Stuffed feeling in the right ear.

Noises in the ears: buzzing; ringing; like boiling water. **Periodical singing during dreamy spells,** or during dozing while lying down; always ceasing when he came to himself or gets up, but are renewed with the next dreamy spell.

All sounds, especially voices (including his own), **seem far off,** as if obscured by a veil or gauze; even his own voice seems distant.

Great sensitivity to noise, easily irritated by it; acoustic hallucinations; clairaudience.

Nose

Dryness in the nose, objectively as well as subjectively; with heat inside.*

Fullness and aching at the root of the nose.

Coryza after eating.

Face

Expression wearied weary, exhausted, dejected, careworn, **drowsy and stupid,** anxious and **pale.**

Face pale, as in fainting, ameliorated by fresh air. But also: heat only of the face*.

Slight palpitation at on many parts of the face, especially in the muscles of the left cheek.*

Skin of the face, especially the forehead and chin, **feels as if it were drawn tight.**

Sensation as though the muscles of the face were drawn tightly about jaw. Lower jaw very stiff and immovable before falling asleep. Tetanic spasms about the jaws. Or: the lower lip hangs down when asleep.

Lips are glued together; very dry.
Trembling of the lips.

Mouth and throat

Mouth, throat, and lips are extremely dry, parched, with intense thirst for cold water, or else without any thirst.
The saliva is white, thick, frothy and sticky.

Every article of food is extremely palatable; simple bread is declared to be delicious and is eaten in huge quantities.

Nasty taste in the mouth in the morning on upon waking, which disappears after cleaning the teeth, but returns after meals.*

Gritting and grinding the teeth while sleeping. Also when awake, it seems to him as if he must forcibly compress the jaws.

Toothache tends to move downwards.

Sensation of a plug rising in the throat, causing him to choke.

Pressure in the tonsils.

Voice, respiration, chest and heart

Cannot control voice; speaks uncontrollably loudly and then corrects himself, or in a low tone with a thick voice, or the pitch of the voice is much higher than usual. Sudden failure of voice. Stammering and stuttering.

Burning in the throat on inspiring air.

It requires great effort to take a deep inspiration.

Oppression of the breath with palpitation; with anxiety in the throat.*

Asthma with dyspnoea and extreme agitation; suffocating spells; can only breathe when sitting or **standing up**, especially when standing at an open window and leaning forward.*

Oppression of the chest, with deep, laboured breathing; he feels as if he is suffocating, and wants to be fanned. **Oppression with great anguish, better in the open air.** Oppression especially upon waking at night, before midnight; dread of choking with the feeling as if dying, or slow, deep, laboured, intermittent breathing. Pressing pain in the heart, with dyspnoea the entire night.

Stitches in the heart, accompanied by great oppression; the latter relieved by deep breathing.

Rough cough, scratching the breast immediately under the sternum.

Sharp, cutting pain behind the sternum, aggravated by swallowing.

Stitches extending from both nipples to the whole chest.

Palpitation, waking him from sleep.
Stitches in the heart when lying on the left side.
Sensation as if drops were falling from the heart.*

Stomach

In most cases the **appetite is increased**, often to an enormous degree. '**Ravenous hunger**, which is not decreased by eating enormously; ceases eating only from fear of injuring himself.' Sweets are especially desired; everything seems to taste delicious, and also seems to be well digested. Bulimia is also mentioned in the provings. Sometimes, however, there may be a poor appetite, with a dislike of meat of which the patient used to be fond.*

Extreme thirst is frequent, but it may be combined with a **dread of liquids** (like hydrophobia). Thirst also at night in bed, all night, or on waking around midnight.

Eructations: when moving; **of nothing but air***; of tasteless fluid which rises into the trachea, causing choking*; **of a bitter-sour fluid, scraping the throat***.

Nausea and efforts to vomit after eating. Vomiting of slimy fluid, tasting somewhat bitter, or of a tenacious, sour mucus.* Coffee may cause vomiting but may also ameliorate the nausea.*

Pain in the cardiac orifice, relieved by pressure.

Sensation of warmth in the pit of the stomach.

Pyloric spasms; pyloric syndrome with *ulcus duodeni* (pain better by eating); pain attacks go along with perspiration and fainting.

While eating, stomach feels so swollen and chest so oppressed that he feels he will suffocate, has to loosen clothes.

Abdomen

Sensation of extreme tension in the abdominal vessels; they feel distended to bursting. Throbbing here and there.

Painful jerkings in the abdomen moving from one spot to another, as if something alive was in it.* Shaking in the abdomen on vehement motion of the arms, as if the intestines were loose.* Or: a bearing-down sensation as if all the intestines were going to be pushed out, felt in the rectum and the small of the back.*

Stitches in the right hypochondrium, when breathing.

Flatulence upon rising in the morning, swollen feeling of the abdomen, relieved by belching a considerable quantity of wind.

Disagreeable rumbling, with flatulence, or feels as if diarrhoea were coming on, immediately on lying down, or at night when lying down.

Rectum

Sensation in the anus as if he were sitting on a ball; as if the anus and part of the urethra were filled up by a hard round body.

Sensation in the anus as if something cold trickled out and onto the skin.*

During a hard evacuation, at night, excessive discharge of prostatic fluid.

Urinary organs

Cannabis has a variety of urinary symptoms, and is often indicated in **infections of the bladder, urethra, and kidneys**.

Urination is often difficult, as if from paralysis of the bladder, from sphincter spasms, or from an urethral stricture. Has to wait some time before the urine flows, but even then it remains incomplete; has to apply much straining, has to force the last drops out with his hands. **The urine dribbles out after the stream ceases.**

There is much and **obstinate urging to urinate**, which often continues after voiding urine, and may be coupled with much straining; great strangury on passing water; sometimes hardly able to retain urine, sometimes unable to pass a drop in spite of violent urging.

Frequent micturition, especially in the evening and at night, but usually only in small quantities. Frequent urination, with burning pain, in the evening.

There may also be an alternation between copious passing of clear, light-coloured urine and frequent voiding of small quantities with pain. It may also be loaded with much mucus, especially after exposure to damp cold, or else as a consequence of gonorrhoea.

Scanty urine, passed drop by drop with burning, sometimes mixed with blood, with continuous, unbearable urging.*

Stinging, biting and burning in the urethra before, during, and especially after urination is a characteristic and well-confirmed symptom. **The pain often goes backward towards the bladder.*** Uneasiness, with a burning sensation in the penis and urethra and frequent calls to urinate. Examples of pathological conditions that could be cured by Cannabis: urethritis with burning biting or scalding pain extending backwards to the bladder when urinating, but worse after, with frequent urging to urinate (every 15 or 20 minutes); very painful spasmodic closure of the sphincter of the bladder, at the same time severe stricture and drawing up of the anus with the urging for stool, but the inability to pass it.*

A peculiar symptom is **sharp pricking, like needles, in the urethra, so severe as to send a thrill to the cheeks and hands**.

Kidney pains are also frequent. **Aching in the kidneys, keeping him awake at night. Pain in kidneys when laughing** (or soreness from other jarring influences). Burning kidney pains. Nephritic colic.* Nephritis with constant dull pain in the region of the kidneys, with violent colic-like pains along the ureters; also dull pain in the *glans penis*. Drawing pain from the kidneys to the inguinal glands, with an anxious, nauseous sensation in the pit of the stomach.*

Genitalia and sexuality

As mentioned above, Cannabis may be indicated in gonorrhoea, though rather quite seldom. It has been used successfully in acute states of gonorrhoea where the urethra was is very sensitive to touch and pressure and the patient was is forced to walk with legs apart.* The discharge was is white-yellow, slimy and profuse, or thin and watery; watery and often painless often painless.* In men, an important indication was is an **extensive swelling of prepuce**.*

More often Cannabis might be useful in complaints from contracting gonorrhoea, as Cannabis people are quite inclined to catch gonorrhoea and often suffer for a long time from the consequences.

Sexual desire is often increased in both sexes, sometimes excessively, with nymphomania or satyriasis; but we also find aversion or indifference toward sex.

Male genitalia

Painful erections at night, mostly 'mechanical', without desire for the sex act. Erections while riding, walking, also while sitting still, **not caused by amorous thoughts**. Swelling of the penis but no actual erection.* Chordee.

There are, however, also erections with erotic sensations and desires; with voluptuous dreams and profuse seminal emissions; with priapism. **Excessive desire with frequent erections during the day**. Potency may be increased; as the provings say: '*The sexual thrill is very much prolonged, with more than a dozen ejaculations of semen.*' The erection may continue long after ejaculation and be so painful that cold water has to be applied to the penis.

Besides this annoying problem, there may be other disturbances of sexual function and sensation occurring in Cannabis men: no ejaculation of semen, though orgasm is present, but it consists merely of an intense burning. Or: little or no sensation during coition, but soon after a rather acute pain in the loins or in the back. The penis may also be unusually relaxed and even shrunken.

Nocturnal emissions mixed with blood.*

Great swelling of the prepuce, approaching phimosis.*

Sticking, burning soreness in the *glans penis*. Itching (agreeable or disagreeable) of the *glans penis*, of or under the prepuce, at the frenulum*; itching and burning of the scrotum.

On squeezing the glans penis, a white glairy mucus oozes out.

The prostate may be affected: with emission of transparent fluid, sometimes during stool; the 'ball feeling' (described under 'Rectum') may also occur in connection with prostate trouble.

Female genitalia

Cannabis is said to have brought about sterility, and it has been used for this condition, especially when the sterility coincides with an increase in sexual desire.

Dysmenorrhoea is also an indication. According to Hale, it *'appears to control the neuralgic and spasmodic varieties, but is more particularly indicated when...the menses are preceded, attended, or followed by unusual sexual desires.'* In dysmenorrhoea the menses are generally **very profuse**, dark, but without clots; the flow may be prolonged (Hering relates a case where it lasted 18 days). Menorrhagia with violent spasmodic uterine colic; pains returning like labour-pains; great agitation and sleeplessness. The profuse menses may also be attended by dysuria and a sensation of soreness in the whole urethral tract.*

The remedy has also been used in scanty but too frequent menstruation (every two weeks), with aggravation of backache during menses.

Threatened miscarriage with haemorrhage from the vagina as late as the eighth month of pregnancy; in gonorrhoeic patients, with burning during urination and purulent discharge.

Metrorrhagia and **post-partum haemorrhage** have been helped with Cannabis; when accompanied by violent uterine colic, with cramps in the extremities. Fluor in young girls, with dysuria and soreness to touch of the vulva.*

The remedy causes an inflammation and swelling of the vagina, as if sore, with biting fluor.*

Back

Tetanic intermittent contraction of the muscles of at the nape of the neck; cataleptic spasms. Drawing from the nape of the neck to the ear, rather spasmodic and felt externally.*

Chin suddenly drawn down to the sternum, lasting several days until it relaxes.

Peculiar feeling as if a stream of warm water is gradually stealing up the back and making its way up to the brain.

Pain across the shoulders and spine, forcing the person to stoop and preventing him from walking erect; or crushing weight on the cerebellum, neck and shoulders, cannot rise from a stooping position.

Cold feeling in the small of the back and between the shoulders.

Pressure on the coccyx, as if from a blunt point.*

Backache: may be caused by coition in men; aggravated from laughing; backache aggravated during menses, which come every 14 days.

Backache may be coupled with extraordinary anxiety and anguish, making the voice rise or arresting the breath.*

Reflex movements of the spinal column in a wave-like motion.

Extremities

As previously mentioned, Cannabis may be indicated in **states of extreme weakness and weariness of the limbs, even amounting to paralysis**, often with numbness and tingling of the affected parts. The tired feeling in the limbs may be coupled with aching in the joints, sometimes with a shaking chill.

One-sided paralysis. The provings also give partial paralytic symptoms such as: paralysis of the lower extremities and the right arm; **entire paralysis of the lower extremities**. Leaden feeling in the limbs, as though he could not move them, for some time.

Spasmodic motions of the limbs have also been observed; there may be a kind of gesticulatory convulsions in the arms and legs, or an automaton-like and rapid movement of the hands, one hand being pressed on the chest and rubbed actively with the palm of the other hand; knocking together of the knees; choreatic movements. **Tonic spasms, rigidity of the limbs**. Unpleasant shuddering through all the limbs.

Contractions of muscles and tendons are also seen: violent pain with contraction in the *tendo Achillis* and left foot*; contraction of fingers after a sprain*.

Thrilling sensations: **agreeable thrilling through arms and hands; agreeable thrilling in both lower limbs from the knees down, with a sensation as if a bird's claws were clasping the knees**.

An interesting modality reported by Boger in his *Synoptic Key*: '*Pain in limbs worse from a deep breath*'.

Pain as from fatigue in the bend of the right elbow.

Heaviness of the forearm, as if a weight was upon it; is unable to raise his hands.

Cold hands (objectively as well as subjectively).

Aching in the finger joints.

Weariness of the lower limbs; knees give way, and feel as if there were a dull aching in them.* Unable to walk upstairs, legs nearly paralyzed, with stiffness and tired aching in both knees. The legs hardly seem able to support the body, the person may even actually fall. Great heaviness of the feet. Cramps in the calves may also have a paralyzing effect.

Dislocation of the patella on ascending stairs.*

On attempting to walk, he experiences intensely violent pain, as if he trod on a number of spikes, which penetrated the soles and ran upward through his limbs to the hips; worse in the right side, and accompanied by drawing pain in both calves; is forced to limp and to cry out.

Numb feeling of the left sole, then of the foot, increasing to a numbness of the whole limb.

Shooting pains in the joints of toes, worse in the big toe; aching and stitching pain in the ball of the left big toe.

Sleep

Sleepiness in the day, but often disturbed sleep at night, from pain or sexual excitement.

Excessive, irresistible sleepiness; especially in the afternoon, with alternate dozing and waking; the waking time can also be described as a 'dreamy state.' **Dreamy attacks in the daytime, which recur periodically.** Sometimes the desire for sleep may be extremely prolonged, can sleep three days straight through.

Sleepiness, but cannot sleep. Great agitation and sleeplessness with painful menorrhagia. Fear of going to bed (lectophobia).*

During sleep: starting of the limbs, which awakes him; talking; grinding teeth.

Nightmares every night immediately after falling asleep. Vexatious dreams; dreams of danger, and of perils encountered; of dead bodies; voluptuous dreams with erections and profuse emissions; prophetic dreams; melancholy dreams.

Chill, fever, perspiration

Has a lack of vital heat and feels a general chilliness.

Much shivering and shuddering or experiences creeping chills all over. Experiences a strong shaking chill with accompanied by the earnest belief that he is dying.

Coldness of the hands, feet, and especially of the nose after dinner, with shivering, shaking, and the inability to get warm.

Coldness and shivering, with external heat.

Profuse sticky sweat, standing out in drops on his forehead.

Skin

Anaesthesia of the skin has often been impressively described in the provings. **Numbness and pricking** over the whole body or parts of it, often pleasurable; sometimes alternating with twitching. Formication and itching on various parts, or all over the body.

The skin feels as if it were drawn tight, especially over the head and face.

Clinical

Catalepsy. Chordee. Clairvoyance. Delirium tremens. Delusions. Epilepsy. Gonorrhoea. Headache. Mania. Menorrhagia. Paralysis. Prostatitis. Satyriasis. Stammering. Uraemia. Urinary disorders.

Relations

Cann-s. In extreme sensitiveness to noise: *Nit-ac.* (to jarring and rumbling of cars in the street); *Coff.* (to all sounds); *Bor.* (slightest noise, fall of the door latch, rumpling of paper, rustling of silk); *Asar.* (to the scratching of linen or silk, or even the thought of it). Levitation (*Asar., Calc., Cocc., Ph-ac., Sil., Stict., Sulph., Thuji.*). As if in a dream (*Ambr., Anac., Calc., Con., Cupr., Med., Rheum., Stram., Valer., Verat., Zinc.*; the sensation of time being interminable distinguishes *Cann-i.* from the others). Horror of darkness (*Am-m., Bar-c., Calc., Carb-an., Phos., Stram., Valer.*). Noise like a crash or explosion in the head (*Aloe.*).

Cantharis vesicatoria

Cantharis vesicator, Lytta vesicator.

Blister-beetle, 'Spanish fly'.

N.O. Insecta, Coleoptera.

Tincture or trituration of live insects.

The essential features

As is well known from our materia medica, remedies generally prefer a specific system, organ or area of the body and express their action there, although their action is by no means restricted to this location. Cantharis' preference is definitely the urogenital system, and it usually involves in its action *both* the urinary and the sexual spheres simultaneously. In Cantharis cases, when we have an inflammation of the urinary system, especially of the urethra and bladder, we see, at the same time, an excitation of the sexual drive. The more the inflammation of the urinary tract the more the sexual excitation, which can reach such a degree that it almost assumes the form of sexual frenzy.

The first key-note of this remedy is a sensation of **excessive burning**, a burning pain which runs through all of the picture. It has been shown by external applications of Cantharis as well as by provings where the remedy was orally taken, that the remedy produces such burning of the mucous membranes and also on the skin. Consequently, it has been of great use in the treatment of **burns and scalds**, even when they are very severe.

We should, therefore, consider this remedy in all cases where **excessive burning pain before, during and after micturition** is the prominent characteristic and it is more disturbing and agonising to the patient than any other symptom. This is especially the case for inflammations of the urinary tract but also when other pathological conditions are accompanied by this type of painful urination. Moreover, whenever a patient complains of a feeling of excessive burning in whatever part of the body, Cantharis might also be indicated. This is especially true when such burning is coupled with an over-excitement of the sexual sphere.

A second characteristic of the remedy is that it produces very **intense and violent inflammations that develop extremely quickly**. In urinary conditions the state proceeds with such speed that within minutes the irritation and burning become so intense, that the patient screams from pain when urinating.

In Kent's words: *'When taken internally it proceeds almost immediately to attack the urinary tract and establish a uraemic state... The local inflammatory condition comes on with great rapidity, and this brings the patient down violently sick in a great hurry... The parts become gangrenous at an early state.'* And he goes on: *'The bladder and the genitals are inflamed and the excitement and congestion of the parts often arouse the sexual instinct, so that there are sexual thoughts and sexual frenzy. Violent, amorous frenzy, an excitement such as accompanies inflammation attended with thoughts that correspond. The sexual instinct has gone mad. The erections in the male are painful and violent. The penis is inflamed and sore and it would be painful to have coitus, yet there is this frenzy.'*

This description corresponds to a state of violent **acute cystitis**. In addition to the features mentioned above there may also be a veritably manic **delirium of the sexual type**, with **tremendous restlessness** and **outbursts of wild rage**. You will not always see all of this extreme state that Kent describes, but rather a picture going **towards** it.

Sexuality

In its chronic state, the Cantharis picture is an individual who is **restless in body and mind, irritable to the extreme** and with a **sexual appetite that seems to be insatiable**. In the chronic state, however, we don't see the delirium and the extreme conditions of sexual frenzy. The patients can be described as lean, wiry, nervous individuals who tend to use **obscene and aggressive language** at every opportunity. This is an urge that they seem unable to control. Their behaviour to the opposite sex is rude.

Sexual desire is tremendously increased; a restless sexuality drives them on. It seems that the sexual drive takes possession of the whole individual. The patients cannot think about anything but sex. A Cantharis man or woman has no inhibition about suggesting that another person go to bed with them at once, and the desire is not satisfied by only one orgasm; it immediately rises anew. The obscene language is another way to express the sexual urge, and therefore such words are often also used during sexual intercourse.

Cantharis is more demanding for sex than even *Platina*, though, in cases of women with such an excessive sex drive, it is almost always *Plat.* that is prescribed, sometimes erroneously. In addition to the constant demand for sexual intercourse with their partner, these people are likely to have extramarital affairs to satisfy their sexual urges. It is interesting that such individuals do not easily resort to masturbation as they need 'the real thing' and mainly the contact with the other person. Let us be aware, however, that an increased sexual drive is only a symptom when it is pathological, an urge that makes the patients suffer and restricts their freedom to live out their human potential.

In chronic Cantharis people, and especially in women, there is often a long **history of repeated cystitis**, which has not been treated correctly, or of gonorrhoea. The recurrent urinary infections may be the same cystitis reappearing again and again or may be new infections which are connected to

their numerous affairs; this is difficult to determine. You often find Cantharis states in prostitutes and men who visit them, as the possibility of infection in these people is great. Regardless of what triggered the infection, it is actually the constitution that breeds the infection. This is why a little girl who is exposed to a draught or to sea water can also get a violent cystitis with the excessive burning mentioned above. In cases of constitutional Cantharis adults, the history of repeated infections is usually present.

A key-note in this remedy that sometimes occurs during sexual activity is that **pressure on the throat is unbearable**. If by chance during sexual intercourse the hand of her husband presses her throat even slightly, a Cantharis woman, will become angry and will immediately push his hand away, as if frightened. There are also other symptoms that seem to be related to hydrophobia, such as a **fear of water and of shining surfaces** similar to *Stramonium*, but without the real aggression of *Stram*. Another differentiation may become important with regard to the obscene language. Here Cantharis resembles *Hyoscyamus*, but in *Hyos*. the desire for sex does not occur nearly as frequently as in Cantharis.

The mental picture

A tremendous restlessness prevails in the mental sphere of Cantharis, but it is a **unproductive restlessness**, a hurried feeling that makes the patient run about and constantly attempt to do something, without accomplishing anything. The provings give the symptoms: '*Does not find rest, always looking for another place, with internal heat of head.*' And: '*Extreme restlessness when sitting or lying; she has to move constantly, up and down, to and fro; day and night.*' This is both a physical restlessness and a restlessness of the mind. Too many thoughts intrude upon his mind, and the patient cannot get rid of them (this is seen especially in the morning). This mental unrest does not allow for the peace of mind necessary to finish a job. In the midst of it a new thought imposes itself upon him, and he starts another job, without finishing the original or that one either.

Anxiety and apprehension often accompany this restlessness, sometimes along with a feeling of guilt as if one had committed a crime. The **anxious feeling is localized mostly in the stomach** (*Kali carbonicum*, *Mezereum*, *Arsenicum*) or begins there and extends to other parts of the body. It can be connected to a sensation of fullness in the stomach and sometimes comes on after eating. There is a general disposition to being anxious and easily frightened, with restlessness, but also with depression and despondency. Some symptoms from the provings are: increasing anxiety with trembling over the entire body; the trembling continues while walking in the open air; anxiety in the morning, as if something important is about to happen; inner anxiety with a lack of self-confidence, distrust of himself in the afternoon; extreme despondency and faint-heartedness; **says she is going to die**.

The inner tension that is expressed by restlessness and anxiety finds genuine release only in sexual intercourse, but there are also defensive and aggressive ways to bring it to the surface. The proving symptom '**Defiant and contradictory mood in the afternoon**' is one manifestation of it, which has been confirmed by clinical evidence. Others are insolent, easily offended and become very irritable from what he considers an insult. Alternately, there is an inclination to be **dissatisfied with everything and anything**; morose, fretful, angry, boisterous, feels that no one can do anything right. **Anger and rage** also easily come on, sometimes with really malicious behaviour. The emotional state may undergo changes from a cheerful and talkative mood to discontent, great depression and despondency with incessant moaning, or to an introverted, pensive, sluggish and

indifferent state of mind. A tearful mood together with fretfulness and anger has also been observed several times. The intellectual faculties may become impaired with states of abstraction of mind. The individual has difficulty concentrating, and experiences a weakness and prostration of the intellect. An example from the provings is: *'As soon as he wants to reflect upon something, his thoughts instantly vanish; his gaze remains fixed in silence on one object (which he hardly seems to notice, however), and he has trouble to collect himself in order to express a few words coherently.'* This may be connected with a heaviness, confusion, or a foggy feeling in the head. *'Heaviness in occiput, with drowsiness and incapacity to think'* (Hering). At other times, there is a rush of ideas, which crowd upon each other, leaving the person no peace. The patients are literally overwhelmed with strange ideas which 'run riot', as Kent says, which seem to have a life of their own and cannot be stopped or controlled. Actually, the feeling of the patients is that an outside force possesses them and drives them to do things. These mental states can amount to total confusion and finally reach the verge of psychosis. Then an acute delirious state may come on.

Delirium, delusions, states of unconsciousness

To get a notion of the Cantharis delirium, let us first follow Kent who often has very graphic descriptions of acute states: **'Restlessness ending in rage. Restlessness causing him to move constantly, a rage and delirium intermingled with amorous frenzy. ... In some instances, he deliriously sings lewd songs and prattles on the subject of human genitals, urine and faeces, a wild raving about subjects not talked about in health except among the depraved. But in disease, chaste and modest persons, virgins, will speak so that it is surprising where they have picked up such language. ...I have seen a dear old mother weep and wring her hands and say: Where did my daughter learn such language?'**

Besides the erotic quality, the **furious** character of the delirium is remarkable. The delirium, which may have its cause in mental disease but also in acute states of fever and excessive pain comes on mostly in the evening or at night and is often coupled with or followed by **clonic convulsions**, ending in **sudden unconsciousness**. The convulsive attacks often closely resemble hydrophobic attacks, and indeed Cantharis has been prescribed in olden times for hydrophobia, even as a prophylactic. **Great excitement and rage, convulsive paroxysms renewed by touching the larynx**, by pressure on the abdomen where it is painful, **by trying to drink water** or even by hearing the sound of falling water, by the sight of water, or bright or dazzling objects. **Great fear of water or bright objects** is exhibited; also **great fear of death**.

Frothy saliva may come out of the mouth during the raging attacks, with alternating trismus and opening of the mouth. Here again a differential diagnosis to *Stramonium* and also *Hydrophobinum* becomes important. In Cantharis, during the attacks an excessive desire for sexual intercourse may be expressed. The patient howls frightfully, like the barking of a dog, or screams, laments, moans, whines or weeps. Destructive behaviour can come on in acute delirious states, e.g. : strikes the wall and tries to scrape the stucco from it with excessive pain; grasps an iron stick from a curtain and breaks it, screaming fearfully. These attacks may be immediately followed by general convulsions, fainting and profound stupor.

Cantharis may quickly reach a state of **loss of consciousness** (with or without delirium), with a red face, and often with the body having a cold surface, the patient looking like *Opium*. The idea is that he goes **suddenly** into a stupor. *'Lies in a stupor, with cold surface and occasional jerks'* (Hering). The

patients may lie down unconscious with arms stretched along the body, but from time to time start and strike out with shrieking, tossing about and even falling into clonic convulsions. These states can come from a suppuration of an internal organ, as for instance the intestinal canal, or from an inflammatory irritation of the meninges.

Some other delirious symptoms are: fancies she hears something walk quietly about the room, then it knocks under the bed and seems to elevate it; something seems to grasp her hand and bend it several times up and down, then **her throat is grasped by two icy-cold hands**; talks much and incoherently about business and about people long dead.

Cantharis may be indicated in **manic depressive states** where the raging attacks alternate with conditions of great depression, dejection, and despondency, with incessant moaning or with weeping without apparent cause.

Generalities

Cantharis should be considered in: **rapidly destructive inflammation** in the serous and mucous membranes which moves quickly towards gangrene; suppuration of internal organs or meningitis, causing unconscious states and convulsive attacks; inflammations of the urinary and genital organs.

Cantharis should be considered in any condition where the urine is scanty, cutting and **burning**, with **intolerable, constant urging to urinate**.

Pain is generally burning in any part of the body. All body cavities burn as if raw and sore. The body feels raw and sore pain all over, both internally and externally. There is a crushed feeling all over the body, with sensitivity of every part, both internally and externally, and great weakness, such that he has to lie down. The pain is generally accompanied by **great excitement** and irritability. Cantharis is also a valuable remedy for **burns and scalds**.

There are **convulsions** from dysuria and bladder or kidney calculi, with the above-named hydrophobic symptoms; very marked is the aversion to being touched on the throat. The convulsions may be very violent, with alternating emprosthotonus and opisthotonus; with convulsive tremors of all the limbs, with cold sweat on the forehead and chest. The patient cannot get a moment's rest on account of immediate recurrences.

The patient has great thirst, but often aversion to drink and a horror of liquids. This may be due to his mental state, but also to the throat feeling as if it were strangled or to a burning pain in the throat upon swallowing, which is most marked on swallowing liquids.

There are **sudden attacks of unconsciousness**, loss of strength, extreme weakness, prostration, great emaciation, fainting and collapse and general coldness. An interesting modality that has been observed in a proving is that a progressive languor was relieved by drinking freely of alcoholic liquors, which produced no symptoms of intoxication.

Cantharis cured a hemiplegia of the right side, apparently without sensation in the affected side, where the speech was affected and very indistinct, hardly understandable.

The individual has an **aggravation from drinking**, especially cold drinks and **from water**, even if only seen or heard, **from coffee** (gastric, abdominal and hepatic complaints) and **from urinating**. Some mental symptoms are worse in the morning or afternoon; delirium mostly in the evening and at night.

Amelioration comes from **lying down** and rest (but some symptoms are better from physical exertion) and warmth.

Vertigo

On walking in the open air, vertigo with quickly subsiding attacks of unconsciousness, with foggy vision, returning several times within half an hour.

Vertigo and fainting.

Giddiness and weak feeling in the head.

Head

Congestion in the head with feelings of **heaviness** and **burning heat** of the head and especially **burning in the brain** is frequent. Boericke describes a characteristic **sensation as if boiling water were in the brain**. Burning in the sides of the head, ascending from the neck, with soreness and giddiness; worse in the morning and afternoon; when standing or sitting; **better while walking or lying down**.

Aching deep in the brain, of a dull, sore, or stitching quality. Violent lancinating pain deep in the brain, especially in the occiput. Violent sore pain inside the head. Heaviness and a stupid feeling in the forehead, deep in the brain, with the **sensation as if someone pressed her head forward**. This latter sensation is characteristic and may be coupled with an outward pressure in the forehead. For instance: Tearing and dragging pain, only on motion; when stooping and turning the head, **it is as if something came up from nape of neck and pressed the head forwards, and as if everything would come out of the forehead**. Or: pressing outward from within the forehead, waking him at night; ceases when sitting up in bed.

Headache that interrupts sleep at night, may also have a stitching quality: Cutting stitches in the head, waking her from sleep.

Generally, stitching headaches are frequent, especially in the sides of the head; stitching in the left *os parietale* while speaking.

Painful tearing on the vertex with the **sensation as if a lock of hair were being pulled upwards**.

Twitching and jerking is felt in the muscles and bones. A strange symptom is: '**Intermittent painful twitching, now at the right *os occipitale*, now at the outer side of the left knee.**'

Headache from washing or bathing.

Cantharis has been successfully prescribed in neuralgia of the head and face from exposure to the cold, with loud screams and jerking of the muscles; also in cases of meningitis or irritation of the meninges with lancinating pain or with unconsciousness and convulsions.

Falling of hair on combing, **during confinement or lactation**.

Scalp very scaly; a lot of dandruff.

Eyes

Eyes **protruding, very bright**, even looking fiery or sparkling, with a **fixed, staring gaze**; pupils widely dilated. Or they are restlessly in motion, frightfully rolling, alternating with fixed staring; pupils contracted. These features are found especially in acute delirious or manic states. In other conditions they may look **sunken and bleary, surrounded by blue rings**.

Burning in the eyes, **glowing heat as if from coals**; biting sensations as from having salt in them. Biting in the eyes after closing them.

Aching in the eyes from exerting them, especially from writing, which makes them water and causes cutting pain.

In the open air the eyes water; he has to close them; when he opens them again the margins of the lids ache as if sore, like raw flesh.

Acute or chronic inflammation of the eyes, with biting and smarting; **particularly when caused by a burn**.

Retinal haemorrhages; watery discharge mixed with blood.

Everything appears yellow; letters on a page look green and yellow.

Ears

Burning, glowing heat of the ears; otitis.

Sensation of hot vapour coming out of the ears in intervals.

Stitching and tearing pain in the region of the ears, especially **in the right mastoid process**, where it may be so severe that it feels **as if the bone would will be torn out**, making the prover scream.

Pimples at on the mastoid process, burning on touch.

Ringling, humming, buzzing ear noises buzzing noises in the ear; buzzing in the ears after supper.

Nose

Secretion of much tenacious mucus from the nose, without sneezing; the tough discharge is drawn from the posterior nares into the mouth.

Red, swollen nose, with a feeling as if it were going to suppurate, mostly felt mostly internally; pain worse on touch and talking.

Inflammation at the margin of the right wing of the nose, red and shiny. Red, hot nose, with suppurating pimples.

Erysipelatous inflammation of the nose, preceded by a pain on the dorsum of the nose as if pressed or pinched.

Strong disagreeable odour, foetid and sickly, is smelled in the nostrils; with strangury.

Face

The expression is **extremely sickly and miserable**, showing fear, terror, despair.

Congestion in the face with sudden glowing heat and redness. On stooping, the face instantly becomes very red, with a violent rush of blood to the head, and even while sitting the face becomes hot (but not while walking). **Red face during sudden fits of unconsciousness.** The face is often very swollen and puffy but a sunken, pale, sallow, even death-like look has also frequently been observed, especially during and after severe pain; it may also be discoloured yellow, with yellow-looking eyes. Or the right side of the face glows, while the left side is waxy yellow.

Right side of the face is swollen, with tension but without redness and heat.

Burning in the face, even if it is no warmer than usual on to the touch.

Erysipelas, beginning on the dorsum of the nose, spreading to both cheeks, but more to the right; **with burning, biting heat; with urinary symptoms.**

Vesicular erysipelas in the face with burning pain and great restlessness.

Pimples appear on various parts of the face and **burn when touched.**

Mouth

Painful burning of the whole buccal cavity and oesophagus, extending down to the stomach. Burning on the tongue and palate; hot feeling at on the palate as if something spicy had been eaten.

All mucous membranes of the mouth are inflamed, excoriated, **red and covered with small blisters.** White vesicles, up to the size of a pea, in all parts of the buccal cavity, at on the palate, gums, and tongue.

Mouth dry; tongue dry in the morning, covered with mucus.

Tongue swollen; thickly coated, white or yellow, and **red at the edges**, or bleached at the tip and sides, with a blackish-brown centre.

Trembling of the tongue.

Taste is bitter, accompanied by disgust for everything; offensive. The sense of taste may be totally lost for a time, or food tastes as though it were unsalted.

Copious and frequent salivation; accumulation of tasteless saliva in the mouth, or it is disgustingly sweet, forcing him to spit.

During manic or convulsive fits, grinding of teeth, frothy salivation, lockjaw.

Sublingual glands swollen and red.

Gums spongy and swollen; inflamed spots, with swelling.

Dental fistula, with suppuration.

Throat

Burning sensation and soreness in the throat, literally feels on fire. The burning is worse on swallowing anything. The burning is made worse by swallowing any substance, but even more so **on drinking water, which makes the pain intolerable.**

Inflamed throat, sore, burning, feeling as if scraped; covered with plastic lymph; swollen internally. Inflammation and suppuration of the tonsils.

Throat blistered and ulcerated. Aphthous ulcers, covered with a whitish adherent crust, at the back part of the fauces and on the tonsils.

A spasmodic contraction of the throat, or a **feeling of constriction amounting almost to strangulation; to swallow a single drop of fluid is an agonising experience.**

Swallowing is very difficult, sometimes impossible, especially of fluids; on account of the pain, a feeling of strangulation or a dread and horror of liquids.

Water drunk regurgitates through the nose.

All the throat symptoms are **worse from drinking** and are **ameliorated while lying down.**

Voice, respiration, chest and heart

Speech is very feeble and timorous, because of a sensation of weakness of the respiratory organs. Hoarseness, with painful rattling of viscid mucus coming from the chest, and with incisive shootings in the trachea. Voice almost or totally lost during attacks of weakness; or in laryngeal diphtheria.

Acute inflammation of the larynx, with extreme heat and burning.

Burning and stinging in the larynx, especially when attempting to hawk up a tough to hawk up tough, tenacious mucus from the chest.

Dry, cutting stitches along the trachea at night.

An important indication of Cantharis is **bronchitis where the mucus is profuse, tenacious, and ropy** (compare *Kali-bichromium*) and **burning up on urination** is present at the same time. Mezger found the remedy useful in influenza-related bronchitis with cystitic irritation, albuminous urine, and spurting of urine during coughing. Hering mentions: '*Catarrh in larger bronchia, with profuse, yellow expectoration.*'

Frequent dry hacking cough. Bloody expectoration.

Difficult respiration, sometimes with oppression, on account of a spasmodic contraction of the throat or chest.

Stitching and shooting pain in the chest, worse on inspiration, or impeding or arresting respiration. The stitches may go from one side to the other, from the front right through to the back, or they extend to the axillae. '*A pain in chest like a shot, from the front towards the back, with arrest of breathing.*'

Cannot lie on the left side because of stitching on inspiration, at midnight.

Extreme heat and burning in the chest, as if from fire.

Pleuritis exsudativa. Pericarditis, with effusion.

Violent palpitation. Drawing pain in the region of the heart. Stitch in the heart, followed by a crawling sensation.

Praecordial anxiety; sensation of anxiety in the heart, in the afternoon.

The pulse is very variable: mostly hard, full and frequent, at times intermittent; frequent and weak or slow, feeble, and scarcely perceptible; more full and rapid in the morning.

Stomach

The person's appetite is usually diminished and often he is easily disgusted by food, drink and tobacco. If his appetite begins to return, coffee will make him lose it. He gets nausea, as if from a weakness in the stomach, after coffee.

Constant great thirst, often excessive, **with burning pain in the throat and stomach**; but at the same time we often see an **intense aversion to all fluids**; if someone hands him a glass of water, he pushes it away. Or: water cannot be swallowed in spite of the thirst on account of the burning pain, or because of a spasmodic contraction of the throat. Or: **dry lips without thirst**.

Heartburn and heat rising, without thirst; drinking water increases the burning pain.

Nightly regurgitation of food.

Eructation of sour frothy mucus, tinged bright-red; sour belching after drinking.

Nausea and frequent vomiting, first of food, then of bilious mucus. Vomiting of tenacious mucus in lumps. Vomiting with violent retching and severe colic; in pregnancy.

Haemorrhages from the stomach, with the vomiting of blood.

Violent burning pain in the stomach; also stitching and griping pain. **Extremely violent gastritis**.

Tremendous sensation of fullness in the region of the stomach, **accompanied by anxiety and restlessness**.

Abdomen

Cantharis produces extremely **violent inflammation of the gastro-intestinal canal**, especially in the lower intestines. **Peritonitis**, with burning, cutting pain, urinary tenesmus, and spasms of the bladder. Cantharis may be indicated in different gastric, hepatic, and abdominal complaints that are **aggravated by coffee**. The provings report a feeling of fullness in the chest, stomach and abdomen after coffee.

The whole intestinal tract feels very hot and burns.

Great distension and tenderness of the belly; tympanitic. The whole abdomen is **excessively tender to touch and pressure**.

Incarceration of flatus under the short ribs (flatus is very offensive). Audible rumbling while sitting.

Colic-like pain, causing the patient to double over.

The abdominal pain is very violent and mostly **cutting, burning**, and lancinating. Frightful cutting pain from 5 p.m. until the next morning, compelling the patient to 'roll around.' Tremendous cutting pain in the hypogastrium, constantly moving to and fro, stopping only for a short time. **Cutting pain during stool toward evening**; or after each evacuation of stool.

Burning pain around the umbilicus and in the hypogastrium. Burning pain above the navel on coughing, sneezing, and blowing the nose, with a rather hot feeling in the hypogastrium; around the area of pain some yellow spots on skin, which ache on touch (more stitching than burning).

Acute pain in the region of the stomach and bladder, with such extreme sensitivity that the slightest pressure produces convulsions.

The pain is ameliorated on lying down and from warmth.

Hepatitis. Right side of the abdomen and liver painful and sensitive, with urinary symptoms.

Cutting, stitching, and burning in the groin, with violent cutting on urination.

Rectum

Constant, violent urging for both stool and urine, with extreme tenesmus. Constant ineffectual urging; returns soon after stool; when urinating, an ineffectual urging for stool comes on. **Retention of stool and urine.** Kent says: '*The patient will sit on the commode with violent tenesmus to pass urine and stool, feels that if he could only pass a few more drops of urine or a little more bloody stool he would get relief, but no relief comes.*'

Violent diarrhoea with unbearable burning in the anus, which continues for a long time; watery stool excoriates the anus.

Diarrhoea consisting of blood and mucus; or pure blood is discharged after violent straining. Dysentery.

Evacuation of white, solid mucus, as if from scrapings of intestines, with streaks of blood.

Stools slimy and red or green.

Copious stools.

Shivering after stool, with the feeling as if icy-cold water were poured over her.

Urinary organs

This region is, as said before, Cantharis's main area of action, and the remedy should always be taken into consideration when any condition is accompanied by its characteristic symptoms in the urinary region. **Cystitis and urethritis** are the pathological states where Cantharis is most often prescribed, especially when they are **accompanied by increased sexual desire**, but it will only act successfully where the symptoms agree. *Mercurius corrosivus*, *Nux vomica*, *Sarsaparilla* and *Apis* are remedies that have to be differentiated in cystitis cases. The main symptoms are **constant urging to urinate with violent tenesmus and strangury and burning and cutting pain before, during and after urination.** The pains usually extend downwards, **from the bladder through the urethra** (compare *Cannabis*, where the pains often extend backwards to the bladder). **Scanty**

micturition and painful retention of urine are often present, and the **urine is frequently bloody**. Due to the rapid development of the inflammatory states of the bladder, urethra and kidneys, **blood will appear quite early in the course of the inflammation**.

A selection of symptoms from the provings and from clinical experience:

Pain in the loins, kidneys and entire abdomen, with **such pain on urinating that he cannot pass a single drop without crying and screaming**.

Pain in the loins with the incessant desire to urinate, however, only a small quantity is passed.

Violent paroxysmal cutting and burning pain in both kidneys; the region is **very sensitive to touch**; alternating with equally severe pain and burning in the tip of the penis, urging to urinate, and extremely painful evacuation, by drops, of bloody urine; at times pure blood is passed, with some clots.

Constant dull aching in the region of the kidneys, late in the evening.

The kidney pain spreads downwards along the whole course of the ureters to the bladder.

Cutting and constricting pain from the ureters to the penis; pressure upon the glans penis brings slight relief.

Heaviness in the region of the bladder, on the slightest motion is transformed into a sore pain.

Pressive stitching pain in the neck of the bladder before urination, and constant urging, but only a few drops pass.

Violent burning-cutting pain in the neck of the bladder, extending to the *fors navicularis*, mostly occurring before and after urination.

Intense vesicular spasms.

Violent pains in the bladder that are increased by drinking even minute quantities.

Retention of urine from too full a bladder. Ischuria. But a more copious and frequent urination than usual has also been observed in the provings.

A kind of paralysis of the neck of the bladder; urine is passed without any urging and can hardly be retained. *Ischuria paradoxa*; **constant involuntary dribbling of urine**.

Peculiar pain on urinating as if the urine cannot get out, with disagreeable pressure in the region of the bladder; along with this sensation, a pressive pain in the meatus has also been observed.

Painful discharge of a few drops of bloody urine, causing very **severe sharp pain, as if a red-hot iron were passed along the urethra**; most acutely felt at the membranous portion of the canal, and in the *meatus urinarius*.

Constant burning sensation in the urethra, even when not urinating.

Frightful pain in the urethra before, during, and after urination; the prover (female) had to bend over double and screamed with pain.

Very frequent urging, intolerable tenesmus. The urinary organs are so highly irritated that he **can hardly bear more than a spoonful of urine in the bladder without having the urge to urinate**.

Sudden urge to urinate on seeing or hearing running water. Urging which awakes him from sleep, with very scanty micturition, leaving intolerable burning.

There is much more urging while standing, and still more during walking, than while sitting.

Violent urging to urinate every few minutes, but no more than a spoonful is passed, and at the end of this scanty urination the unbearable burning

cutting pains in the urethra arise.

Violent urging without any evacuation.

Frequent painful urination, **constantly preceded by violent pain in the glans penis.**

Urine is only discharged drop by drop; it scalds and burns. Constant painful urging with dribbling discharge of scanty reddish urine, sometimes intermingled with blood.

Urine is passed in a **thin and parted stream**, which is difficult to discharge.

Blood is passed with agonising burning cutting pain through the urethra and with violent tenesmus; bright red blood or clots of coagulated blood appear.

Urine albuminous; cloudy immediately on passing; containing mucus, pus, blood and casts.

Discharges from the urethra such as non-specific urethritis, white and watery, accompanied by a constant desire to urinate.

Some more pathological states of the urinary tract where Cantharis might be indicated:

Acute parenchymatous inflammation of the kidneys.

Cystitis after scarlatina; post-scarlatinal nephritis.

Ulceration of the bladder and urinary passages.

Painful retention of urine from suppressed gonorrhoea.

Spasmodic stricture of the urethra.

Inflammation of the orifice of the urethra.

Genitalia

Cantharis has been prescribed in acute gonorrhoea with the most intense suffering, with constant distress in the bladder, bloody discharge, and sexual arousal; in men with chordee (painful erection with downward curvature of the penis).

The most characteristic feature of Cantharis in the sexual area is an **intensely increased sex drive of both sexes which cannot be satisfied by coitus; satyriasis or nymphomania.**

Genitalia - male

Strong sexual desire which disturbs sleep at night; sometimes with an annoying tingling and voluptuous heat in the urethra and **constant erection.**

Violent, painful priapism; prolonged erections with excessive pain along the urethra.

Strong erections at night, with pain in the entire urethra as if contracting and sore. But we also see strong and persistent erections without pain and without any voluptuous sensation.

Burning at excretory ducts of the seminal vesicles in the urethra, during and after coitus.

Spermatorrhoea. Sperm is discharged in the morning in bed with a relaxed penis and almost without erotic sensation. Emission of blood instead of sperm, or emission mixed with blood.

Cutting pain from the kidneys along the spermatic cords to the penis, with retraction of the testes.

Drawing pain in the spermatic cord during urination. Violent pain in the glans constantly precedes micturition.

Swelling of the *glans penis* which is very painful to external pressure which is very painful if external pressure is applied. Dropsical swelling of the penis and scrotum.

Heat and sweat at the genitalia.

If **little boys frequently pull at their penis**, this is a key-note of *Cantharis*.

Genitalia - female

Extreme pruritus vaginae, often with greatly increased and constant sexual desire. Unbearable pruritus during menopause, sometimes continuing for years. **Swelling and irritation of the vulva.** Sexual arousal may be increased during menses, and is often attended by burning and scalding during urination, with the urine being discharged by drops.

Sensation in the hypogastrium as if menses would appear, after midnight.

Menses: too early; too profuse or too scanty; often black blood; attended by great soreness of the breasts.

Uterine haemorrhages with great irritation in the neck of the bladder.

Cantharis has been used successfully in cases of abortion where a constant desire to urinate was present.

The remedy is said to promote fecundity, and it helps to expel moles, dead foetuses and the afterbirth. **Retained placenta or membranes, usually with painful urination**, is a well-confirmed indication for the remedy.

Puerperal metritis, especially with mania of a sexual character; convulsions, renewed by sight, sound or drinking of water and by touching the larynx.

Bearing-down pain from the abdomen to the genitalia.

Inflammation of the ovaries, with burning pain, especially worse during menstruation, ovaries extremely sensitive. Stitches in the ovarian region, so bad that are so painful/intense as to arrest breathing.

Cysts at ovaries; hydatides.

Back

Swollen cervical lymph nodes, sore to the touch.

Nape of the neck stiff, painful tension when bending forward.

Tearing in the cervical muscles; on walking.

Tearing pain in the back, especially in the morning.

Chills and shivering that move up or down the back. A strange symptom from a proving is a repeated feeling of coldness in a region, the size of a hand, at the left side of the lumbar vertebrae; it is a sensation of goose-flesh with violent and annoying formication, restricted to that area. This sensation was most felt when sitting down in the evening.

Pain in the region of the loins and kidneys, stitching, cutting, or tearing, with urinary symptoms.

Dull heavy pain in the lumbar region, increased by pressure; sometimes extending to the perineum.

Cutting pain in both loins, extending up to the axillae, where it transforms into stitching.

Stitching in the small of the back after rising from a seat, when walking.

Stitching and gnawing pain at the sacrum, especially in the evening.

Lancination and tearing sensations in the coccyx, causing him to start.

Extremities

Great lassitude, especially of the lower limbs, can hardly ascend stairs; trembling of the limbs with restlessness; trembling of the lower limbs during motion.

Dryness in the joints.

Dropsical swelling of the hands and feet.

Cold extremities; cold hands and feet, or burning soles with icy-cold hands. But also: palms burn like fire.

Cold sweat on the hands and feet.

Tearing and stitching pain in the arms.

Tearing in the right humerus, ceasing on pressure. Gnawing pain in the middle of the right upper arm. Tearing in the bend of the right elbow.

Stitches from the right wrist up towards the elbow, each stitch is accompanied by a shock.

Pain and tension in the little finger.

Eczematous eruption on the dorsum of the hand and between the fingers; burning, pricking, shallow vesicles, filling with fluid and soon drying into thin crusts, which peel off, leaving denuded spots; **worse from cool water, better by warmth. Fearfully itching and burning vesicles between the fingers.** The vesicles burn on touch.

Coxalgia with spasmodic pain in the bladder and strangury.

Tearing from the right, and later, the left hip bone, down to the knees.

Violent, sometimes boring pain in the knees, causing the patient to scream; warm, dry applications relieve the pain somewhat. The knees must not touch each other because of the great pain and sensitivity.

Painful feeling of extreme fatigue in the knees and legs; tottering of the knees when descending stairs.

Painful intermittent twitching in the outer side of the left knee, alternating with the same twitching at the right side of the occiput.

Violent tearing in the calves, as if the flesh was torn away.

Tearing and stitching from the right instep up towards the middle of the thigh, alternating with a tearing in the left side of the head. **Darting pain from the right foot to the right side of the head in paroxysms.**

Fearful pain in the soles, as if ulcerated, cannot step for several days.

Sleep

Sleepy during the day, especially after the evening meal.

Restless nights with agitated feelings and frequent waking; often only light sleep before midnight, resembling a state of 'half-sleep'.

Sleeplessness from sexual causes or from anxious thoughts, or from no apparent cause.

Very anxious dreams, all night, especially before the menses; dreams of falling make the patient start in a fright. Voluptuous dreams. Other dream themes from the provings: of stags and walking in the wood; of parties and cooking.

Fever

As most complaints in this remedy, fever heat or chill have a sudden and violent onset and develop rapidly.

External or internal burning heat is frequent, especially of the suffering parts. **Burning heat of the skin, which the patient himself does not feel;** at night. Nocturnal heat all over, especially in the anus and genitalia. Heat and redness all over, with furious or loquacious delirium.

Long-lasting shaking chills, from 3 p.m. to 3 a.m. **Chill at night which returns instantly when rising from bed, even when putting a limb out from the covers.** Violent evening chill that is not relieved by the heat of the stove or covers.

Sweat that smells of urine. Profuse perspiration on waking at night or in the morning; also from every movement. Sweat especially on the genitals; also cold sweat on the hands and feet or on the chest.

Skin

Cantharis has a strong action on the skin. If applied locally (undiluted), it produces inflammation leading rapidly to painful blisters. Blisters may turn into large bullae, filled with fluid, causing the parts to look burnt or scalded. This has led to its use in **burns and scalds, before blisters form but also when they have already formed**. It has been given internally and also has been applied externally. Dorothy Shepherd ('*Magic of the Minimum Dose*') has treated the most severe burns during World War II in London. She says that especially in those cases where an infection of the kidneys is present, with dysuria, pain on passing water and passage of blood from the bladder, Cantharis dealt with the condition effectively. '*Cantharis will heal up the local burn in a much shorter time than orthodox treatment can accomplish, and the renal and bladder infection will be cured in a short time.*'

Another condition where Cantharis will be useful is **erysipelas of a vesicular type**, especially with great restlessness and burning pain. Nash gives an interesting differentiation between Cantharis and *Apis*. '*In erysipelas it is sometimes the best remedy, and choice has to be made between it and Apis, which also sometimes has great urinary irritation in such cases. In the Apis cases there is apt to be more oedema, in Cantharis more blistering. In Cantharis the burning is more intense than under the Apis, while in the latter there is more stinging. The urinary symptoms, if present, are very much more intense under Cantharis. Again, the mind symptoms of the two remedies are quite different. In the Apis cases, aside from the stinging pains which make the patient cry out sharply at times, especially if the eruption is likely to 'go in' and attack the membranes of the brain, the patient may not be so very restless and complaining; but in the Cantharis case the patient is uneasy, restless, dissatisfied, distressed, sometimes moaning or violently crying; wants to be moved about constantly.*'

Margaret Tyler recommends the remedy in **gnat bites**. Cantharis C 30, taken internally, stopped the intolerable itching with unbelievable rapidity.

Some other skin conditions:

Pustular or vesicular eruptions that itch terribly and burn on touch.

Eczematous vesicular eruptions on the back of the hand and between the fingers (see 'Extremities' section); vesicles all over the body, worse between the toes, which are all sore and suppurating.

Dermatitis venenata with bleb formation.

Secondary eczema about scrotum and genitals, following excessive perspiration.

Erythema from exposure to the rays of the sun.

Acute drawing pain in the ulcers, with increased suppuration.

There is a gangrenous tendency to this remedy, and Cantharis may help in burns developing quickly and going towards gangrene.

A characteristic sensation is: **ulcerative pain of the skin when touched**.

Clinical

Bladder affections. Burns. Chordee. Diphtheria. Dysentery. Eczema. Emissions. Erotomania. Erysipelas. Eyes, inflammation of. Gastritis. Gonorrhoea.

Herpes Zoster. Hydrophobia. Kidney affections. Mania. Neuralgia. Nymphomania. Ovaries, affections of. Peritonitis. Pleurisy. Pregnancy, disorders of. Retained placenta. Satyriasis. Scarletina. Spermatorrhoea. Strangury. Thirst. Throat, sore. Tongue, inflammation of. Urine, abnormal. Vesication of skin.

Relations

Antidotes: Camph. antidotes the strangury and retention of urine of Canth., *Apis* the cystitis, *Kali-n.* the renal symptoms. For its throat symptom it is nearest to *Caps.*

Other antidotes: *Acon.*, *Laur.*, *Puls.*

Canth. is antidote to: *Camph.*, *Alco.*

Compatible: *Bell.*, *Merc.*, *Phos.*, *Puls.*, *Sep.*, *Sulph.*

Incompatible: *Coffea.*

Compare: *Dory.*, *Coc-c.*, *Cocc-s*, *Apis*, *Bell.*, *Bry.*, *Cann-s.* (more burning and smarting; Canth. more tenesmus); *Petros.* (sudden urging); *Caps.*; *Puls.* (retained placenta); *Ars.* (delayed urination after parturition); *Thuj.* (erections; those of Canth. prevent urination; those of *Thuj.* do not); *Merc.* (semen mixed with blood); *Sars.* (urine burns like fire, shred-like particles and blood in it);

Arum, *Arn.*, *Rhus-t.*, *Ran-s.* (Teste classes Canth. with *Seneg.* and *Ph-ac.* in his *Conium* group).

Capsicum annuum

Capsicum annuum

Cayenne Pepper (South America and West Indies)

N. O. Solanaceae

Tincture of the dried pods.

The essential features

The constitutional Capsicum individual is usually obese, flabby with a red face (especially a red nose) and has varicose vein conditions. On close examination, it becomes clear that this red appearance of the face is due to a fine interlacing of dilated capillaries such as may be seen in drunkards. The end of the nose is red, as are the eyes and cheeks.

This remedy appears more frequently in males than females. The Capsicum individual is plump and round and lacking stamina; he is in a sluggish and tired state and has a **lazy constitution**. The whole organism is sluggish, flabby and slow. This low vitality is due to faulty assimilation. Capsicum's abdomen feels like a flabby sack with heavy intestines that drag him down. The Capsicum flabbiness is rather unique, though it may be confused with that of *Kali bichromicum*, *Calcarea carbonica* or *Ferrum Ferr.* differs from Capsicum in that the redness of the cheeks is circumscribed and the face pale. When *Calc.* is given to Capsicum patients, it tends to make them even more obese.

The Capsicum pathology develops in stages like most of our remedies, each stage possessing some common and some opposing characteristics. In the beginning stages, Capsicum patients are extremely sensitive. Psychologically, they tend to be so sensitive that they are easily insulted. They are quite insecure about social relationships, but are not withdrawn. They make an effort to be more gregarious than they actually are in order to hide their insecurity; consequently, it is often difficult to correctly determine their inner psychological state. It is interesting to note that their insecurity and feeling of guilt (*Mercurius*, *Natrum carbonicum*) can produce a fear of the police.

Homesickness

They have strong emotions. However, what is truly strange about Capsicum is that **their emotional attachments focuses on the past**. Thus they frequently experience **profound nostalgia**. These feelings of nostalgia may be so strong as to overwhelm them; they may suffer so much from their sense of separation from the past that they believe they will die from the sorrow and nostalgia. Nostalgia can actually bring about fever. Such feelings represent an archetypal '**homesickness**', a key-note of Capsicum. If you encounter **intense homesickness with red cheeks, sleeplessness and a burning feeling in the throat** you must not hesitate to prescribe this remedy. **Sleeplessness due to homesickness** is a strong characteristic of Capsicum.

They seem to live totally in the past. Their childhood and other pleasant past experiences are overwhelming. I recall one case of a man whose powerful nostalgia had such a grasp on his subconscious mind that he experienced very vivid, **repeated nostalgic dreams** of his earlier years. Capsicum does not experience his homesickness only when he is away from home, but at any time he remembers the past. At some point these people are so overwhelmed with remembrances that they feel they will die, will burn out from the memories. The memories and consequent emotions are so strong and consuming that they may become intolerable. At this point the individual enters the second stage of Capsicum.

During this stage they bury all the memories and experience almost no feelings. They want to be left in peace; they are apathetic and often depressed.

They can no longer be easily excited. One observes a lack of reaction in these obese patients. They are averse to doing anything outside of their customary routine. As a matter of fact, they love routine and **hate anything unexpected**. They seem to be happy with a boring, routine life.

The organism seems too heavy, too slow to move on short notice. They hate all exercise and all effort, whether physical or mental. They feel heavy in body and mind. They are not fond of cleanliness. During this second stage Capsicum can also become physically awkward, as in *Apis*, *Agaricus* and *Bovista*. Though they do not like physical exercise, if they do engage in it they feel better.

This second stage is not one of actual indifference, such as with *Phosphoric acid*, nor is it the deathly void of *Carbo vegetabilis*. Instead, as this state progresses, Capsicum people develop tremendous anxiety and the feeling that they are incapable of accomplishing much. They are ambitious, yet their ambition contains an element of paradox because they are also lazy and do not want to depart from their usual routine.

They hope to accomplish a great deal while expending minimal energy. However, by this stage, their mental functioning has slowed down and they are duller than before. Realising their limitation, they fear that they cannot achieve their goals. This fear leads to insomnia. After having felt fatigued all day, at night they only manage to sleep for only three or four hours before they awaken feeling overwhelmed by anxiety. **Their anxiety focuses mostly around their social insecurity.** They have a great fear of being criticised. After about two hours of wakefulness they go back to sleep. In the morning they wake feeling very tired and unrefreshed.

As they become anxious and depressed, they lose their *joi de vivre*. They become absorbed in themselves and feel thoroughly **discontented**. They suffer from sadness and mental depression, but I have yet to personally confirm the symptom reported by Kent of **overwhelming thoughts of suicide**. In my experience, they possess no fear of death, nor anxiety about health. They also tend not to reflect deeply on important issues in life, due to their indifference and laziness. Routine is all that they love.

During this second stage there is a **desire for stimulants**. Capsicum has an overworked intellect. It is always in need of stimulants and tonics. When faced with a task, they procrastinate; then, as the deadline draws near they resort to stimulants to help them finish their work. After taking stimulants they feel terrible. They become taciturn, sullen and obstinate, even to an extreme.

They desire coffee, **beer, whisky, and peppery** food. They also greatly enjoy salt, though not to the extent of a craving. Everything they consume turns to fat. They often sleep in the following peculiar position: on their back with one hip partially flexed and abducted about ninety degrees, the knee of the same side flexed, and the foot resting near the opposite knee. They find that this particular posture helps them sleep.

Capriciousness

Capsicum is capricious. Mirth and hilarity alternate with bursts of indignation. One moment he is jocular, laughing and singing and the next **angry from the slightest cause** and weeping. He takes offence at trifles, finds fault with others and is **malicious**. If someone offers him something, he will refuse it even though he may have wanted it earlier. **He gets angry from coughing.** He utters jokes and witticisms, but has a tendency to take everything badly and **easily flies into a rage.**

He is **very clumsy and awkward**. He has ailments of emotional excitement; during a chill he becomes excited and irritable, with an acute sensitivity to noise. He gets very confused and is unable to think clearly. He gets feverish after emotions; tearful during the heat. During both the chill and the heat he is easily startled; restless, nervous, and anxious.

He feels confused, unrefreshed and **frightened on waking** in the morning, **screams**, and the fright remains all day. He is indifferent to everything and

disinclined to work or think; the intellect is dull and sluggish, especially on waking in the morning and during a chill. He displays idiocy and imbecility, he goes around kissing everyone; experiences delirium.

In cases of sleep disturbance, if the patient goes to bed around 11 p.m. and wakes up (after three or four hours) around 2 a.m. , remaining awake until approximately 5 a.m. , it will be all the easier to confuse such cases with *Kali bichromicum*. Generally, Capsicum is worse from cold and ameliorated by warmth. Also, motion provides a general amelioration.

The capsicum child

Overweight children with red faces, born to alcoholic parents, is a strong indication for Capsicum. These children are clumsy and awkward, angry, irritable. They lose their temper very easily and frequently. The remedy is indicated in schoolgirls who become very homesick and cannot study or work; they just want to go home.

These children are headstrong, really obstinate and **capricious**. Capsicum children can be as capricious as *Chamomilla* and *Cina*. They can cry for days without any apparent reason (*Antimonium crudum*). They can refuse something just because you proposed it, though they may want it. If someone tells them to do a certain thing, they will do quite the opposite.

They are frightened on waking in the morning; he awakens with fright, **screams**, and the rest of the day he remains with the fear. They shriek during sleep (with dreams of ghosts and monsters) and wake up in a fright (*Stramonium*).

Generalities

Usually these patients seek consultation for varying complaints, peptic ulcers, palpitations, haemorrhoids, etc. You will try different remedies with them (*Calcarea*, *Ferrum*, *Nux vomica*, etc.), yet find the organism difficult to arouse until you find out about the extraordinary nostalgia for home and then Capsicum becomes apparent. Capsicum haemorrhoid cases can be difficult to differentiate from *Aesculus*; the combination of haemorrhoids and a red face suggests both remedies.

There are a number of physical symptoms very characteristic of Capsicum of which two peculiar symptoms relate to chills: **the hearing becomes very acute during a chill** rendering the patient very sensitive to noise. Also, there is **thirst before a chill, but drinking aggravates**. Both of these symptoms are key-notes of the remedy. **Thirsty after stool** is another strange symptom.

There is pain in the facial bones and particularly **in the mastoid bone**. Cases of **severe mastoiditis with pronounced burning pain are almost exclusively Capsicum**. There is a marked tendency to suppuration in every inflammatory process.

There is **ulceration in the mouth**.

These are chilly patients, sensitive to air, who hate draughts and want to be in a warm room. Even in normal weather the open air causes a chill. They are

sensitive to cold and to bathing.

Capsicum dysentery or diarrhoea cases are associated with a pronounced burning sensation in the rectum or a **sensation of coldness in the rectum or scrotum**. There can be coldness of the genitalia in the morning on waking.

Eye inflammations with burning pains are typical. Smokers and drinkers who suffer from sore throat and pains that go to the ears, with foetid breath, can be Capsicum..

These patients are chilly. **They cannot bear the slightest draught of either warm or cold air** and, as such, are averse to going outside into the cold.

The patient is **better for heat** and worse for cold. The body tends towards obesity and the stomach and abdomen become flabby.

There is lack of reactive force, especially with overweight people; they can be older people who have become debilitated by disease or who have exhausted their vitality, especially by mental work. **Weakness** with a great desire to lie down and sleep is manifest. He does not want to exert himself in the least. He shuns all motion and the vital force seems depleted. The muscles are weary and painful; they burn and the pain is often accompanied by chill. The remedy acts with great intensity on the mucous membranes, producing a sensation of **constriction**. Myalgia, aching and jerking of muscles are common.

There are **constricting sensations** in the throat, chest, bladder and rectum; tearing and stitching pains that move downwards. The mucous membranes become are dark, spongy or ooze bloody mucous; the circulation is sluggish.

Very characteristic is a cough with foetid breath, or with a bad taste. The Capsicum cough is noteworthy for the offensive odour of the air expelled during the cough. Ailments appear from over-stimulation of the digestive system due to eating too many spices, especially peppers.

Symptoms are usually left-sided.

The patient **desires coffee, which nauseates;** alcohol, liquid food, spices and stimulants. These patients have the same prostration and feeble digestion as alcoholics.

He is thirsty, but **drinking cold water causes him to shudder**. Local burning combined with a general chill are indicative of this remedy.

He experiences vertigo during chills, **yawning and stretching** before and during the chills; **violent thirst during the chills**, but worse after drinking; no thirst during fever or heat.

There is trembling during fever; trembling from sexual arousal, **while being caressed**.

The patient has one-sided paralysis in his joints; a sensation as if parts of the body are about to go to sleep.

He is aggravated by uncovering, bathing, drinking, empty swallowing, lying with the head low down, at the beginning of motion.

Continued motion ameliorates or ameliorates the part affected, or, on the contrary, causes pain in the head as if it would split; going upstairs brings on asthma. He feels better while eating.

Rest aggravates some headaches and ameliorates others.

Capsicum exhibits **general uncleanness of the body**.

'All the senses are more acute. He shuns all movement He tends to start. His temperament is contented; he is jocular and sings and yet on

the slightest cause he is disposed to get angry'. (Hahnemann).

Capsicum is useful in gouty constitutions in which the joints crack and have gouty deposits in them or in cases of stiff joints and joints which are clumsy and weak and soon give out.

Vertigo

Vertigo in the morning on waking; during chill. He reels from side to side with giddiness. The senses are obtuse and the digestion torpid.

Head

There can be an enlarged sensation of the head and pain in the head (burning, peppery) during cough. The brain feels as if it is too full or the head is too large.

Confusion in the head.

When moving the head and when walking, **headache, as if the skull would burst. Throbbing**, beating headache, in one of the temples. Beating headache in the forehead.

Pressive pain in the forehead. Drawing tearing pain in the left side of the head. A headache more shooting than tearing, which is worse when at rest, but mitigated by movement. A headache which stretches from within outwards, or one that feels as if the brain were too full. Drawing tearing pain in the frontal bone, more on the right side. He has attacks of a one-sided headache; drawing, tearing and **jerking pain in the left side of the forehead with nausea and vomiting**. Stitching pain in the vertex extending to the forehead. Moving the head or eyes aggravates. He has darting, stitching pains which are worse during rest; **better on motion**. There is an aching above the root of the nose, with stitches through the ear and over the eye.

Walking in the cold air, draughts and cold bathing also cause a headache, but heat ameliorates the pain.

Headache during chill.

Pressing headache in the forehead, as though pressure from the occiput would force the brain out through the forehead, accompanied by a cutting pain coming forward from the occiput. **The cutting pain is aggravated by rest and better by walking**. Looking up or stooping causes pressing and stitching pain in the sides of the head.

Megrim and hysterical cephalgia.

Swelling on the mastoid process behind the ear which is **painful to touch**.

Periostitis and caries of the mastoid process.

Eruption of herpes; corrosive, burning itching of the scalp ameliorated by scratching. Sensation as if the hair is being pulled out.

Eyes

The eyes protrude from the sockets and there is a sensation of enlargement, with burning and lachrymation.

An aching pain in the eyes, as if from a foreign body.

The eyes burn and are red in the morning and he has difficulty in opening them. **They itch during coryza.**

Vision is poor in the morning and he sees black objects before the eyes.

Rubbing the eyes ameliorates the dim vision.

During a chill the pupils are contracted.

Ears

Tearing in the concha of the ear. An itching pain quite deep in the ear. An aching pain quite deep in the ear.

The **hearing is extremely sensitive during a chill** and he cannot bear noise.

Hearing is impaired from catarrh in the ears, **also during pregnancy.**

Abscesses erupt behind the ear.

Threatened **caries of the mastoid process. Tearing pain behind the left ear. The mastoid bone and the petrous portion of the temporal bone become extremely painful and inflamed.** The middle ear suppurates, the ear becomes very hot and the tympanum perforates; the cavity fills with thick, yellow pus.

Pressive pain very deep in the ear **when coughing.** Stitching in the ear with the headache.

Nose

Epistaxis. Creeping and tickling in the nose as in stuffed coryza. Hoarseness.

The nose is red but, though cold, but the tip is hot, in the evening.

The nose bleeds, especially in bed in the mornings, and when he coughs there is a bloody mucous discharge from the nose.

Thick mucus collects in the nose and throat and there is a viscid, tough discharge from the posterior nares. The nose gets stopped up and there is crawling and tickling inside. The left nostril and the tip burn and there is a **constricting pain in the left nostril extending to above the left eye.**

Sneezing from tickling in the trachea.

Painful pimples erupt under the nostrils.

Face

The face is red and cold and often alternates with paleness or has a dirty discoloration and the expression is haggard. Circumscribed redness of the cheek with pain.

Dilated veins give the typical red appearance to the face and are more pronounced in the **zygomatic areas**.

Facial neuralgia begins above the right temple, goes downwards over the face, especially to below the eye, and on the right side of the nose. Sensitive to touch which causes pain. Slight pressure brings on the pain.

Crawling, tickling burning like fire, sensation as if there were **hot needles running through the face**, and fine threads drawn tightly through the face. Pain in the face, partly resembling bone pain, excited by external touch; partly like fine pains, **piercing the nerves**, which are **agonizingly painful when falling asleep**.

The pain burns like needles, is worse in the evening and worse from touch.

Redness of the face with asthma and with homesickness is typical in a Capsicum case. There is red discoloration in spots.

The face can be hot, but the hands and feet are cold.

Pimples appear on the left side and below the nose and itching eruptions break out on the forehead.

Chaps on the lips; fissured lips. Acne on the lips; rosacea.

The lips are swollen, cracked and peeling; they smart and burn. Fissures appear on the lips or ulcers erupt, which make the lips very painful on motion.

Mouth

Viscid mucus in the mouth. Watery insipid taste in the mouth, then heartburn. Burning, painful vesicles in the mouth.

Foul, putrid taste in the mouth, followed by heartburn; food tastes sour.

When coughing, the air from the lungs causes a strange, **offensive taste in the mouth and the air expelled is unbearably foul** and carrion-like.

The tongue is dry and discoloured green, but he is not thirsty; or there is copious saliva, which is viscid and offensive. **He salivates during a chill**.

Small, burning vesicles erupt on the tongue; the inside of the lips are full of flat, sensitive, spreading ulcers with a lardaceous centre. **Pimples in the inner cheeks**.

Ulcerative stomatitis.

The palate is discoloured red and **swallowing brings on a pinching pain**. **The teeth look dirty** and are painful; the pain extends upwards.

The gums are hot, burning, swollen and sensitive. They become spongy and retract from the teeth.

Throat

Tough congealed mucus in the posterior nares, on rising in the morning, requiring much hawking to dislodge.

The throat burns and feels very sore with ulcers on the fauces. Burning and other pains in the throat, **worse between acts of deglutition**. Pain and dryness in the throat. The throat is inflamed, dark red, burning and pressing. There is painful pressure in the hard and soft palate while swallowing and the **uvula elongates** and feels as if it is pressing on something hard.

There is spasmodic contraction of the throat with a convulsive, constricting choking feeling; paralysis of the throat. Continuous stitches in the throat, exciting trigger a dry, convulsive cough.

Pressive pain in the throat, as if an abscess would burst, during a paroxysm of coughing.

Burning ulcers in the fauces and throat. Tonsillitis with burning, smarting pain.

In scarlatinal angina with redness of the face, small red spots on the face, burning vesicles in the mouth and on the tongue.

Twitching tearing pain in the right cervical glands. Pain when swallowing, tearing and jerking pain in the external throat.

Sore throat of smokers and drinkers.

Hoarse voice of public speakers (*Argentum nitricum*).

Respiration

The nose feels blocked, the throat rough and the **voice becomes hoarse**.

Hoarseness from straining the voice, from singing or from talking.

Excessive tingling and tickling in the larynx, which is **worse after lying down, in the evening**.

He develops a dry, hacking cough, and the exhalation from the lungs causes a strong offensive taste in the mouth.

Inspiration causes a pain in the trachea. The breathing is deep, almost like sighing, and he feels as if he cannot get air deep enough into his lungs.

Dyspnoea, which seems to rise from the stomach, or from fullness of the chest, ameliorated on sitting upright. Pain and stitches in the chest which impede respiration. Impeded respiration from flatulence.

Asthma with redness of the face and eructation. The chest feels distended and the breathing is wheezy, worse when he is moving about, going upstairs or walking.

Cough

The cough is noteworthy for the **offensive odour of the air expelled during the cough**. There may be bladder pain during a cough. **With every explosive cough** (and at no other time) **there escapes a volume of pungent, foetid air**.

When coughing he develops a headache, as if his skull would burst.

He frequently has a dry, paroxysmal, hacking cough. The sudden paroxysms convulse his whole body. Nervous, spasmodic cough; spasmodic autumn cough. **As soon as his head touches the pillow at night he begins to cough.**

Coughing is painful and causes **pain in distant places in his body; bladder, legs, ears**. When he coughs he feels as if his head would fly to pieces; cough with a feeling of pulling upward from the stomach, up the chest to the throat pit. **Coughing with stitching in the epiglottis; in the pharynx.**

The cough is aggravated after anger, after warm drinks, worse in the afternoon, **5 to 9 p.m.**, when lying down, **after sharp winds**, dry, cold weather, any draught, either warm or cold.

Coffee aggravates the cough, but cold drinks ameliorate.

Motion ameliorates the cough.

The expectoration is a dirty brown and has an earthy taste. It is difficult to raise and he is too weak to cough it out.

Chest

Tightness of the chest, which appears to come from the stomach. Pain **as if the chest were constricted**, which **oppresses the breath**, and increases on **very slight movement**. Throbbing pain in the chest; **in the sternum during respiration**. Pain and a sensation of constriction which arrests breathing and is worse even on slight motion and when sitting. **The ribs seem dislocated**. Lying down is also painful, and the sides of the chest ache. Raising the arm causes a sore, bruised pain in the region of the axilla.

Coughing causes drawing pain in one or both sides of the chest, up to the neck. **Drawing in the clavicle extending to the tips of the fingers.**

With the cough, there is a feeling of pulling upwards from the stomach, up through the chest to the throat-pit.

Pressing and stitching pain; worse with deep breathing. After eating there is **a feeling of fullness and anxiety in the chest**.

The chest is very cold during a chill. The pulse is either irregular, intermittent and slow or full and strong and most frequent in the evening.

Stomach

Appetite increased, alternating with aversion to food and complete anorexia. **He desires stimulating foods and pungent flavours** or strange, indigestible foods.

He desires coffee but it makes him feel nauseous. After drinking it he will retch or even vomit.

There is much thirst, especially when the a chill begins but drinking causes shuddering.

Food tastes sour and after eating he suffers with **chronic dyspepsia** and eructation. Pungent eructation on coughing.

Dyspepsia from torpor, **particularly in old people.**

Mucus and acids accumulate in the stomach, and there is much burning in the stomach after eating, which extends to the mouth. **The stomach either feels icy cold or burning.**

Vegetables cause flatulence.

Flushes of heat extending that extend to the fauces.

Dipsomania with morning vomiting and sinking in the stomach.

Nausea and vomiting, with headache, with a chill; nervous and spasmodic vomiting. Tension in the stomach that is aggravated by motion.

Gnawing and cramping pain **aggravated by sitting bent**; stitching pain between breaths and while talking; during the menses.

The Capsicum stomach resembles a sack that lacks strength.

Abdomen

An aching tension in the abdomen, especially in the epigastric region, between the *scrobiculus cordis* and navel, which is particularly increased by movement, at the same time with an aching tension in the lower part of the back. A drawing and turning over in the abdomen.

The abdomen is distended almost to bursting with the suspension of respiration, and he cannot bear tight clothing. He has a pressive tension, especially in the epigastric region, between the pit of the stomach and the navel. A tensive pain from the abdomen to the chest, as from distension of the abdomen. **Sensation as if the abdomen was distended almost to bursting, whereby the breathing is impeded to the point of suffocation,** and there are dragging movements and strong pulsation in the abdomen.

Burning or cutting pain in the abdomen, such that he has to bend over double. Cutting pain in the region of the umbilicus during motion, that is aggravated **on stooping**. The pain comes and goes slowly before a stool. Cramping and griping after eating and during fever. Pain in the hypogastrium from flatus.

Stitching pain in the hypochondria during eructation and from motion; stitching pain in small spots in the iliac region.

Coughing is painful and with each cough there is a catching pain in the area of the liver or in the lower portion of the right lung. Drawing and twisting in the abdomen, with or without diarrhoea. The loins and inguinal glands are sore and there is a tendency towards strangulated inguinal hernia.

The spleen enlarges and becomes hard and painful, especially during a chill.

Colic, with cutting-twisting pain about the navel, and passage of tough mucus, resembling diarrhoea, at times mixed with black blood.

Rectum

Burning pain in the anus. Small frequent passages, consisting of mucus, at times mingled with blood and causing tenesmus, preceded by flatulent colic in the hypogastrium. Stools are frequent, small, greasy, hot or tough with much tenesmus and burning in the rectum and bladder. One may see great thirst after a stool.

Dysentery with tenesmus and strangury; the pain is worse from a current of air, even if it is warm. **The anus and rectum smart and burn; burning during pregnancy, or there is a sensation of coldness in the anus.**

Nocturnal diarrhoea with burning and smarting pain in the anus. **Simultaneous tenesmus of the rectum and bladder.**

Afterwards there is tenesmus and thirst, **but drinking causes shuddering** and severe drawing pain in the back.

Constipation is ameliorated by drinking but drinking cold things can also bring on diarrhoea. **Urging to defecate after drinking.**

Diarrhoea in overweight people.

Diarrhoea from currents of cold air on the abdomen.

Swollen, itching haemorrhoids, which burn as if pepper was sprinkled on them. Scratching aggravates the itching.

They throb and are either blind or bleeding. The anus is sore and has a mucous discharge. Haemorrhoids during pregnancy.

Suppression of the haemorrhoidal flow causes melancholy.

Urinary organs

Frequent ineffectual urging to urinate, especially while sitting down. Scalding of urine.

Painful urging to urinate with urging to stool.

Dysuria during apyrexia.

Frequent micturition with scalding, smarting and sticking pain in the urethra. The urine comes first in spurts and then in drops.

Chordee; extreme sensitivity of the urethra. Cutting and biting pains which **extend backwards when not urinating and after urination.** Stitching and needle-like pain in the urethra, especially in the morning.

Everted meatus; the meatus burns before urination.

He passes pure blood from the urethra **and it is very painful to the touch.**

Strangury, tenesmus of the neck of the bladder; it becomes constricted, **particularly in the morning, and exertion causes the bladder to become paralysed with painful retention of urine.**

Stitching, stinging pain in the neck of the bladder when coughing. The bladder aches and burns.

Chronic, purulent discharge from the urethra, which is **cream-like** and acrid, or **bloody, yellow, slimy and thin.**

Renal pain, with or without calculi.

Pain in the prostate gland after coitus; **during gonorrhoea.**

Genitalia - male

Increased attacks of sexual passion with **continued painful erections and extreme sensitivity in the urethra.**

The urethra is painful to the touch and oozes a white or cream-like discharge; the patient has chordee; cold water eases the discomfort. Protracted non-specific urethritis.

The scrotum is cold, sexual desire disappears and he becomes impotent. The testicles dwindle and **the spermatic cords shrivel up.**

Coldness in the genitalia in the morning on waking. The testes become numb.

Cramp-like, testicular pain during and after emissions.

Pain in the prostate gland; drawing pain in the spermatic cords during and after urination; pinching pain in the testes in the afternoon and while urinating.

Genitalia - female

Disordered menstruation, with a pushing or sticking sensation in the left ovarian region. She feels nauseous during menstruation and there is pressure in the epigastrium.

Metrorrhagia during menopause.

During pregnancy a lot of problems: infection of the ears; heartburn, vomiting; mucous diarrhoea; haemorrhoids and burning in the anus.

Neck and back

The glands of the neck are swollen and painful and there is jerking and tearing in the right cervical glands. The neck is stiff, but is ameliorated from motion.

Pain in the cervical region with **chill on coughing.** Coughing causes pain all the way down the back. Drawing-tearing pains in the back and near the spine which are so bad that they force him to double up; stitching pain between the scapulae when breathing; drawing pain on motion.

Pain in the sacral region with dysentery. Drawing pain in the back on standing and **after stool; pulsating in the back after stool;** drawing downward pain in the lumbar region. The back is tense and stiff.

Coldness extends up and down the back, and he has a **sensation as if cold water were dropping down his back.**

Shivering in the back in the evening.

Extremities

Cutting and shooting pain in the extremities on coughing or sneezing.

Weakness of the extremities is ameliorated on motion.

Upper limbs

The hands and fingertips are cold; cold after eating, and **the fingertips are cold, especially when the weather is hot.**

The finger joints crack, and the muscles and tendons of the first finger contract. Drawing and burning pain in the hands from motion or from washing in cold water. Stitching in the ball of the fourth finger.

The palm of the hand twitches and there is a sensation of vibration in the hand.

Pustules erupt between the fingers.

The upper limbs itch and there is a sensation of formication.

The upper limbs, especially the hands, feel heavy and weak while writing; the shoulder feels as though it is dislocated; tearing pains in the elbow extend downwards to the fingers. Letting the arms hang down ameliorates.

The upper limbs are stiff and extension is impossible.

Lower limbs

Sciatica worse on bending backward and from coughing; also on stretching the leg and from touch, but motion ameliorates the pain.

Caries of the right hip; the left leg becomes atrophied and painful.

Drawing pain in the hip joint, which is **worse from touch and on bending the trunk backwards.**

Pain shoots through the hip when he coughs, and the stitching pain extends down to the knee and to the foot. **Outward stitching in the tips of the toes;** the pain in the first toe is ameliorated by stamping. **Trembling weakness of the foot.**

There is a sore, bruised paroxysmal pain in the heel, which feels better if he exercises. The thighs ache, feel sore and bruised, and the pain travels downwards to the knee when he coughs or during an effort to urinate. Drawing pain in the posterior part of the thigh, which is ameliorated on motion.

Tensive pain in the knee.

Cold sweat breaks out **on the thighs in certain locations. He sweats on the legs when walking in the open air.**

The lower limbs become awkward and he knocks against things and **stumbles when walking**. The knees and ankles are lame; the ankles are stiff and lame in the morning when he gets up. Paralytic stiffness of the joints when rising from sleep and on beginning to move, especially in the morning. The joints, especially the knees, crack, and the joints are sore and bruised and feel as if they are dislocated. He has a sensation of paralysis. The extremities are painful on beginning to move and the feet are cold even though the face is hot. The limbs feel heavy and tired, but motion ameliorates the fatigue. The lower limbs tingle on getting up from sitting. They feel **tremulous and weak**. Rheumatic pain in the limbs with **redness about the painful joint**. The muscles and tendons of the calf contract and the **extremities are drawn upwards during chill**. Formication in the lower limbs, **in the foot, which extends over the body**.

Sleep

Sleep full of dreams. Yawning. Sleeplessness from emotions, **from homesickness**, or from coughing. **Sleeplessness from pain in the face**. He yawns constantly, after eating, when he is chilly and especially **during diarrhoea**. **The sleepiness he feels after eating is ameliorated by motion**. He constantly wants to lie down and sleep. When he does go to bed he frequently wakes after midnight and then cannot sleep again. **Comatose sleep with eyes open**. His sleep is restless and full of dreams: dreams of fright, of falling from a height, of worries and difficulties.

Fever

The chill begins in and extends out from between the scapulae to the whole body, **accompanied by great thirst and ill humour**. He gets chilled from the least draught of air and **drinking increases the chill and causes shivering and shuddering**. Chills run up his back and he feels thirst at the same time. **He feels chilly externally but inwardly there is great burning**. The chill occurs at 10:30 a.m. , beginning between the shoulders and running down the back. Symptoms are worse during the evening, from 6 to 9 p.m. Delirium tremens. Chill as if water is trickling down the back and he only feels better if he can sleep with something hot against his back. He sweats with the chill. Chill in warm weather; during the fever; during diarrhoea; on moving. The chill begins in the morning or in the evening around 6 p.m. and he shakes and shivers with it. Walking in the open air ameliorates the chill and the fever. The chill is followed by heat, by heat with sweat, or by sweat but without the intervening heat. **Hectic fever from excitement, after emotions, and when he feels nostalgic**, with violent burning and headache. There is an absence of thirst

during the heat, but the **heat is followed by chill and then he is thirsty**. The ears become hot towards the evening and the tip of the nose gets red and hot. Fever with intense heat during sleep. He sweats copiously all night and the acrid perspiration is only ameliorated by motion. The perspiration is cold on the upper part of the legs.

The fever goes in a succession of stages: **heat, then cold sweat, followed by the chill**. He shudders with the heat. Internal heat with external chill.

Skin

The skin looks bloated and **flabby and is burning**. It itches in spots and is worse from scratching, particularly when going out into the cold open air. Scarlet eruptions appear on the neck and breast and the face is bright red or it alternates between red and a mottled appearance. Eruptions of carbuncles or stinging pimples. Pseudo-herpetic eruptions appear on the forehead; on the face they **itch and burn**. Corrosive, discharging eruptions; with ulcerative pain.

Coldness of the affected parts.

Cold gangrene from burns or gangrenous sores.

Withered warts.

Clinical

Amaurosis. Asthma. Brain, irritation of. *Delirium tremens*. Cough. Diarrhoea. Diphtheria. Dysentery. *Ear affections*. Glandular swellings. *Haemorrhoids*. Headache. Heartburn. Hernia. *Homesickness*. *Intermittents*. Lungs, affections of. Measles. *Mouth, ulcers in*. Neuralgia. *Nose, affections of*. Obesity. Oesophagus, stricture of. Paralysis. Pleuro-pneumonia. *Pregnancy, disorders of*. *Rectum, diseases of*. *Rheumatic gout*. *Rheumatism*. *Sciatica*. Scrofula. Seasickness. Stomatitis. *Throat, sore*. Tongue, paralysis of. *Trachea, tickling in*. *Urine, disorders of*. *Whooping-cough*. Yellow fever.

Relations

Compare: *Arn.*, *Bell.* (headache), *Bry.* (headache from cough); *Canth.* (burning pains, throat symptoms, dysentery, urinary symptoms); *Pso.* (lack of reaction; despair of recovery); *Caps.* in persons of lax fibre); *Lach.* (thirst before chill; continues into chill; drinking worse; also *Elaps*); *Nat-m.*, *Carb-v.* and *Meny.* (intermittents; *Nat-m.* is the 'chronic' of *Caps.*); *Carb-an.* and *Nit-ac.* (inflammation behind ears, *Aur.* and *Nit-ac.* preferable in abscess; *Sil.* in chronic suppuration); *Ph-ac.* (homesickness; *Caps.* has red face); *Ars.*, *Alum.*, *Carb-v.*, *Lyc.* have burning pains worse by heat. *Merc.*,

Nit-ac., *Sul.* have passage of blood from bowels. *Crot-t.* (after drinking urging to stool); *Hell.* (colic with spasm of bladder); *Plat.* (burning, pungent pain in face, worse slightest draught of air, warm or cold).

Compare also Solanaceae.

Antidoted by: *Calad.*, *Camph.*, *Cina*, *Chin.*, *Sul-ac.*, or vapour of burning sulphur.

It antidotes: effects of Alcohol, Coffee, Opium, Quinine.

Compatible: *Bell.*, *Lyc.*, *Puls.*, *Sil.*

Carbo animalis

Animal Charcoal.

Made from charred ox-hide.

C (impure). Contains Calc. phos.

Trituration.

The essential features

The Carbo animalis patient is a **burnt-out individual** lacking self-confidence, without stamina, and with a lot of fears, anxieties and delusions. He has almost all of the characteristics of someone who has lost the ability to fend for himself, and so is burning himself out fast and furiously.

Anybody can ask him for whatever they want and take it from him; Carbo animalis has **no power to resist**, to say, "No, I am very tired now; I cannot do that." He no longer notices the needs of his own body, but only pays attention to the demands of others and feels obliged to fulfill them even at the cost of his own further exhaustion. He does not perceive the danger signals his body is sending him.

A Carbo animalis person feels weak and prostrated. He simultaneously feels that he does not count, is nothing at all, is a non-entity, lacks an ego. He believes that others do not take him seriously, though others actually feel that he is a very sweet person, very kind, **very giving**, and one who will give in to their demands

In my experience, the Carbo animalis symptomatology has two main different stages. In the initial stage we have an individual who is always mentally tired and **desires to be alone** - a sad and reflective person who avoids any conversation. He feels so tired, and at the same time has so many feelings of inferiority and incompetence, that he does not want to meet anybody or confront any challenges. He does, however, complete his work and duties with efficiency. At this stage there are many feelings, fears and anxieties that disappear in the second stage.

They feel their whole organism is vulnerable and they feel so incompetent, that many times the remedy is often confused with *Baryta carbonica*. Carbo animalis, though, presents other symptoms to differentiate it from both *Anacardium* and *Bar-c.* who also lack self-confidence.

The feeling of **homesickness** is particularly prominent in this remedy. In the repertory we find it in bold letters, and rightly so. Very characteristic of Carbo animalis is a strong emotional attachment to the family, which is the only place he feels secure, and he always returns to this safe place, his **home**. In Carbo animalis people there is such a yearning for the childhood love of their parents that was experienced while at home and eventually lost in the challenges of life, that they return again and again to these feelings with an almost irresistible desire to return home. The homesickness of Carbo animalis is so acute that it is painful. They return again and again to the original family home where they first felt secure and loved; they return, like wounded birds, from the atrocities and hardness of life. It is not so much these atrocities as the peculiar unhealthy state of the Carbo animalis mind that is responsible for this home-sickness.

The feeling they have when they want to go home is an unhealthy one, a painful yearning, and though they know it is detrimental and brings them pain, they cannot resist it. The Carbo animalis patient, more than any of the other remedies, has real **home-sickness**, the real desire to go back home. This feeling will usually be at its worst in the morning and ameliorate in the evening. *'Feels as though abandoned and full of homesickness in the morning'* (Hahnemann). Other remedies like *Capsicum* will return back to their past and relive with great vivacity their experiences - so strongly that they feel they may die - but they do not yearn specifically for their home.

In order to comprehend the action of the remedy we must take several other elements into consideration: Carbo animalis **affects the mind deeply**, and makes it **sluggish, slow and passive**, a mind that refuses to move, is unable to take decisions. The mind is confused and can only function in a minimal way. The patient feels as if his mind has stopped functioning; had stopped reflecting at a certain point in his life, and since then works at only a tenth of its capacity. Carbo animalis patients complain about this stoppage of the mind, that within one month can make them feel that they have grown old and intellectually impotent. They often identify the specific point in time when they began to notice the deterioration. **The mind under stress, grief, drugging, etc. has stopped functioning**. Before, they had great ideas and a lot of vivacity, and suddenly they lost everything: their energy, their clarity of mind, their capacity for reflection. A job that would take a healthy individual an hour will take Carbo animalis three hours to accomplish. This is due not only to confusion but also to the fact that they **lack self-confidence**, and cannot be certain if they have done something correctly.

The confused feeling in the head is often most prominent in the morning: the patient might not even know if he is asleep or awake; he may constantly feel as if in a waking dream. It may be coupled with a mournful feeling of isolation, of being forsaken, with a great tendency to weep. *'Discouraged and sad; everything seems so sad and lonely that she wants to weep.'* Aside from feeling homesick, there may also be a grievous or vexatious 'dwelling' on the past. *'Grievous thoughts that he cannot get rid of, and vexed by present as well as past things, even to weeping.'* A strange symptom might be added here, viz., a sensation as if objects have been 'altered.' *'The objects in the street seem altered to him, for instance farther apart and brighter than usual, as in an empty, abandoned town.'* We not only see melancholy in Carbo animalis, but also angry and irritable moods: *'Angry immediately on waking.'* *'Takes everything in bad part.'* He does not want to talk or to do anything; the one thing he wants to do is to 'go home.' Such moods are accompanied by great lassitude, so much so that he is hardly able to talk, and by much yawning and stretching. (In women, this state comes on easily after the menses have set in.)

There are many fears and anxieties; Carbo animalis patients are **easily frightened** and feel very apprehensive. In the evening, especially **in the dark**, they may experience a ghastly dread, even to the point of shuddering and weeping; and **before sleep horrible faces crowd around them** in their imagination. **Closing the eyes makes everything worse** and the patient is often too scared to do so. A proving symptom says, for example: *'Before falling asleep, fear of suffocation, when lying, on closing the eyes, which only disappears on sitting up and opening the eyes, thus preventing sleep all night ...'*

It is striking that states of fear and anxiety most often occur at night: a strong **fear of the dark** is characteristic. Such states make the patient extremely restless and nervous; he will toss about and finally be driven out of bed. Sitting up or standing up often brings some relief. The anxiety states may be coupled with flushes of heat or ebullition of blood. **'At night, anxiety and ebullition of blood, so severe that she has to sit up.'** *'Heat in head with anxiety, evening in bed; has to stand up which relieves.'*

Another fear is **of impending evil**. It may appear after a very exhausting ejaculation that depletes the patient mentally as well as physically. The patient can have a fear of suddenly falling off the chair, a fear of fainting or of 'having a fit' (as the Repertory puts it). Other fears are: of impending disease; of crowds; of insanity.

In the second stage, the original fears and anxieties disappear and are replaced by a deep state of indifference and fatigue. In this state, the Carbo animalis patient does not care whether he lives or dies, yet he continues with his everyday duties as if nothing were wrong; he doesn't want others to know.

The patient feels a deep-seated indescribable anxiety, as if he were guilty of something. This wakes him up after only three or four hours of sleep, and he cannot go back to sleep for another two or three. He is, however, so tired that he cannot get up or do any work, even though he knows that he'll be awake for a while. If he stays in bed, he eventually falls asleep, for another half-hour up to an hour, and then wakes in the morning feeling very tired. He remains fatigued the whole day and then goes to bed early due to exhaustion. He then falls asleep immediately, but after two or three hours, occasionally four, he once again wakes up, feels very tired and yet is unable to go back to sleep.

They are easily irritated due to exhaustion and can break out in shouting at those close to them for trivial reasons. An obstinate trait shows up; their opinions become unchangeable and they are impossible to please, yet they tolerate utter nonsense from strangers and try to accommodate others. Regardless of what is requested, they cannot refuse to help others, regardless of what their body is telling them.

For instance, they won't go to rest or to sleep when their body 'claims its rights'. The reason for this is that they do not believe that lying down will provide them with rest. They actually drive themselves on by mustering extra energy from reserves all the time. Their fatigue, exhaustion and indifference are such that their natural inclination would be to sit down and do nothing, but their conscience does not allow them to do so. Carbo animalis people, therefore, **avoid people and parties**. What others experience as great enjoyment, such as going to a bar or a disco, is torture for them. They behave like old people who just want to be left alone and quiet; who feel better that way. Whether they live or die is immaterial to them, as life is such an effort. They have a strong desire to weep, yet at this stage they often can no longer do so. On occasion their mood may improve a little in the evening.

In this second stage, due to their exhaustion, they accomplish very little, which is why they are **constantly in a hurry**. They feel they can never do or accomplish all the work that they should be doing. If they feel sad or tired they prefer not to show it, and do not want to be comforted or consoled; they feel that others may be doing it out of pity or duty, and do not like it. One has to approach them with sincere love and interest; only then might they be able to accept consolation. Hopelessness and thoughts of death are frequently present, yet these people no longer fear death. The mental capacities are very much affected. Concentration and reflection are difficult and only managed due to an effort of will, once again depleting their reserves. The **confusion and dullness of the mind** in the morning is more pronounced than ever. Sometimes a nosebleed follows such confused states, and after that the patient feels a little better. There are even sudden feelings of stupefaction in the head, when sitting or when moving the head or walking. The senses of sight and hearing and all thinking activity cease for a period of time, or, alternately, the occiput feels markedly dull. Motion in cold damp air aggravates these states, but resting in a warm room relieves them. The memory is disturbed, and *Carbo animalis* **forgets words while speaking**, including the word he just said. He lacks the ability to express his thoughts; feels incapable of writing a letter. The general lassitude and weakness can be heard in his speech, which has become laborious, slow, and very soft. The patient sounds as if he were drunk.

Generalities

The disease processes of *Carbo animalis* usually develop slowly and deeply, 'insidiously', as Kent calls it. This is very close to the other carbon, *Carbo vegetabilis*, which also has the great weakness and prostration that result even from small vital losses and from exhausting diseases. However, a special feature of *Carbo animalis* is its tendency to **infiltration and induration**. '*Just as sure as an organ in the Carbo animalis patient becomes congested it becomes hard and purple from infiltration, and has a tendency to remain so.*' (Kent). **Hard, frequently purple-red swellings of the lymph nodes in the axillae and neck, or of the glands, especially the mammae**, have often been helped with this remedy, as have other infiltrated hypertrophic processes, especially of the abdominal glands and in the genital region. These are 'indolent' processes, in which the tendency to suppurate is almost nil. This is completely different from other remedies such as *Hepar sulphuris*, *Mercurius*, and *Sulphur* in which the inflammatory process is speeded up. As far as the remedy action is concerned, the 'sluggish' quality of the mind has already been discussed above. This quality manifests itself on all levels of the organism. *Carbo animalis* is overall a passive remedy. '*The Carbo animalis inflammation comes on slowly, its progress is slow, and there is no tendency to repair*' (Kent). There is a lack of reaction. Along with this, we have extreme prostration: '**Weakness with want of energy of the body, with confusion of the head.**' The circulation is also sluggish: the veins tend to be distended, the skin can become cyanotic, especially the hands and feet. Every kind of strain, stress or drain on the system can easily produce great debility, generally or locally - small losses of fluid, over-lifting, cold air or draught, etc. The joints are weak and easily dislocated. The digestion is weak and sluggish, everything eaten may cause complaints, especially **flatulence**. In gaseous distension of the abdomen, following a surgical operation, the remedy competes with its closest relative, *Carbo*

vegetabilis, and Tyler values it even higher than the latter: *'Nothing could be more striking than its prompt relief of flatulent distension after operations on the abdomen. One has seen that more than once.'*

The pains that *Carbo animalis* causes and cures are frequently intensely **burning** in character. In an 'involuntary proving' related by Mezger, where a man was exposed to the smoke of the charring hooves of cattle, on the third day a violent burning came on in the mucous membranes, first in the ears, then the eyes, the pleura region and the kidney region, and also in an old scar from a burn. Interestingly, on the skin, above the left inguinal ligament, an 'eruption' as large as a dove's egg appeared. It was purple or livid coloured, took a long time to heal and itched and burned very much. We can also refer to Kent who reports: *'The woman has so much burning in the vagina that she persuades the physician to make a more careful examination than he has done. He will probably find the whole cervix inflamed; purple and somewhat enlarged. She says it burns like coals of fire.'* Another feature is a tendency to ulceration and **decomposition**, along with a **foul, acrid discharge**. As Noack/Trinks put it, *'Carbo animalis corresponds to the process of putrefaction.'* Regarding all the above general characteristics, Kent's indication **'in ulcers and fistular openings, where the walls become hard and burn, and the discharge becomes acrid'** is easily seen.

Small wonder, then, that *Carbo animalis* has been used in tumours and other infections that are suspected to be **malignant**, if the characteristic local and general symptoms agree. Kent reports favourable experiences with *Carbo animalis* in certain cancer cases with hard, infiltrating tumours, dark-coloured, purple surface, burning pain, acrid discharge, much bleeding and night-sweats, though with an important qualification:

'It has relieved in incurable cases, and has apparently removed the cancerous condition for years, even though it comes back afterward and kills. This remedy is often a great palliative for the pains that occur in cancer, the indurations and the stinging, burning pains. Of course we do not want to teach, nor do we wish to have you infer, that a patient with a well-advanced cancerous affection, such as scirrhus, may be restored to perfect health and the cancerous affection removed. We may comfort that patient, and restore order at least temporarily, so that there is freedom from suffering in these malignant affections. Most patients that have cancer are really in such a state of disorder that only a temporary cessation of 'hostilities' can be expected; and anyone who goes around boasting of the cancer cases he has cured ought to be regarded with suspicion. Do not dwell upon the cancer, for it is not the cancer but the patient that you are treating.'

Mezger describes his experience with *Carbo animalis* in a recent case of malignant disease. Dr. Berndt describes a patient who came to him after X-ray treatment of a chronic lymphatic leukaemia. He looked as if he were about to die, with lymph nodes swollen to the size of a fist at the neck, the axillae and the groin; a waxy complexion; listless, apathetic; unbearable pain; extreme meteorism; a cold, purple-coloured nose, icy cold hands and so on. Berndt wanted to give him an analgesic injection to help him die without the excruciating pain, but then found out that although the patient said his feet were warm, they seemed to be even colder to the touch than his hands. This symptom 'feet icy cold, but doesn't feel it', together with the general picture, the glandular swellings, the gaseous abdominal distension and the apathy, made him think of *Carbo animalis*, which he gave intending to palliate, fearing that the patient would die the same night. The next day, however, the patient was much better, the pain had ceased, the lymphatic swellings receded and three months later an examination at the hospital showed that the blood data had much improved! The report said: 'For the time being, further treatment not necessary.' This is certainly not a 'cancer cure', but what kind of treatment could have helped the patient better than

homeopathy?

Geukens's *Homoeopathic Practice* also reports several cases where (as it turned out) non-malignant mammary tumours, which were also recurrent, were treated. The doctors, following Kent's advice, treated the patient, rather than the cancer. The symptom of great homesickness, together with burning pain (not necessarily at the site of the tumour, but, for example, in the knees or heels), decided the case in favor of Carbo animalis, and again the results were favourable.

The '*disorderly distribution of material*' in the hypertrophic states has its analogy in the circulation system, as pointed out by Kent. There is beating in the blood vessels, '*throbbing and pulsating in the whole body, worse in the evening*' (Hahnemann). There are also flushes of heat and ebullition of the blood or local congestion without heat. '*A rushing of heat as though the body was full of steam. Awful sensation through the chest and in the head, like some great earthquake taking place*' (Kent).

A useful indication: '*In pleurisy where everything is cured but 'the stitch', and that remains*' (Guernsey).

Some additional modalities:

Worse: especially **while eating**, but often also afterwards, especially from eating fatty food; during and after menses; from shaving; from lying on the side. Worse from cold air and draught, **from becoming cold**, sometimes from damp cold air, but more frequently **from dry cold** (*Aconitum*). Dr. Gaublonne (*Small Remedies*) observed an aggravation in a Carbo animalis case from a change in weather from wet to dry, an interesting modality, which requires further confirmation.

Relief of pain comes from laying a hand on the affected part.

Vertigo

Vertigo especially **in the morning**, often followed by epistaxis.

Vertigo **with nausea**, especially **on rising after stooping, compelling the patient to sit bent, or to lie down**. For instance: '*On stooping, heaviness in forehead as if the brain should fall forward; on rising again, vertigo so strong that she almost fell to the ground.*' Or: '*As soon as she raised her head, everything turned with her; urging to sit bent, with staggering on standing up; with dullness in head, and as though all objects were moving; entirely ceasing when lying down; but recurring in the morning on rising.*'

When sitting, she experiences vertigo as if she is about to fall backwards off the chair, with dullness of the head.

A strange symptom is: '*Vertigo after shaving*' (Hering).

Head

Heaviness of the head: in the morning, with dim vision and watery eyes; or at night, with lassitude of the lower limbs, is hardly able to lift them.

Sensation in the forehead as if something lay above the eyes, which prevents looking up. It has also been described as a feeling 'as from a weight' or 'as from a board before the forehead'; Hahnemann explains: '*a sensation like the one felt when immediately approaching, after exposure to severe cold, the hot stove.*' The heaviness in the forehead is most felt on stooping '*as though the brain should fall forward.* There is a sensation of heat in the forehead along with the heaviness, but which is cold to the touch.

Painful sensation of looseness in the head during motion, also from coughing; worse in cold air; better from warmth, from lying in bed. These 'feelings of looseness' may be very intense, even amounting to a sensation '*as of a tornado in head*' (Hering). Or else: '*Splashing sensation in left half of brain when walking fast.*' The **aggravation from cool or cold air** is characteristic of a lot of head symptoms. For instance: '*Boring drawing pains, intermingled with tearings, aggravated when the head becomes cool, especially towards the ear.*'

There is a rush of blood to the head, with a dull, confused, heavy feeling, especially in the occiput; also a **pressive feeling in the head followed by epistaxis**. The patient experiences nervous, congestive headaches: pressure in the occiput arising soon after eating, with sensitivity of the scalp; often in connection with digestive disturbances, flatulence. **Heat in the head, with anxiety, in bed, ameliorated by getting up.**

Stitches and painful throbbing in the occiput or in the vertex, even with a bursting sensation, which come on easily when walking. Or: there are tearings and throbbing in the entire head and face, orbitae, ears, side of face, cheek bone, and lower jaw, which are somewhat relieved by pressure of the hand.

Pain in the vertex, which feels as if the skull is being split or torn apart. The patient must hold his head with his hands (even for many hours) for fear it will fall apart. The pain may move forward, into the forehead.

Tearing pain in the right side of the head.

The scalp is often **extremely sensitive to cold air, especially if dry, and to any pressure or touch**, with or without the headaches. Tension of the skin at the forehead and vertex; it seems to be involuntarily 'drawn up'.

Eruptions of the scalp, especially if forming crusts, have been cured with the this remedy. There may be intense itching, an urge to scratch to the point of bleeding, but without relief of the itching.

Eyes

In the eyes there is also a feeling of looseness, **as if they were lying loose in their sockets**; he feels he does not have the power to exert them to see clearly.

Nets seem to swim before the eyes, or many small black and yellow spots are seen in regular lines, by candle-light.

Dim, foggy sight, eyes are weak, cannot do anything which requires exertion of the eyes. There is a tendency to far-sightedness (*Carbo vegetabilis*: to near-sightedness).

Pressive pain in the eyes in the evening, with artificial light.

Ears

The most important symptom here is a special kind of **weak and 'confused' hearing: the sounds are commingled, and he cannot tell from which direction they come.** *'It seems to him as though they came from another world.'* This may manifest, for example, in his inability to understand what someone is saying to him if the television is on at the same time.

He hears ringing or whistling noises in the ears all night; or else on walking or blowing nose.

The periosteum behind the right ear is swollen, with stitches in it. **Swelling and induration of the parotis, with lancinating pain.**

Otorrhoea is ichorous, offensive, acrid. Pain from the ear down the Eustachian tube to the pharynx, makes swallowing difficult.

Nose

The **tip of the nose is red and painful when touched;** it is often **cracked, with burning and tensive aching;** also **swollen.** This feature may come on or be **aggravated during the menses.**

The nose is purple-colored; there are hard bluish tumours on the tip.

An internal soreness may accompany the external swelling. There are vesicular eruptions around the nostrils, often with ulceration, and they tend not to heal.

Nosebleed: regularly in the morning, preceded by vertigo, or by pressure and confusion of the head; also in the morning when sitting.

There is fluent coryza with loss of smell, yawning and much sneezing. Or dry coryza, such that the patient is unable to breath through the nose, especially in the morning on waking, disappearing on rising or else continuing for some time after waking. *Carbo animalis* may be useful in common colds with coryza and a sore throat, with a scraping pain in the throat that is worse in the evening and at night and particularly felt on swallowing. Sometimes tough mucous discharges from the choanae hang down into the pharynx in strings. There are offensive discharges; ozaena.

Face

The face is pale or earthy, has an emaciated appearance, the eyes are deep set; or there is a bluish tinge to the cheeks and lips. A **brownish-yellow saddle over the bridge of the nose** can be a key-note.

There are **many facial eruptions** of different kinds: indolent pimples, red maculae, brown or pink spots, **copper-coloured eruption as in rosacea;** acne.

Carbo animalis has cured **erysipelas of the face.**

There is heat in the head and face in the afternoon; during lunch, with much facial perspiration; also at night.

The skin is sensitive, for instance, to shaving, with aching at the cheeks and chin and around the mouth.

Both lips are burning and swollen; forming blisters; dry, cracked, even bleeding.

Swelling of the submaxillary glands, hard and purple-coloured.

An indication by Hahnemann: '*Stitches in cheekbones, lower jaw and teeth.*'

C Mouth

The mucous membranes of the buccal cavity are raw and often painful, with formation of blisters that may ulcerate and provoke a **burning** pain. Blisters or vesicles on the tongue (tip and edges) appear and feel painful, as if burnt; **the tip of the tongue burns.**

Red, swollen, very painful gums, easily forming boils or pustules; also bleeding; and drawing pain in gums.

Knotty indurations in the substance of the tongue, which can be as large as a cherry.

The teeth are very loose and, he is unable to chew even the softest food without pain. The teeth are also **sensitive to cold** and to salty food; toothache is most violent in the evening in bed.

There is a bitter taste in the mouth, every morning; also a putrid taste.

The jaws are quickly and easily fatigued from eating. The mouth and tongue feel as though they are immovable, so as to produce **laborious, drawling and very low speech.**

The tongue is red, with a yellow coat in the centre, or with a slimy coating.

The tongue and palate are dry.

Salty water or much increased thin saliva, tasteless but of sweet and putrid smell, runs from the mouth, sometimes with a strange and disagreeable sensation of coldness in the mouth, apparently rising from the abdomen. These symptoms have been especially observed in severe diseases of the digestive tract (ulcers or cancer of stomach, pancreatic infection, etc.).

Throat

There is a raw sensation all over the pharynx and oesophagus down to the pit of the stomach, which is not increased by swallowing.

Roughness of the throat, which appears every morning, and disappears after breakfast.

A sore throat with burning pain like heartburn, down to the stomach, is slightly relieved after eating and drinking; worse in the evening, at night, and in the morning, but better after rising.

Pressure in the throat, only when swallowing.

Much mucus in the throat, and much hawking as well as blowing of the nose.

Respiration

Hoarseness with rough throat, in the morning, but even worse in the evening. Or hoarseness by day and complete loss of voice during the night; awakes with severe coughing, anxiety and perspiration, and cannot get enough air.

Irritated by coughing with constriction of the larynx and spasm of the chest.

Cough from a tickling sensation in the trachea, relieved after eating.

Pain in the trachea as from coughing for a long time.

Severe dry cough in the morning on rising and nearly all day, **shaking the hypogastrium as if everything would fall out; has to sit down and hold her belly with the hands**; loose rattling in the chest before she loosens mucus by coughing.

Suffocating, hoarse cough, excited from rawness and dryness in the larynx and trachea; without expectoration by night, but with grey or **greenish sputa** by day, sometimes purulent and tasting putrid and sour. One prover reported that the cough seemed to be 'excited only in a small spot, size of an inch [2.5 cm], in the right chest.'

Dry cough at night, **only when lying on the right side**.

Coughing excites a sore pain in the hypogastrium; or a sensation of looseness of the brain.

Dyspnoea and oppression of the chest, especially in the morning and after eating; with gasping or a wheezing inspiration. **Violent constriction or compression of the chest, as if he were about to suffocate**. The dyspnoea is often accompanied by anxiety and a discouraged, low-spirited mood that may amount to 'whining desperation.'

Rattling or when breathing when lying in bed in the evening.

Fear of suffocation on closing the eyes when lying in bed in the evening; relieved by sitting up and opening the eyes.

Burning in the chest, with pressive pain; or **sharp burning stitches**.

Violent pain in the whole chest as if it might burst, with an internal, sore pain.

Sensation of coldness in the chest; in the praecordia; from the front right through to the back.

The remedy is suitable in 'lingering' pleurisy and other respiratory infections with slow and sluggish development and lack of reaction; or else in the ensuing convalescence where only the stitching pain is left.

Heart

The patient experiences violent palpitations: in the morning on waking, compelling him to lie completely still with his eyes closed and without talking; when singing in church. Each heart beat is felt in the head.

Stitches in the heart from talking and a sensation as if chest and heart were torn when moving the arms; with constriction of the chest and a sensation

of suffocation.

Stomach

Complete loss of appetite; nothing tastes good. Sometimes there is an **empty, faint, 'all gone' feeling in the stomach, but without any hunger and appetite, and which is not at all improved by eating**. This symptom may come on after breast-feeding her child. *'So weak that she cannot eat'* (Hering). The patient may also feel ravenous hunger.

Aversion to fat is prominent, especially to **fat meat** which causes complaints: long-continued nausea, vomituration, much empty eructation. **Desire for vegetables**, especially for raw sauerkraut, with **aversion to meat** is characteristic. There is a desire for sour and refreshing things. Averse to tobacco smoke which causes nausea; sometimes to cold drinking.

Digestion is generally poor and sluggish, and **almost everything eaten causes complaints** of one sort or another. Eating causes a lot of complaints, in the digestive system as well as in general: tires the patient, creates fatigue in the jaws and chest and causes heat and sweat in the face; triggers a burning pain in the stomach, and especially inflation of the abdomen (whereas some other symptoms, such as rawness or roughness in the throat, are relieved).

There is much **belching, tasting of the food eaten a long time before**; it is also putrid and fishy tasting, or sour; **ineffectual eructation with pain**. He experiences hiccup and hiccup-like eructations during and after meals, which have a sudden onset.

Nausea at night; after eating meat.

Heartburn and water brash. *'Attack of water brash, salty water running from the mouth, with retching and cramp-like feeling in jaws, followed by violent empty eructation with cold feet; afterwards hiccup for half an hour.'* This symptom has led to the use of Carbo animalis in ulcers and even cancer of the stomach.

Clawing and griping stomach pain; or pressure as if from a load, especially severe when lying in bed in the evening, and ameliorated by laying the hands on the stomach; spasmodic, constricting pain; and particularly **burning**. Or there is an annoying **sensation of coldness around the stomach, which is ameliorated by pressure and rubbing**; often in weak nursing women.

Gurgling or audible rumbling in the stomach, especially in the morning on waking.

Abdomen

Excessive gaseous distension of the abdomen, after eating, after surgery, but also constantly. Eructation and discharge of flatus usually ameliorates (the opposite of *China*). Motions in the distended abdomen, with discharge of foetid flatus.

Incarcerated flatus, with audible rumbling.

Stitch-like, pinching pain in the morning in bed, as from accumulated flatus; ameliorated by the discharge of flatus, stool, or urine.
A feeling in the left flank, on sitting down, as if a large heavy body were lying there; after pressing upon it, relief by passing flatus.

Burning or constrictive, pinching pain.

A heavy lump seems to lie in the abdomen, for days, also felt when fasting.

Liver pain: severe pressive pain, almost a cutting pain, also externally sore to the touch; pressure in the liver, even when lying down.

Burning and stitches in the spleen.

Infection of the pancreas.

The hypogastric and inguinal regions are much affected. A special sensation is '**a pain in the hypogastrium, right side, as if something would squeeze through there.**' '*Tearing transversely across the os pubis, extending to the pudenda and anus.*' '*Stitches in the groin, also at night, disturbing sleep and waking her.*'

The remedy has been used in inguinal hernia. '*Distension here and there at the belly, like hernia.*'

Carbo animalis has a strong affinity to the mesenteric, and especially **inguinal lymph nodes**. It exhibits **hard, purple-coloured swellings with no tendency to heal**. In olden times, it was much used in buboes with callous edges and ichorous, offensive discharge.

Rectum and stool

There is severe **burning** in the rectum and anus. Very swollen **haemorrhoids**, with burning pain on walking.

The anus is often **sore**, with moisture exuding from it. **Sticky, odourless moisture** exudes from the rectum or from the perineum, behind the scrotum.

Stitches at the anus with the soreness. Easy chafing between the buttocks with the formation of blisters.

When not defecating, there is a cutting drawing sensation from the anus through the coccyx. Or else: tearing transversely across the *os pubis*, and then through the pudenda, as far as the anus.

Carbo animalis may be indicated in enteritis and tumours of the rectum with acrid, burning, and offensive discharges.

Constipation: stools **scanty, delayed**; hard and crumbling, only discharged with great exertion, as though the abdominal muscles were inactive; very hard, preceded by a shivering over the head as if icy cold water had been poured over her; **with passage of blood**; with **pain in the small of the back and inflation of the whole abdomen**, up to the chest.

Pressure on the rectum as though for stool, but only flatus is discharged and the pressure comes back again at once.

Soft stool, preceded by dragging at the *os pubis*; with mucus looking like the coagulated white of egg.

Drawing sensation from the anus through the pudenda, before stool. Tearing upwards from the pudenda into the abdomen, during stool.

Urinary organs

Renal colic, sometimes very violent. Stitching pain in the kidney region; kidney pain on walking, relieved while sitting. **Cutting pain in the ureters.**

Increased urging and an increased amount of urine at night, with frequent urination. Urging to urinate after defecation.

Burning and sore pain in the urethra while urinating.

The stream of urine may be intermittent.

Foetid urine; reddish coloured; or turbid, of an orange colouring; or yellow, with a loose with loose sediment soon after micturition. The sediment has a yellowish-white colour.

Genitalia - male

Absence of sexual desire, even when a stimulus is present. The male sexual organs can be completely relaxed, with a feeling of weakness in them. A prover reported that the usual morning erection was missing after taking the remedy.

Strong ejaculation that one is not accustomed to: several nights in succession, even in the afternoon; without erection; followed by a spasmodic pain along the urethra, especially in its posterior part; **followed by extreme mental and bodily exhaustion**, with great apprehension as if something bad were going to happen.

Hard, also malignant, swellings of the glands in the genital region. In olden times, *Carbo animalis* has been used in syphilitic buboes with foetid ichorous discharge. It is reported to have a favourable influence upon **cancer of the scrotum** (as it relatively often develops in chimney sweeps, from contact with soot).

Genitalia - female

Menses a few days too early; **increased**, especially from the second day on, **with dark blood that is often clotted** and may smell putrid. A remedy in menorrhagia from indurated tumours at the *cervix uteri*. Or else: **menstrual flow not profuse, but prolonged**, and only in the morning.

The menses may be preceded by headaches. During menses: pain in the small of the back and groin; **great lameness of the thighs**; violent pressure in the groin, in the small of the back, in the thighs, with an inclination to belching which, however, is not effected, with chill and yawning. The menstrual flow often weakens the patient very much: **after its onset, she is so weary that she can hardly speak**, with yawning and stretching.

Leucorrhoea: watery, while standing and walking; **burning and biting**; colouring the linen yellow; causing a weak feeling in the stomach.

Many disorders of the internal genitalia, generally with **burning** ('*like coals of fire*', Kent), sometimes with tearing pain, and with a **sensation of heaviness and pressure**. They are usually accompanied by **induration** of some part and may go along with **bleeding or bloody discharges that are**

acid and offensive. Burning pain in the hypogastrium, below the navel, extending into the thighs or to the small of the back; labour-like bearing-down pains. *'Induration of the right ovary which feels like a heavy ball.'* Chronic metritis or other inflammatory diseases involving **induration of the cervix.** Ulcers of the *os uteri*, or erectile tumours with burning pain.

Pelvic bones feel painful, especially on sitting,; has to bend double to get relief.

Nausea during pregnancy, with the peculiar modality that it occurs mainly at night.

Lochia prolonged, thin, offensive, excoriating; with numbness of the limbs.

Carbo animalis has a special affinity to the **mammae.** **Painful nodules in the mammae, very hard, often purple-coloured;** even the whole mamma can be hard as stone and painful. The pain is **violently burning,** or tearing and stinging, extending to the axillae and down the arms; **the axillary lymph nodes are frequently also affected,** swollen and hard. The tumours may be malignant or not (compare Kent's remark about cancer, under 'Generalities'). *Carbo animalis* has been helpful in **recurrent mammary tumours,** if the symptoms agree, especially if the characteristic homesickness is present.

A proving symptom: *'Stinging pain in lower part of right mamma; aggravated on slight pressure, arresting her breath on stronger pressure.'*

Neck and back

Swelling and induration of the glands and lymph nodes of the neck, with stinging pain and purple discoloration; sometimes very severe. Swelling of the thyroid gland, with much sensitivity to touch and too tight clothing around the neck.

Burning pain in the back. Left-sided pain of the back, unable to lie on this side.

Tensive or pressive pain between the scapulae, as from over-lifting, more on motion of the arms; better from rubbing.

Drawing pain in the small of the back, with a feeling as if it were broken, when walking, standing, and lying. Sharp drawing transversely across the small of the back, which is very sensitive to every step.

Pressive pain in the small of the back; stiffness.

Sacral pain during stool, with inflation of the abdomen.

Carbo animalis is sometimes indicated in **coccygeal pain,** either from injuries or neuralgic in character. Its affinity to the *os coccygis* manifests in the following proving symptoms: **'Dragging bruised pain in coccyx.'** **Coccygeal pain that becomes burning on touch.'** *'Pain as from a subcutaneous ulcer at the lowest end of the spine, usually only when sitting and lying.'*

Extremities

All limbs feel bruised, especially on motion. The **joints are generally weak,** feel bruised and as if broken or separated, with **easy dislocation;** they tend

to produce cracking noises on motion.

The limb pain is prominently **burning**; Geukens describes a case where burning pain in the extremities alternated with the appearance of recurrent mammary tumours, the pain always being present when the tumour had receded.

Icy coldness of the hands and feet. Extremely cold feet, during the day or at night, **even long after going to bed.** '*Feet icy cold, but doesn't feel it.*' ; or herpetic eruptions in the axillae.

Swelling and induration of the axillary lymph nodes; or herpetic eruptions in the axillae.

Wrists painful as if dislocated.

The hands tend to go numb easily; the numbness begins in the fingers and spreads over the entire hand.

Violent trembling of the hands in the morning at breakfast, they feel paralysed; on grasping anything the fingers become stiff as though from lack of muscular power.

Gouty stiffness of the finger joints; osseous swellings, indurations of the tendons, etc.

Annoying feeling of tension in the skin of the lower limbs, with a sensation of burning or of icy coldness.

Stitches in the left hip, when sitting, or violent drawing pain there. **Hip pain that causes limping.**

Burning pain in the knee-joints.

On walking, cramp in the forepart of the leg, near the tibia; or painful tension in the calves.

Drawing and stinging pain in the legs.

Painful contraction of the *tendo Achillis*, repeated several times, in the evening.

Numbness of the legs, as far as the calves, during the day.

Weakness of the ankles; they turn over when walking; also in children who try to walk.

Pain in the heels: burning; ulcerative; drawing and tearing, felt in the tendons in this region.

Chilblains, frost-bitten toes. '*Swelling of ball of great toe, in the morning, with much heat in it and a pain as though from frostbite or ulceration.*'

Corns, painful to the touch.

Sleep

Sleepiness with frequent yawning all morning; with 'stupidity,' even worse after lunch. **Confused, as though in waking slumber all day, with sluggishness, diminished hearing, dim vision, fretful mood, and a tendency to dull brooding.**

Many sleep disturbances: **heat, ebullition of blood, restlessness, and anxiety prevent falling asleep or cause frequent waking.** Tossing and turning in bed; the patient is eventually driven to get up.

Sometimes the patient cannot fall asleep, even until 5 a.m. ; but more characteristic is **waking after two, three, or four hours of sleep**, with great

fatigue but unable to fall asleep again. Even when the sleep is good, in the morning fatigue, lassitude, and sadness prevail. *'Sleep full of vivid fancies.'* **Visions of horrible faces before falling asleep**, or starting as if about to fall. **Severe anxiety and fear in the dark**; of suffocation when closing the eyes, thus preventing sleep all night. Groaning, loud talking, weeping during sleep.

Fever, chill, perspiration

Carbo animalis is pre-eminently a **chilly** remedy. Very sensitive to open air, catches cold easily, etc.; the hands and feet are often icy cold and bluish.

Great chill during the day. Shivering all over the back, which seems to begin in the chest, in the afternoon.

Febrile chill at night which wakens him from sleep; but **at night there are often feelings of heat**, pulsation, ebullition of blood, frequently with great anxiety. Another well-confirmed symptom is **heat and sweat during eating**, though long-lasting chill after lunch has also been observed and confirmed.

Carbo animalis patients are **much inclined to profuse sweating, particularly at night**, but also during the day, for example when walking in the open air and when eating warm food; or in the morning after waking.

The nocturnal perspiration has peculiar characteristics: it is **profuse, foetid, very debilitating, and tends to stain the linen yellow**. Debilitating sweats, especially on the thighs.

A strange perspiration symptom is *'Excessive perspiration as soon as he closes his eyes'* (compare *Conium*).

Skin

Carbo animalis has a strong action upon the skin. There are many kinds of eruptions: **acne rosacea**, boils, carbuncles, maculae, and so on, especially in the face. *'Bright red, smooth spots, "thickish" to the touch, in face'* (Bonninghausen). **Induration and bluish-red discoloration** are often present.

Offensive, ichorous, acrid discharges exude from ulcers and other skin defects; there is a tendency to ulceration, gangrene, putrefaction.

The remedy may also be indicated in **erysipelatous swellings with burning pain** and indurations of the affected part.

It is beneficial in cicatrices that sting and break open, which are much worse when the weather changes.

Unsightly scars from skin eruptions.

The general makeup of the skin is dry and flabby, sometimes literally hanging in folds, and there is often **paleness and a bluish hue of the body surface**, due to the circulatory problems.

Itching that spreads all over the skin, especially in the evening in bed.

Clinical

Acne rosacea. Aneurysm. Appetite, disordered. Breast, cancer of. Bubo. Cancer. Cataract. Constipation. Coccygodynia. Cough. Empyema. Eructations. Face, eruption on. Gangrene. Glandular indurations. Haemorrhoids. Headache. Home-sickness. Hypertrophy. Lactation, effects of. Legs, pains in. Leucorrhoea. Lumbago. Nose, affections of. Otorrhoea. Pancreas, indurated. Perspiration, altered. Pleurisy. Polypus. Scrofula. Strabismus. Syphilis. Tongue, affections of. Trachea, affections of. Ulceration. Uterus, cancer of. Vision, disorders of.

Relations

Compare: *Calc-p.* (nearest analogue: *Carb-an.* contains *Calc-p.*); in indurations, suppurations; *Bad., Bro.*; loss of fluids, *Chi., Graph.*; nostrils adhere to septum, *Phos.*; gone feeling, loss of fluids, induration of cervix, pressure on back, groins, and thighs during menses, *Sep.* (*Sep.* does not have the venosity, the copper-coloured face, flatulent gastric disturbances, or offensive ichorous discharges, or throbbing headache after menses of *Carb-an.*; *Carb-v.* does not have the indurations of *Carb-an.* or *Sep.*); *Cocc.*, has the same weakness and prostration as *Carb-an.*, but in the case of the latter the weakness is in consequence of the loss of fluid, whilst with *Cocc.*, it is part of the general effect of the remedy. *Puls., Sil.*; in vertigo with epistaxis, *Sul.*; aversion to darkness, *Am-m., Bar-c., Calc., Stram.*; hunger in early morning, *Ant-c., Asar., Calc., Sabad.*; swelling behind ear, *Caps., Aur.*; burning pains, caps.; weakness of nursing women, *Oind.* (See also 'Relations' in *Carb-v.* for other differentiations).

Antidoted by: *Ars., Camph., Nux-v.,* Vinegar.

Antidote to; effects of quinine.

Complementary: *Calc-p.*

Carbo vegetabilis

Vegetable Charcoal

C (impure).

Trituration.

The essential features

If there is a one word that characterizes the pathology of this remedy, the word is **emptiness**. It is a feeling as if life has gone and left an empty

space, a shell without life, **an empty sack**. Such are the feelings of the typical Carbo vegetabilis patient: totally devoid of energy and he will feel this way in both acute and chronic conditions.

If we want to generalise grossly about such pathology we can say that it is the result of **imperfect oxygenation of the blood** and **sluggish circulation**.

The oxygen that keeps life going cannot reach the brain cells in sufficient quantity any more, so even death may seem to be imminent. It is a remedy we must think of in cases where the patient confirms that the present state has originated after a specific stress, be it a common cold, or a more severe acute disease, after a fall, an accident, any sort of loss of blood, a night of overeating and consequent indigestion, or due to drinking too much; in general it appears wherever the organism, under a particular stress, has fallen into a chronic state that has disturbed him for years without ever recovering.

Strong allopathic drugging, childbirth, surgical operations, etc. may also trigger such Carbo vegetabilis states of **emptiness, apathy, exhaustion, weakness**, acute as well as chronic. Carbo vegetabilis is a remedy that should be used very frequently - with tremendously beneficial results - **after operations in order to bring back the patient more quickly from his long anaesthesia state**.

It is interesting that this remedy has a reputation as a 'corpse reviver.' People who are almost dead, almost lifeless, come back to life with surprising ease under this remedy. Carbo vegetabilis will revive those patients, and if the pathology is such that it allows for a cure, the remedy will keep them alive for a long time. It will immediately help the circulation and allow the organism to transfer oxygen to the blood, thus preventing fainting or cutting it short; it will prevent severe complications or even death in certain cases; at least, this is the feeling that you have in watching such cases.

There are many reports of such cures, as for example the following impressive case of Margaret Tyler: *'A small girl with heart disease, and an acute exacerbation supervening that was abruptly ending her young life. She had a pneumonia with pleural effusion, an endocarditis with pericardial effusion, and one morning, when the Physician was going his round accompanied by several other doctors, she was found lying forward on the supports that had to be provided, because she could not rest otherwise, cold, white, unconscious; just alive, because she was still giving the infrequent sharp gasps of the dying. Carbo vegetabilis (I think 200) was quickly administered, while one of the doctors of wide experience exclaimed, "I'll eat my hat if that child lives!" But before the ward round was finished she had regained warmth and consciousness; death had passed on!'*

This is the way the emptiness and lack of vital power is experienced on the body level, but the Carbo vegetabilis emptiness is felt on all three levels.

Emotionally the patient feels so **empty of feelings** that it causes him to be **indifferent to anything and everything** that happens around him, to all external impressions. It is one of the best remedies for this kind of depression that reaches that state of **total indifference**. Actually, it is not so much a true depression but a kind of apathy caused by deep pathology, which primarily affects the circulation. The patient does not care whether he lives or dies, whether his house is on fire, whether his loved ones are in danger. He simply does not have the energy to care. This state is reflected in Hahnemann's proving symptom: *'Indifference; he heard everything without pleasure or displeasure, and without thinking anything about it.'* If the patients previously loved music, it will not move or touch them any more when they are in a Carbo vegetabilis state.

The affections are *'practically blotted out'*, as Kent says, nothing seems capable to arouse or disturb the patient any more. Both horrible and pleasant

things do not reach such a person, he seems little or not at all affected by them. *'He cannot bring himself to realise whether a thing be so or not, or whether he loves his family or not, or whether he hates his enemies or not'* (Kent). Patients may describe this state as a sensation as if 'totally gone', of resignation and giving up, as in a case of Beat Spring (cf. *'The Mental Aspect in Remedy Choice'*, Case 3), a woman with weakness and fainting states after parturition. She felt no anxiety, no restlessness, no irritability, which was an important differentiation point with *Arsenicum*.

On the mental level the emptiness takes the form of **dullness and sluggishness**. If the patient listens to a discussion, his mind does not grasp the ideas that are discussed; he seems stupid and too lazy to be moved into activity. Everything we do needs first the desire to do it, needs the feelings that will initiate it, but in *Carbo vegetabilis* we do not see such initiatives, such activity. The patient does not have the energy for the desire to arise, the initiative does not come, he only wants to lie down and sleep.

The patient cannot concentrate, cannot do his usual work. Because the mind is not functioning properly, **indecision and irresolution** result. And again, this mental condition seems to result from inadequate oxygenation of the brain, a consequence of sluggish cerebral circulation. As Kent puts it, *'Inability to think or meditate, all of which is due to the turgescence.'* It is interesting that there are **spells of loss of memory** in *Carbo vegetabilis*. The patient suddenly loses his memory for a while, will not remember what he talked about a moment ago; later it returns just as suddenly. This seems to point to a circulation which is temporarily compromised.

Carbo vegetabilis may also be subject to fixed ideas; 'arteriosclerotic' ideas, as if there was not enough vitality in the brain to entertain a different point of view. *'Ideas flow slowly; they constantly turn about one object, with a sensation as if the head were tightly bound'* (Hahnemann). In delirious states, this may be expressed by a repetition of the same words for hours.

Of course, you will not find these extreme states in all cases. Before such deep pathology you will see **irritable moods with outbursts of anger**, which will mostly occur in the morning. These moods come on because of a fatigue of the organism, making it difficult for the patient to take up stresses; much like the *Nux vomica* patient. There may be an irritability after eating, as if the food did not give the required energy, but instead produces a lot of gas, with flatulent distension, and brings on exhaustion in the mental sphere. Sometimes the exhaustion results in a certain aversion to company; the patient may feel better alone when depressed. In the state of irritable moods, we may also see a certain amount of general restlessness and nervousness, especially about health.

Another feature that is found in some patients is an indescribable, awful **anxiety** which mostly comes on **in the dark** and while they are in bed, especially in feverish states. *'In the evening, anxiety, increasing for several hours, with heat in face'* (Hahnemann). The nocturnal anxiety can be coupled with restlessness and, in some cases, reach horrid dimensions. Even **delirious states occur while the patients lie in the darkness**, with visions of horrible figures. They cannot remain lying in bed after going to sleep from sheer anxiety. They wake at night with delusions and anxiety. Kent writes: *'There is anxiety, suffering, jerking, twitching, and he has the horrors. Everything is horrible... A peculiar sluggish, death-like sleep, with visions. The Carbo vegetabilis patient awakens in anxiety and covered with cold sweat.'* Interestingly, a typical feature is not a fear of the dark, but an aggravation from darkness.

Fear, which needs an object that is feared, is not so typical of this kind of *Carbo vegetabilis* state, but is rather an indefinite and general anxiousness

coupled with weakness of mind and body. These patients are **easily frightened or startled**, with a discouraged and dejected mood. Tremulous anxiousness and restlessness, sometimes with weeping, even in the presence of strangers in the street. Eating may also trigger such anxiety states. Or we see a sort of anticipation anxiety: *'If she is bound to speak in the presence of people, she feels her pulse throbbing everywhere, and her face, usually pale, becomes puffed and bluish red'* (Hahnemann). A **fear of accidents** has, however, been observed with this apprehensive mood. This fear has to be understood under the idea that the organism cannot support sudden changes, his circulation is too lazy to move suddenly and rescue the patient from a sudden shock. This lack of adequate ability to react can also be seen in some other symptoms: he feels unhappy with every little pain; weepy, everything appeared horrible to him, he was as if desperate. Nevertheless, Carbo vegetabilis is a remedy that you will need most frequently with physical complaints. In my experience, it is rather rare to encounter a Carbo vegetabilis patient who is seriously mentally ill.

The carbo vegetabilis child

An excellent description by Dr. Gounard of a Carbo vegetabilis case in a child (mentioned in *'A Study on Materia Medica'* by N. M. Choudhuri, p. 177) will serve best to give a picture.

'The patient presented a Hippocratic countenance, the eyes half open, nose pinched and cold, lips blue, pupils insensible; no complaint or crying from the child. The pulse I found small and quick, difficult to count, but beyond 130; the body thin, lean and marbled; feet and hands blue and cold, although constant application of hot cloths is made; abdomen distended with gas; respiration frequent, but not full. Auscultation revealed only tracheal sounds, and no vesicular murmur. The breath is cold. The previous history of the case, although not very clear, was not more encouraging. The child had, during the last two months, three nurses; since three or four days she had fever and a cough, and since noon has ceased to cough and to nurse; no stool or urine. Although preparing the parents for the speedy death of the child, I ordered a more frequent application of warm cloths, and in the meantime dissolved four globules of Carbo vegetabilis 30, in seven or eight tea-spoonfuls of water. A few doses of this were given every ten minutes. The child improved from this time.'

In severe diseases such as typhoid you may find the child lying almost semiconscious, losing urine and stool which is diarrhoeic; the abdomen is distended; the tongue dry, cracked and dark red; and complete exhaustion.

Sometimes Carbo vegetabilis children will also have a desire to 'vent themselves' in rage, with striking, kicking, and biting.

Important general conditions

As mentioned before, the action of Carbo vegetabilis centres on the circulation and more especially on the **venous side** of it. The **blood seems to stagnate** in the veins, **especially in the capillaries** of lips and limbs, and thus **blueness and coldness** of the body comes on. **Ecchymoses** are frequent; also **varicose veins** on different parts of the body: legs, genitals, nose, pharynx, etc. Or there may be a state where everything about the organism is

turgid, distended and swollen. In these cases, there is a dull feeling in the limbs that makes the patient **want to elevate the feet** to let the blood run out, and this ameliorates his condition.

As Boericke says, '*bacteria find a rich soil in the nearly lifeless blood stream*', and **septic conditions** arise. There is a general tendency to **decomposition**, necrosis, gangrene, with a marked **putridity** of discharges, ulceration, breath, sweat, etc. Boger resumes in his '*Synoptic Key*': 'Blueness and decomposition' as a typical combination of features of *Carbo vegetabilis*. The discharges are also frequently **acrid, corrosive, excoriating.**

A **lowered vital power, with lack of reaction** of the organism, is very characteristic of the remedy (*Carbo vegetabilis* should be thought of in AIDS cases.) This weakness of the organism often dates from specific stresses, some of which were mentioned above. Very typical is a state of '**never well since**': never well since an acute disease, such as measles, never fully recovered from the effects of some previous illness. Margaret Tyler relates, however, that she had no good results in such cases when the symptoms didn't agree; but if they did, the action could be miraculous.

The **state after surgical operations** where *Carbo vegetabilis* is indicated is like that: paleness, hardly signs of life; exhausted, **cold, with a fine cold sweat**, but a **desire to be fanned** all the same, especially in the head. In these conditions the remedy will help the patient recover much faster and without complication. Another indication is **excessive flatulence after abdominal operations** (where *Carbo animalis* may also be indicated).

The acute **collapse states** of *Carbo vegetabilis* are virtually unmistakable. **Deadly coldness, cold body, cold tongue, cold nose, cold breath, cold sweat**, but in some cases the **head remains hot** in spite of the bodily coldness; air hunger, **desire for fresh air**, desire to have the windows open and to be vigorously fanned, notwithstanding the coldness; **feeble, imperceptible pulse**; oppressed and quickened respiration.

The weak, sick and exhausted feeling may become chronic and persistent, but it may also come on suddenly, in a moment. '**Very frequent fainting fits, only momentary, even to sinking down...**' (Hahnemann) or '**Sudden attacks of faint-like weakness**' (*ibid.*) are symptoms caused and cured by this remedy.

Carbo vegetabilis will also be indicated in **haemorrhages that are passive, oozing all the time.** This kind of bleeding runs all through the remedy picture. Kent describes the *Carbo vegetabilis* haemorrhages: '*On account of the feeble circulation a capillary oozing will start up and continue. The remedy hardly ever has what may be called an active gushing flow, such as belongs to Belladonna, Ipecacuanha, Aconitum, Secale, and such remedies where the flow comes with violence, but it is a passive capillary oozing... Black venous oozing.*'

There are often **blackish, putrid, slowly oozing exudation.** The remedy has been used in severe diseases such as typhoid and yellow fever by the old homeopaths. An indication for the 'haemorrhagic' stage of yellow fever (with the characteristic black vomiting), which illustrates the concomitant symptoms of the *Carbo vegetabilis* bleeding very well, also in other diseased conditions: '**Haemorrhages with great paleness of the face, violent headache, great heaviness in the limbs and trembling of the body.**'

In digestive disorders, *Carbo vegetabilis* will often be the remedy of choice, especially when there is **excessive flatulent distension.** The food seems to be decomposed and to turn to gas before it can be digested. This will be accompanied by **frequent eructations that relieve**, at least for some time. Both symptoms, the flatulence as well as the amelioration from eructation, may be seen as general symptoms. For instance, **asthma cases which are**

aggravated or accompanied by flatulent bloating are usually relieved by this remedy. The bloating causes the diaphragm to press upward and causes periodic dyspnoea or collapse states. And the eructation will not only relieve the distension of stomach or abdomen, but also symptoms such as **headaches are better by belching**.

Peptic ulcers, gastritis and colitis may also require Carbo vegetabilis. The digestive symptoms are generally worse from overeating, but specifically **aggravated by eating fatty food; butter especially aggravates**. In addition to this intolerance of fat, we see an **intolerance of alcohol**. There may not necessarily be a strong reaction, but enough for the patient to notice. **Even after just a sip of alcohol, the face will flush to the roots of the hair**; or else weakness and paleness ensues.

The diseases of the respiratory tract tend to settle in the **lower parts**, in the chest, even when they began with a coryza or 'common cold'. Fairly advanced stages of lung conditions will require this remedy, e.g. a sudden decline of the vital powers from pneumonia. There is also a specific kind of **asthma which is aggravated by lying down and relieved, again, by vigorous fanning**. The modality 'worse lying down' is easily to understand; it is as if there were too little tonus of the venous system, making it impossible to balance the circulation.

Periodic asthma attacks, coming on over the week-ends. Hay-fever.

Carbo vegetabilis is one of the big remedies in **whooping-cough**, especially in the onset of the disease.

In ulcers, especially **ulcus cruris varicosum**, Carbo vegetabilis has a good reputation. **Burning** pain, more so at night; **offensive, putrid discharge; mottled or livid discoloration of the surroundings**. The ulcers tend to bleed easily. There is a marked **tendency to gangrene and necrosis** in these cases.

Burning is generally a sensation that runs through the remedy. Burning in the limbs, in bones and ulcers; burning in the blood vessels; burning in various parts of the skin. Often an **internal burning is attended by external coldness**. Some other general sensations: Feelings of heaviness or weight everywhere; rheumatic drawing pains through the whole body, with coldness of the hands and feet.

Some more modalities:

Warmth and overheating will very often bring on complaints. But on the other hand, there is a **tendency to catch colds** from any draught of air, and this sensitivity is most marked after having been heated. *'In a warm room he tends to sweat at the upper part of the body, and he then catches cold as easily'* (Hahnemann). This is a general combination of modalities. As Kent puts it: *'He suffers from the heat and is chilled by the cold; every draught chills him; and a warm room makes him sweat, and thus he suffers from both.'* But one should keep in mind that air hunger is also a marked symptom of the remedy and that fanning and fresh cold air will ameliorate in cases of collapse, fainting, weakness, asthma, and so on; in spite of the coldness and chill.

Damp weather or surroundings also cause the pathology, particularly **warm sultry weather**, but also **wet and cold** air (as in hoarseness, cough).

Vertigo

Vertigo with frequent momentary attacks of fainting. Vertigo with fainting, **after sleep, when sitting or standing up**, also before getting up in the morning, when still in bed. Vertigo from turning in bed, with perspiration over the entire body.
'Whirling in head, all day' (Hahnemann). Walking and sitting may bring on vertigo; also vertigo on stooping, with the sensation as if the head is reeling to and fro. Vertigo such that he has to hold on to something to prevent himself from falling.
Vertigo from flatulence; vertigo from venous stasis, especially after excesses of eating or drinking.
The vertigo attacks may be preceded by some drops of blood from a nosebleed. Sometimes with the fit there is a pressive pain in the forehead.

Head

Carbo vegetabilis headaches centre in the **occiput**. They often extend upwards from the nape of the neck or from the spine. **Dull headache in the occiput.** Sometimes these headaches commence after eating. '*After each meal, pains extend up the spine, until a dull occipital headache ensues about one hour after eating*' (Klassische Homöopathie 2/89). '**Pressure in the occiput, especially after supper**' (Hahnemann). Or there are violent pressive pains at and in the occiput, near the nape of the neck. These **dull or pressive occipital headaches** may reach a formidable intensity; the patient can no longer move, cannot turn over, cannot lie on his side, cannot be jarred, for if he tries to do so, his head seems to burst. Sometimes such pain expands over the whole head and to the eyes. With such pain, a strange **confusion in the head** may come over the patient. He cannot think properly, has to make an effort to collect his senses.

Pressive frontal headache, particularly immediately above the eyes; the eyes ache when they are moved. Pressive pain in both temples.

Burning in the head; hot head, cold body and breath; a 'hot spot' the size of a hand during continuous headache; burning and violent pressive headache in the evenings in bed.

Rushes of blood to the head, sometimes followed by nosebleed; the head feels turgid and distended. A feeling of weight or **heaviness like lead** is very characteristic. Pulsating headaches, especially in the evening in bed, with difficult breathing; throbbing in the temples and a sensation of fullness in the brain after sleep, on waking from a midday nap; or painful throbbing in the head on taking a breath.

Headaches are brought on **by overheating**, especially if exposed to a draught while in a heated state; as Hahnemann puts it, '*from fast alternation between warm and cold*'. Also, **any over-indulgence** (in wine, in food, especially from eating fatty food) might bring on a headache, and an interesting modality is **headaches relieved by eructation**.

The scalp is **very sensitive to pressure**. A characteristic symptom is: '**The hat presses upon the head like a heavy weight, and even after removing it the sensation continues as if the head was bound up with a cloth.**' Headache as if the scalp and membranes were too tight and contracted.

This constriction is better from uncovering the head; also from fresh cold air and being fanned.

With the pressive pain, even **touching the hair causes a sore pain**.

The hair falling out is a strong indication, especially if it occurs **after severe stress, such as an acute disease, after parturition, etc.**, which is

consistent with the general causation of a Carbo vegetabilis state.
Sweat on the forehead, very often **cold sweat**, is also typical.

Eyes

Something like a **heavy weight on the eyes**, must exert them very much when reading or writing to distinguish between the letters. Pressure in the eyes, with heat. **Burning in the eyes**.

With the pressive headaches, there may be lachrymation and an urge to close or contract the eyes; also a pain in the eye as if it were being pulled out.

Pain in the orbits and eyeballs passing to the back of the head, which is better on walking in the open air, worse on lying down.

Exertion, such as overwork, fine work, and staring, makes them weak and aching, and may cause **myopia** (whereas farsightedness is more typical of *Carbo animalis*). **The eye muscles ache when looking upwards**.

Agglutination of eyelids at night. Unable to open the eyes at night, when she cannot fall asleep.

Itching about the eyes and the margins of the lids, especially in the morning.

Black floating spots before the eyes, or sees circles with a brighter field inside, or there is flickering vision in the morning on rising.

In states of weakness or exhaustive diseases, the eyes are dull, without lustre, deep-set; the pupils do not react to light.

Haemorrhages in the eyes, with burning and congestion to the head.

Ears

'**Something heavy seems to lie in and before the ears; they seem stopped, but the hearing is not diminished**' (Hahnemann). There can also be deafness, particularly after acute exanthemata.

Ears dry, lack of cerumen; or it has an offensive odour. Otorrhoea: **discharge of a thickish, flesh-coloured, offensive moisture**; especially after exanthematous diseases, such as measles or scarlet fever.

Pain from the right ear down the neck, on turning the head; after itch-like eruptions.

Heat and redness of the left ear, every evening. Tearing-burning pain in the earlobe.

Itching in the ears, along with an inclination to swallow in order to relieve it. Or: feels compelled to bore his finger into his ear to relieve the irritation, but it always returns.

Ringing in the ear, **especially in connection with vertigo**; or roaring noises, e.g. after coitus.

Hearing is very acute: sensitive to loud talking; or when waking at night with a rush of blood to the head, the slightest sound seems to reverberate in the ear.

Tearing pain in the depression behind the right ear.

Parotitis, mumps; swelling of parotids, with metastasis to the testes.

Nose

Nosebleeds. A very typical kind of nosebleed is described in this proving symptom: severe nosebleed, several times daily for two weeks, **with very pale face before and after each attack.** Or the nosebleed comes **at night**, with an paroxysm of blood. Epitaxis every time he stoops or strains at stool, or as a prodrome of a fainting attack, also from emotional excitement or jarring of the body.

The Carbo vegetabilis **coryza is apt to travel downwards**, finally settling in the chest and severe chest colds, in turn, frequently begin in the nose, with coryza. In the course of its movement downwards, **the mucous discharge, at first thin, becomes thick, yellowish-green and bad tasting.** Always suffering from coryza, especially **when he is overheated** (which happens very easily), **sweating, and then being exposed to the slightest draught.**

Some characteristic coryza symptoms:

Irritation but ineffectual sneezing from the left nostril, which becomes moist; after blowing the nose the right nostril becomes obstructed, with a crawling sensation and biting pain as in coryza

Frequent sneezing with constant and violent crawling, tickling, and catarrhal rawness in the nose and chest, at night in bed. **Violent sneezing**, followed by a **biting pain in and above the nose, with lachrymation**; has the same pain on blowing the nose. These symptoms may indicate Carbo vegetabilis in hay fever.

Constant sneezing at night. Sneezing may cause stitches in the abdomen, or burning over a large portion of it.

Continuous copious mucus from the posterior nares.

Drawing in the root of the nose. Or: pressure in the nasal root and bones.

Violent **coryza with hoarseness and rawness in the chest**; with cough; **especially inclined to catch a cold in moist warm weather.** Fresh open air may actually ameliorate the coryza. The discharge may be fluid or **dry, with obstruction of the nares.** Very often the coryza is attended by digestive disorders with flatulence.

Tip of nose red, sore, scabby.

Face

There is an expression of intense exhaustion in the face. It is very **pale, greyish-yellow, pinched, corpse-like**, and often **cold, covered with a cold sweat.** Or it is **dusky, dark red, bluish red, with a fine network of capillaries as if marbled.** Sometimes, when the head is congested, the cheeks are

flushed and at the same time cold clammy sweat appears on them.

Exciting influences can make the usually pale and pinched face bloated and red, hot: **face becomes hot when anxious; flushing to the roots of the hair even with a sip of wine**; purplish, bloated face when she has to speak in front of others, with pulsation over the entire body.

In the facial bones, there are many acute pains, especially drawing and tearing ones. **Drawing pain in the jaws on both sides**, with drawing in the head and a confused feeling. **Jerking tearing in the upper maxilla**, right side. **One-sided tearings in the zygomata**. Or: drawing and aching pain in the *nervus facialis*.

A key-note is **twitching in the upper lip**.

The lips tend to **swell and crack**; sometimes they are discoloured brown or even blackish.

Pimples, pustules, and herpes are found in the face, often around the lips and in the corners of the mouth. *Acne* and especially *acne rosacea* is a condition where *Carbo vegetabilis* may be indicated, especially in young people.

Mouth

Carbo vegetabilis has been prescribed in **stomatitis** or **scurvy-like states**, because there are many symptoms pointing to these conditions:

Gums receding from the teeth, particularly the incisors, **with ulceration, looseness of the teeth and easy bleeding. Bleeding of gums when brushing the teeth**, or when sucking at the gums. Sore pain in the gums, by day. They are **painfully sensitive when chewing**. Pustules on the gums.

Aphthae, small ulcers scattered throughout the mouth; greyish colour, burning like live coals. **Putrid odour and taste**.

The bleeding can be of a blackish, oozing, decomposed, putrid quality, described in the 'Generalities' section, **making gums and tongue appear black**.

The teeth are very sensitive to **cold or warm things** taken into the mouth; also to air that is inspired. Inspiration may cause a painful throbbing. **Salty foods cause pain** in the teeth, especially **in the gums**.

Generally, the teeth tend to decay easily, but also sound teeth will often ache. '*Drawing and tearing pain in all molars.*' '*Tearing in incisor teeth.*'

Coldness of breath, and of the mouth, teeth, tongue, throat is an important feature in the collapse-like states noted above; but there may also be heat in the mouth, with rawness and dryness of the tip of the tongue. **Tongue sensitive, with a raw feeling**.

The mouth is either dry (but without thirst) or there is an increased collection of saliva, which often becomes stringy and tough and may taste foul.

Taste: **bitter, particularly before and after eating**; salty, especially after eating.

The tongue can have a white coat, or **yellow-brown mucus covers it**.

Heavy feeling of the tongue, can hardly be moved, speaking is very difficult.

Pains often locate in the **root of the tongue**; they are cramp-like, or are felt as a pressive tearing.

Pressing pain on the palate, the posterior part.

Throat

The characteristic symptom here is a **sensation as if tight or contracted in the pharynx**. It may be sore and inflamed, with a **feeling as if something were lodged in it**. Food can hardly be swallowed because of a spasmodic constriction, which, however, may not be attended by any pain. There is inflammation and swelling of the uvula.

Scraping, smarting, biting and burning pain in the throat, palate, fauces, with a feeling of rawness. Sensation of extreme dryness, as if all moisture is absorbed by blotting paper. A **feeling of something hot and acrid rising in the oesophagus**, as in heartburn.

Sore pain in the fauces and choanae on swallowing, coughing or blowing the nose.

Much tough mucus in the throat, which compels the patient to hawk it up and it is easily ejected; it is sometimes foul, bloody, blackish.

Varicose veins in the pharynx.

Air passages

Hoarseness, even aphonia, is an indication for *Carbo vegetabilis*. It may come on in the morning, but the remedy will particularly be required in evening when there is **evening hoarseness**, caused by the cold, damp evening air. **Severe roughness of larynx, with a deep roughness of the voice; the voice is lost when he exerts it.**

Much scraping, tingling, tickling in the larynx, also **much rawness and roughness** in the throat and chest. Has to clear his throat so often in the evening that the larynx becomes raw and sore. Pain as if sore and ulcerated in the larynx and trachea. Severe ulcerative pain in the larynx and region of the thyroid cartilage, on coughing.

Unusual **feeling of dryness in the trachea**, hawking does not relieve it.

Frequent recurrent irritation to cough, in the posterior part of the throat, which stimulates a short cough. Such tickling and itching irritations are especially worse **in the evening after lying down**.

Bronchial catarrh, hoarse, mucous rales; chest and ribs feel as if bruised; nails are blue and extremities cold; especially in old people or after diseases such as measles.

Mucus in large quantities lodges in the air passages, felt particularly at night, choking the patient when he coughs, sometimes accompanied by vomiting of mucus; better when sitting up or moving.

Respiration and cough

Laborious, quick and short respiration, with cold hands and feet. Even Cheyne-Stokes breathing, especially in organic heart diseases.

In **dyspnoea, oppression of the chest, and asthmatic respiration** Carbo vegetabilis may be indicated, especially when these conditions are caused or attended by flatulent distension pressing upwards and relieved by eructation.

Difficult respiration with fullness of the chest and palpitation, even on slight motion, most severe in the evening.

Rattling or whistling respiration, with **air hunger**, especially at night in bed; **cannot remain in bed because of air hunger.** The **strong craving for fresh air** is a general symptom of the remedy: asthma is worse in warm rooms, wants the windows open in spite of feeling cold and chilly, wants to be fanned. *'The remedy cures asthma. We will see the patient propped up in a chair by an open window, or some member of the family may be fanning him as fast as possible. The face is cold, the nose pinched, the extremities cold and he is as pale as death. Put the hand in front of the mouth, and the breath feels cold. The breath is offensive: putrid'* (Kent).

Asthma of the elderly and of those in poor, exhausted conditions; weakness, trembling; looks as if he is dying; full of wind, but cannot release it.

Cyanotic, bluish skin in asthmatic conditions. Asthma as a sequel to measles or other acute diseases; winter attacks of asthma; attacks during the weekends; chronic asthma once or twice monthly. In some cases the attacks always come on during sleep.

Loses breath on turning in bed, or on falling asleep; or attacks of chest constriction which prevent breathing.

An urge to take a deep breath, with moaning, frequently recurring

Painful throbbing in the head and teeth during inspiration.

Carbo vegetabilis is an important remedy in **whooping-cough**, especially in the beginning stages of the disease. Bonninghausen describes the cough like this: *'Spasmodic, hollow whooping-cough in short attacks, which are relatively rare (4-5 per day); as of sulphur vapours, or excited by a tingling irritation in larynx and throat; without expectoration in the evening, in the morning with yellow, greenish or pus-like expectoration, sometimes brownish-bloody, less frequently tough, white and mucous or watery; expectoration has a putrid, sour or salty taste and a bad odour.'*

The cough is especially **worse in the evening, until midnight; after lying down;** also in damp cold weather or **on going from a warm to a cold place.**

It is especially accompanied by severe **burning in the chest**, or else or by a **'raw pain'** there (as if the flesh were raw); also with **flatulent disorders.**

Coughs every time after eating to satiety. Eating or drinking generally aggravates, but especially **cold drinks.**

Violent tickling cough, with whitish sputum, in the morning after waking.

Itching in the larynx causes cough with tough, salty sputa, in the evening on going to sleep and in the morning, one hour after rising.

Cough with sneezing or ending in sneezing (*Agaricus*).

With each coughing spell, **painful shootings through the head.**

Dry cough after each expiration, with a flush of heat and sweat.

Paroxysmal hard spells of coughing, very laborious, **not ceasing until masses of offensive sputa are coughed up.** The cough is frequently accompanied by choking, retching, and gagging, and ends in **vomiting of mucus.**

Chest and heart

'**Severe burning in the chest, as from glowing coals, almost uninterrupted**' (Hahnemann) is a key-note of the remedy. It is seen in many chest infections, regardless of their pathological name.

The chest feels weak and fatigued, especially on waking. This weakness is often attended by a continuous sensation of **weight upon the chest.** Pain in the chest and in the region of the heart, **due to obstructed flatulence**; also a warm ebullition or orgasm of blood in the chest from the same cause, with anxiety.

It may be seen in extremely progressed and severe cases of pneumonia, with threatened paralysis of the lungs, foetid sputa, cold breath, cold sweat, threatened gangrene. Emphysema.

Pressive tearing on or in the left side of the chest.

Pressive pain superiorly in the right side of the chest, through to the right shoulder-blade.

'*Brown spots on the chest*' is an indication given by Hahnemann.

Burning pain is also found in the heart region, with congestion in the chest and **violent palpitation.** Palpitation occurs mostly while sitting and after a meal. It may continue for days, sometimes so violent as to shake the whole body. Deep respiration and eructation ameliorate.

Carbo vegetabilis is useful as a heart remedy, especially in **old people with heart problems.** The chief indications are **exhaustion, shortness of breath, coldness of breath, blueness from venous and capillary congestion together with easy flushing** and all these symptoms become **worse from taking alcohol.** The pathological diagnoses may include such severe states as endocarditis with effusion, hydrothorax, etc.; also *aneurysma cordis.*

The pulse may be intermittent and irregular, and is often **very feeble, can hardly be felt.**

Stomach

The digestive system is a very important sphere of action in Carbo vegetabilis. Digestion is generally slow and sluggish, and **all food that is taken seems to cause complaints, even the simplest and most easily digestible.** Specially strong aggravations are found after **all kinds of rich and fatty food, especially after butter; after milk, which causes flatulence**; after pork and poultry; after overeating of any kind; after **cold drinks, especially iced ones**; after all kinds of flatulent foods.

Kent says that a Carbo vegetabilis state can be reached by 'stuffing' the patient: '*I would feed him with fats, with sweets, puddings, pies and sauce, and all such indigestible trash, and give him plenty of wine - then I would have the Carbo vegetabilis patient.*' The stomach complaints include, in particular, an **excessive painful flatulence, mostly in the stomach region and the upper abdomen,** with much sensitivity in this region to touch and a **sensation as if the stomach were about to burst,** which often comes on one hour after a meal and may last for hours. **Lying down aggravates** the

pain and the distension. **Frequent empty eructations** occur, which can last for hours and be very annoying, **but they definitely tend to ameliorate the distension**. The same modality applies to 'eructation downward' (flatus).

There are desires for **sweet and salty foods**, also for sour things and coffee, but all these foods tend to cause complaints if eaten. On the other hand, **aversion to meat, especially to fatty meat, and to milk and butter** are often seen as being very strong. '*Aversion to the most digestible and the best of food*' (Kent). In a Carbo vegetabilis state there may be a loathing even of the thought of food.

Violent, almost continuous eructation. Frequent empty eructation, preceded by a short pinching in the abdomen. Often the eructations are hot and offensive, tasting **rancid** or sour, and are attended by gagging almost to the point of vomiting. Sour eructation after drinking milk, or in the evening on walking in the open air. Eructation following eating or drinking anything.

Heartburn, especially at night; hot and acrid rising. Water brash. '*Feels acridity in stomach when lying on the back and on walking in the open air*' (Hahnemann).

Nausea is felt especially **in the morning**. '*Nausea in the morning one hour after waking, with squalmishness in the stomach*' (Hahnemann). It may also appear at night and before or after a meal, attended by gagging and retching; the heat of the sun causes a nauseous feeling. Vomiting of blood; of bile; of mucus.

After every meal there is a sense of general heaviness and fullness, and much sleepiness. The stomach aches and feels as if it is heavy and hanging down on standing and walking.

Burning in the stomach, almost continuous; sometimes **spreading to the small of the back** (compare *Bismuthum*) and even to the shoulders. The burning and bursting pains predominate, but there also other characteristic pains. For instance: **Contractive spasm of the stomach**, even at night, **rising to the chest, with distension of the belly; has to bend double, cannot lie down because it aggravates; pain comes on in spells and takes away the breath.** Or: burning and lancinating in the epigastrium and deep in the abdomen, with anguish, flatulence and diarrhoea.

The stomach cramps can come on **in nursing women, after nursing their baby** (as an example of aggravation from loss of fluids); also **from emotions such as fright, vexation, disappointment** etc. Thus, Carbo vegetabilis may be indicated in peptic ulcers.

Abdomen

The most marked symptom of the abdomen is the **excessive flatulence and distension** already described under 'Stomach'. Two symptoms from '*Chronic Diseases*' to illustrate the nature of this bloating: '*Obstructed flatulence in the left upper abdomen, more towards the back, with squeezing pain.*' And: '*Flatulence collects here and there in the abdomen, under the short ribs, or in the region of the bladder; it produces squeezing and pressing pain and gradually passes through the rectum, with a feeling of heat there.*' Burning, squeezing, pressing and pinching pains are characteristic. **Any tight clothing around the waist is unbearable.** Sometimes the flatulence produces a violent '**paralytic**' drawing pain that goes down into the left thigh. There is also some active movement in the abdomen, often with audible rumbling.

Discharge of flatus generally ameliorates, and **the flatus are profuse, hot, moist, and very offensive, with a putrid odour.**

Carbo vegetabilis is indicated in excessive flatulence from atony of the bowel; after surgical operations; has even been used successfully in paralytic ileus with a tendency to distension of the belly.

Dragging or squeezing pain in the abdomen after stool. Dragging and **bearing down pain**, even labour-like. **Colic from riding in a car.**

Stitching pain in the region of the liver and epigastrium, also in the spleen, and thence to both sides, increased by deep inspiration.

Pinching in the abdomen, under the navel, starting in the left side and moving to the right.

Heaviness in the abdomen. Sensation as if it was hanging down heavily; **forces the prover to walk bent over.**

Pain in the abdomen **as from over-lifting or a sprain**; comes on as soon as she lies on the side; felt mostly in the left side.

Hypochondria feel bruised and sore to the touch. The **liver region, in particular, is very sensitive, with a bruised pain** or a constant dull heavy feeling. Stitches in the spleen.

Rectum and stool

With the discharge of flatus (see under 'Abdomen'), faeces may involuntarily escape; or there is an **ineffectual urging for stool, with only wind passing, attended by a painful pressure in the rectum.**

Carbo vegetabilis may have constipation or diarrhoea. In constipation, the stool may be tough, hard, scanty, not properly cohering; but also **soft stool is voided only with great exertion.** A well-confirmed indication in diarrhoea is **painful diarrhoea in the elderly.** Involuntary diarrhoea with simultaneous voiding of urine has also been cured by the remedy.

Carbo vegetabilis may be indicated in cases that resemble cholera or typhoid, when the general symptoms of weakness, exhaustion, putridity, etc. agree.

The stools often cause burning in the rectum. They are **very foetid and putrid.** 'Putrid stools with cold breath' is a good indication.

Thin, pale stool; light-coloured mucous stools. Discharge of slime along with the urging for stool.

Yellow, stringy mucus is wound around the stool, **the last part of which is all bloody.**

Much bleeding from the anus; during and after each stool.

Before stool: much pressure, with pressure on the bladder and in the back (frequently in women).

After stool: feeling of total emptiness in the abdomen; **weakness; anxiety, trembling debility.**

Discharge of an **acid, corrosive, excoriating moisture**, or of a musty-smelling fluid from the anus; excoriating moisture also on the perineum.

Burning at the anus, with an annoying sensation of dryness in it.

Itching at the anus, also great **soreness and burning.** '*Itching at anus in the morning in bed, increased by scratching, afterwards burning.*' **Soreness of the perineum, with a painful itching when it is touched.** Rawness and chafing of children in hot weather.

Crawling sensation in the rectum, with complaints of ascarides; has also caused the passage of a tapeworm.

Gripping or gnawing pain in the rectum when not at stool.

Haemorrhoids: protruding; painful, or tingling itching, but especially **with burning pain**; thick, swollen, **blue**; suppurating and offensive.

Urinary organs

The urine may be diminished in amount, with a dark colour, or thick and with a very stale odour; or it is copious and clear yellow. There can be some thick and milky urine at the end of urination.

Varices of the bladder. **Dark red urine, as if mixed with blood**; red sediment.

Frequent anxious urging to urinate, day and night; may be awakened early in the morning by urging. Pressure on the bladder, must rise several times at night to urinate. Nocturnal enuresis in children.

Spasmodic narrowing of the urethra, every morning.

Tearing in the urethra during urination; the last drops consist of mucus and cause pain when discharged. Smarting pain during urination.

After urinating, tearing and drawing in the urethra.

Sexual organs

Carbo vegetabilis may be indicated in **complaints after sexual excesses** (e.g. weakness, exhaustion). There may be an annoying abundance of lascivious thoughts, but also a total lack of sexual desire in the morning.

Genitalia - male

Ejaculatio praecox, followed by roaring of blood in the head.

Continued erections at night, without voluptuous sensation or fantasy.

Violent ejaculation, painfully exciting the nerves, with violent burning in the forepart of the urethra and severe cutting and burning during urination.

Smooth, red, moist spots on the *glans penis*.

Itching, soreness, excoriation at the preputium. Itching at the thigh near the scrotum, with moisture at this place.

Crawling in the testes and scrotum.

Swelling of the testes from metastasis of mumps.

Genitalia - female

Soreness, itching, burning and swelling of the pudenda is a frequent condition. Sometimes these symptoms are excited by a corroding leucorrhoea, or they are worse during the menses. *'Heat and redness of vulva.'* *'The menstrual blood, coming six days later than usually, was as if corrosive and excoriated the parts.'*

Itching of the vulva and anus at the same time; especially during the menses.

Varices of the female genitals, with dysuria, have been cured by this remedy. Aphthae or **red sore places that look like ulcers** on the external genitalia, with itching and fluor. Tumours in the genitals; **bluish,** hard, with shooting and pricking pain.

Vaginal fistula, with burning pain; often attended by much eructation of wind that relieves for only a short time.

Menses too early; too profuse, but sometimes also scanty. **Protracted** menstruation has also been cured by this remedy: a **dark, putrid passive oozing,** continuing almost until the next menstrual period. Thick and **strong smelling blood, acrid, excoriating;** or else pale.

Menorrhagia with burning across the sacrum; passive flow. **Metrorrhagia from uterine atony, patient is cold and deathly pale, constantly wants to be fanned.**

The menses can be preceded by spasmodic abdominal pain and leucorrhoea, by itching eruptions, e.g. on nape of neck, also by burning in the genitalia; during the menses colic in the hypogastrium, headache contracting the eyes, vomiting, burning in the palms and soles, and toothache may occur.

'During diminished menstrual flow, much cutting in abdomen, aching in back and bruised pain in all bones.'

Greenish fluor, or thick and yellow. Profuse, very **thin leucorrhoea only in the morning on rising,** but no discharge all day. Intermittent fluor, comes and goes suddenly. Corroding, excoriating fluor, with swelling of the vulva, itching and burning; preceding or following the menses.

Tendency to abortion from inertia of uterus.

Labour pains weak or ceasing, with great general debility; especially after severe disease or great loss of fluids. Brown, foul smelling lochia.

States of exhaustion from nursing, with stomach pain.

Has been used in lumps in the mammae, with induration of the axillary glands and burning pains; also in uterine cancer where the pain was **burning** and came on in paroxysmal spells.

Neck and back

Swelling and aching of the cervical glands, especially the dorsal ones (near the nape).

Stiffness of the nape of the neck. Tearing pain in the muscles of the neck and nape of the neck.

Drawing pain in the nape, rising into the head, with nausea and a flow of water from the mouth.

Scattered red spots on the neck, with itching and stinging.

Heaviness and **painful stiffness of the back, especially on rising** in the morning. **Rheumatic drawing pain** throughout the back, worse while sitting or stooping, especially on the left side; also **burning pain** in different parts, especially in the scapular region and about hips, with aching along the spine; or the whole back is sore, as if bruised.

Severe sacral pain, cannot sit, feels like a plug in the back; has to lie on a pillow. Great tension and stiffness in the small of the back, sometimes with a cold feeling and numbness in that location.

Near the lowest part of the spine, a cramp-like pressive pain. Pressive, sore pain below the coccyx.

Extremities

Lassitude (more in the lower limbs), **heaviness** (sometimes only left-sided) and even numbness in the extremities. Heaviness and stiffness in the limbs when standing up after sitting for some time, ceasing after walking. **The limbs on which he is lying are apt to go numb.**

Pain in the limbs as from over-lifting or sprain; **bruised and drawing pain of all the limbs; burning in the limbs and bones.** Boring pain, as if in the marrow, in all the bones of the extremities before a fever attack. Tearing pain in the limbs that seems to extend up to the head and end there.

Cold extremities; very cold hands and feet, particularly in the evening; **cold knees, or icy cold legs down from the knees; unilateral coldness, mostly left-sided.**

Involuntary twitching and trembling of the limbs, sometimes preventing the patient from falling asleep.

Gangraena senilis beginning in the toes. Ulcers at the tips of the fingers and toes.

Drawing pain at night in the arm he lies on.

Paralytic lassitude in the arms and hands, especially on writing which is difficult and slow for him. **Paralytic feeling and weakness of the fingers of the right hand or in the right wrist when grasping anything,** with tearing pain.

Burning on the right shoulder.

Pain as if beaten, in the elbow joints of both arms.

Drawing tearing in the forearm, from the elbow to the hands and even into the fingers, aggravated on moving the part.

Tearing in the right or left wrist; also in the fingers.

Fine, itching eruption on the hands.

Sensation of stiffness in the lower limbs after a nap in the evening, making his gait uncertain, ceasing after some motion. Tension in the joints of the hips, knees, and feet, especially in the morning on rising.

Severe paralytic drawing pain from the abdomen into the left thigh; with flatulence. Tearing in the lower limbs, which seems to increase from accumulation of flatus in the abdomen.

Drawing pain in the hip joint, down the thigh, which increases on walking. Tearing drawing pain below and at the side of the hip, extending to the back,

frequently recurring. Drawing pain in the thighs.

Paralytic feeling in the left leg.

Ulcers on the legs; *ulcus cruris varicosum*, indolent; pain better by elevating the leg (compare the section 'Important general conditions' where more symptoms of ulcers are listed).

Varices, especially in pregnant women.

Cramp in the soles of the feet, in the evening after lying down; the toes are drawn crooked.

Feet feel as though dipped in cold water.

Foot sweat, excoriating toes; often with a **putrid odour; cold.**

Sleep

Much sleepiness, sometimes irresistible, during the daytime, especially after lunch; has to take a nap before and after noon. Sleepiness in the morning when sitting and reading, **disappearing on movement.**

Falls asleep late, not before 1 a.m. Uneasiness in the body, headache, oppression of the chest, starting and pain in the limbs, coldness in the hands and feet, pain in the eyes etc. prevent the patient from falling asleep with ease.

Frequent waking from cold limbs, especially cold knees. The sleep is disturbed by delusions; by feelings of heat and pulsation in the head, with fear of apoplexy; **by anxious dreams that make him start.** In the morning he feels **weary and unrefreshed;** all the limbs feel bruised.

Many **vivid dreams**, which are often forgotten; sleep full of fantastic dreams.

Much yawning and stretching, which tends to ease the symptoms.

Fever, chill, perspiration

Coldness and chill predominant (compare the description in the 'Generalities' section).

Characteristic is **chill with great thirst**, particularly for **cold drinks**, whereas during heat the thirst may be wanting altogether. '*Chill, with a marked degree of thirst; no thirst, or but slight during fever, but patient wishes to be fanned all the time, as if to compensate for the lack of thirst.*'

Feeling of heat internally while the body feels cold to the touch.

Shaking chill with **blue finger nails.** Clarke describes '*a typical case of Carbo vegetabilis intermittent: Headache for one or two hours before the chill.*

Chill always from 9 to 10 a.m. , beginning in feet and hands, spreading over body; nails very blue.'

Shivering in the evening, with fatigue, and before going to sleep a flush of heat ensues. **Frequent flushes of heat; also after drinking wine**, or combined with anxiety and pain.

Strong tendency to sweat, especially about the head and face, also generally at the upper part of the body; inclined to catch a cold from it. **Profuse perspiration at night**, worse before midnight, **and in the morning**. **Sweat during and after eating**. The perspiration may exhaust the patient, and it tends to have a **putrid** or sour odour and is often **cold**.

Skin

Blue and cold surface, often with **ecchymoses**. '*Blue colour of body, with terrible cardiac anxiety and icy coldness of whole surface*' (Noack/Trinks). Carbo vegetabilis has a good reputation in **ulcers**, especially indolent ulcers, even those with a **tendency to necrosis and gangrene** (see 'Generalities').

The provings elicited this symptom: '*An ulcer which had already healed breaks up again and discharges serum mixed with blood instead of pus; the place is hard and pains on touch.*' Wounds become gangrenous. **Decubitus; senile gangrene beginning in the toes**.

Mezger reports a case of a **suppurating phlegmone** of the whole left leg in a diabetic woman. After incision the wounds only healed partially, and sequestra were discharged. Three long fistulae remained from the incision wounds, with bloody and purulent secretion, and the whole leg was cyanotic. Carbo vegetabilis produced a homeopathic aggravation of the pain and secretion, then an amelioration, and in three weeks the wounds had healed.

General tendency to varicose veins, often with ulceration.

Telangiectasis in children; elevated, round, flat, soft, elastic, red tumours, formed by a net of dilated capillary vessels, with violent haemorrhaging after slight injuries.

Folds of the skin become raw and ulcerated.

Fine, moist rash, with burning at spots where there is no eruption.

Burning at various places on the skin, especially at night in bed.

Itching all over the body, especially in the warmth of bed; cannot fall asleep. Itching sticking on the side on which he lies.

Moist herpetic eruptions, especially in the face. *Acne rosacea*.

Summary

The principal symptoms of Carbo vegetabilis are the following:

Ailments after the shock of an accident or acute illness (often pneumonia): lowered vitality, indifference, coldness.

Sluggishness affecting physical and emotional levels.

Apathy, mental dullness, lapses in memory, fixed ideas.

Lung conditions; e.g. , pneumonia, asthma. Respiration aggravated by lying down, ameliorated by vigorous fanning.

Generally worse lying down (headache, intestinal discomfort, asthma etc.).

Desires air. The desire to be fanned is of central importance.

Great coldness of the breath, extremities, tongue, nose, etc. but sometimes with a hot head.

Desires salt (also sweets and coffee).

Collapse or fainting with coldness, blueness, desire for air.

Extreme gastrointestinal bloating, with frequent eructation, which relieves.

Aggravation from fat and butter. Intolerance of alcohol.

Elderly patients with indolent skin ulcers, with heart diseases, weak, fainting.

Clinical

Acidity. Acne. Angina pectoris. aortitis. Aponia. Asthenopia. Asthma. Breasts, erysipelas of. Bronchitis. Burns. Carbuncle. Catarrh. Chilblains. Cholera. Constipation. Cough. Deafness. Debility. Diarrhoea. Distension. Dysentery. Dyspepsia. Emphysema. Erysipelas. Eructations. Feet, cold. Flatulence. Gangrene. Haemorrhages. Haemorrhoids. Hair, falling out. Headache. Heart, diseases of. Influenza.. Intertrigo. Irritation. Laryngitis. Lungs, congested. Measles. Mumps. Nose, bleeding of. Oesophagitis, Orchitis. Otorrhoea. Pregnancy, disorders of. Purpura. Scabies. Scurvy. Shivering. Sleep, disorders of. Starting. Stomach, disordered. Stomatitis. Trachea, dryness of. Tympanitis. Typhus. Ulcers. Yellow fever.

Relations

Antidoted by: Ars., Camph., Coff., Lach., Nit-s-d., Ferr. (Teste).

It antidotes: Effects of putrid meats or fish, rancid fats, salt or salt meats; *Chin., Lach., Merc.*

Complementary: Chin.; Dros.; Kali-c. (stitches in heart - *Carb-v.* contains potash). *Carb-an.* has more pronounced *induration* of glands and is suited to cases which have been opened too soon; is more appropriate to cancer and syphilis than *Carb-v.* *Carb-v.* has weak digestion in nursing women; every particle of food disagrees; *Carb-an.* has coldness at the stomach, better by hard rubbing or hard pressure; piles, with oozing of inodorous fluid. *Carb-v.* is near-sighted; *Carb-an.* far-sighted. In ear affections *Carb-an.* has swelling behind the ear. *Carb-v.* is more suited to sequelae of exanthemata. Many of the effects of *Carb-v.* are like those in *Lyc.*, and an occasional dose of *Carb-v.* assists the action of *Lyc.* Compare also *Raph.* in flatulence.

Compatible: Ars., Chi., Dros., Kali-c., Ph-ac., Bell., Bry., Nux-v., Sep., Sulph.

Compare: Graph. and all the carbons. *Caust., Lach., Eup-per., Phos.* and *Rumex.* in hoarseness (*Rumex.* is worse at 4 a.m. and 11 p.m. *Caust.* worse in the

morning; from dry cold. Carb-v. worse in the evening; from damp evening air). *Camph.*; *Chin.* in haemorrhages, intermittents, hectic, affections of drunkards; *Ip.* in haemorrhages and intermittents; *Meny.* in intermittents with coldness of legs; *Op.*, *Sulph.* and *Pso.* in deficient reaction; *Sul-ac.* in dyspepsia of drunkards (Carb-v. has more putridity; *Sul-ac.* more sourness); *Phos.* in easily bleeding ulcers; *Puls.*, bad effect from fatty food and pastry; *Sulph.* in acrid-smelling menses; erysipelas of breasts; *Ars.* and *Bell-p.* in effects of ice-cream and ice-water in hot weather. *Nux-v.* in dyspepsia, easily angered; effects of debauchery (*Nux-v.* is thin, spare, yellow, wiry; Carb-v. sluggish, stout, lazy); *Sec.* in haemorrhages, cold breath; coldness worse by warmth. *Calc.*, *Carb-an.*, and *Stram.* in aversion to darkness; *Lach.* in weak digestion (*Lach.* craves milk; Carb-v. has aversion to it), intolerance of clothing round waist; intermittent fever, flashes of burning heat without thirst. *Sep.* in bearing-down in the rectum and vagina (Carb-v. has the strong odour of menses which *Sep.* has not). *Rhus-t.* in strains; in typhus; *Colch.* in cholera; *Cupr.* in cold breath, prostration.

Carcinosinum

Cancerinum

A nosode from Carcinoma

Historical background

The first to mention and use Carcinosin, the cancer nosode, was James Tyler Kent. He called it 'Carcinoma', and this is how he prepared the remedy:

'The preparation of Carcinoma which I have used, for years, was taken from a mammary cancer. The patient had continual seeping of clear, colourless, watery discharge from the open cancer. A small quantity of this fluid was saved and potentised, and has served satisfactorily, in many cases of advanced carcinoma.' He used it as a palliative in cancer cases: *'Carcinoma relieves the sharp, burning tearing pains. With this remedy (nosode), patients have been kept comfortable, for many years, when cure was impossible and the cancerous development continued. The malignant process was delayed, and sufferings usually accompanying the condition were avoided'* (Kent, *New Remedies, Lesser Writings, Clinical Cases, Aphorisms and Precepts*, p. 523f).

The English homeopath James Compton Burnett and his well-known colleague J.H. Clarke were the next to do research and practice in the field of cancer nosodes. They used *Scirrhinum* primarily, which is said to have been taken from a hard cancer (scirrhus), and *Carcinosinum* (according to Clarke's account, in his book *'The Cure of Tumours'*, this nosode is derived from a hard cancer). They began to use these remedies for conditions other than cancer (e.g. threadworms and certain mental cases). Clarke relates that Burnett also did a fragmentary proving of *Scirrhinum* upon himself.

Following this work, cancer nosodes are seldom mentioned, the exceptions being a few lines in Boericke's *Pocket Manual* and some other authors,

including Nebel (who worked in Davos, and LeHunt Cooper and Burford) who published some cases that were successfully treated by Carcinodin. Donald Foubister is the one to whom the homeopathic community owes the rediscovery of these remedies. In 1952 he noted that children whose mothers had had cancer during pregnancy exhibited a certain appearance, consisting mainly of **blue sclerotics, a cafe-au-lait complexion and numerous black circular moles**. This made him wonder whether this appearance had its origin in the mothers' cancer. He began to collect similar cases and to prescribe Carcinodin for those of his patients who had these characteristics along with a family history of cancer, with considerable success. Subsequently Lees Templeton directed a veritable proving of the remedy. (Unfortunately, the origin of the Carcinodin preparation which was obtained from Nelson is now unknown. It is possible that it dates back to Burnett's, Clarke's, Nebel's, or Cooper's efforts.) This was the beginning of the rapid development of homeopathic knowledge about the cancer nosodes, a development in which many authors took part. New preparations have been made and used, including *Carcinodin Adeno-Stom.* (from cancer of the glandular epithelium of the stomach), *Carcinodin Lungs*, *Carcinodin Mammae*, *Carcinodin Intest Ca.* (from cancer of the bowel), *Carcinodin Uterus*, *Carcinodin Adeno-Vesica* (from malignant papilloma of the bladder).

The essential features

Carcinodin can be considered the nosode of a miasm: the cancerinic **miasm**. By cancerinic miasm we mean the inherited predisposition of an organism to develop malignant infection at a certain period of its life. It's likely that scientists working in this field will soon find out the genetic code producing this predisposition, and that such a discovery may help us in more effectively prescribing this remedy.

For the last thirty years I have been stating that the development of cancer in an organism is a matter of predisposition that can be **inherited**. In the past, this idea was not fully accepted, but today it seems to be meeting growing acceptance due to the observed fact that Carcinodin acts in cases where there has been pervasive cancer in the ancestry of the patient. Caution should be exercised, however, as not all cases with a family history of cancer will definitely develop cancer.

Cancer is not really a disease *per se*, but a universal disturbance of the organism; there is no system, no organ, no place that cancer cannot afflict. The way it manifests and the specific location of the disturbance depends on the inherent sensitivities of the organism that have been inherited or developed during its lifetime. Influences from a disturbed environment also belong to the causative factors. Generally, cancer can be described as the outcome of a fundamental imbalance, which has developed from different diseases through the ages that have been suppressed or modified by wrong medication.

We must understand that global pathology is a continuum, as I have explained in my book '*A New Model for Health and Disease.*' Disease processes are evolving in the same or a similar way to the social or spiritual evolution of human beings (or at least what we call an evolution). We say, for example, generally one nationality or race is more polite than another. What we may actually be implying unknowingly is that this evolved nation has undergone a series of degenerative processes through several generations of diseases that have transformed the primitive instincts into more acceptable forms

of social behaviour; but not necessarily into more health. Evolution may be going hand in hand with degeneration, tempering or restraining some basic instincts of life that give pleasure or happiness on the physical level. When losing the pleasure on the physical level, the human being tries to find happiness through spiritual awareness. So disease is the discipline of the human being in its upward march for spiritual evolution.

The healer must be aware of these truths or realities, if he is to advise correctly on a case of deep suffering and take the individual from the unhappiness of the disease to the happiness of real health (see my definition of health in my book *'The Science of Homeopathy,'* with the creativity of the human being as a criterion).

Carcinosin is a remedy with a wide range of applications and covers a lot of different pathologies. However, I think that today we do not yet know the exact, unique symptomatology that it produces and cures. This remedy - or some of its strains - is going to be an almost universal remedy, as more and more generations of cancer cases are appearing and leaving their mark upon their offspring. It is becoming increasingly applicable to today's patients, as was *Tuberculinum* and *Medorrhinum* in earlier times. I believe that several strains of cancer, however, should be developed as separate remedies to cover the different types of canceric influence.

Carcinosin can be indicated either as a constitutional remedy, where it acts deeply and repeatedly if there is a relapse, or it may act as a remedy to uncover a certain layer of disturbance and to open up a case, whereby it will act only once and repetition will provide no results at all.

Carcinosin *may* also be a useful remedy in manifest cancer cases, as in a lot of other pathologies, but, disappointingly, it does **not** act in a deep or curative manner in **most** of the **active cases** of cancer. This is because in order to benefit from its action the patient must have **the rare and peculiar symptoms** that belong to this remedy. This is in keeping with Kent's statement that also in cancer cases *'the aim of the physician, first, last, and always, must be to find the remedy which most closely corresponds to the patient, and prescribe for the patient, whatever manifestation that patient may suffer, when the prescription is selected'* (op. cit., *'Cancer Cures'*, p. 522f). It is therefore important to understand the essence and individuality of the pathogenesis of Carcinosin, as far as it is currently known.

The remedy should be definitely thought of in cases where there is a **strong tendency to cancer in the family**, i.e. , even if the parents of the patient have not been affected by the disease but, rather, the grandparents or uncles or aunts. (Bear in mind that, if one person of the family has had cancer at a very late age, this cannot be called a 'strong tendency'.)

There may also be other diseases in the family or individual history of Carcinosin cases, diseases that may have taken part in the development process of the canceric miasm, as explained above. These, however, may be taken as important hints towards the remedy, but no more than that. For example, we may see in the family anamnesis diseases such as diabetes, tuberculosis and other chest problems (including asthma), pernicious anaemia, leukaemia, problems of the alimentary tract (e.g. ulcers of the stomach). A severe reaction to vaccination (or a vaccination that, seemingly, did not 'take') in the family or individual history of the patient may also be found in Carcinosin cases, as well as an unusually early and prolonged occurrence of whooping cough or pneumonia or a delayed occurrence of childhood diseases (after puberty). You should not, however, take these pathologies in the family or individual history of the patient as a reliable substantiation for the prescription of Carcinosin. It is only a family history of cancer that can be considered a guiding symptom to the prescription of Carcinosin.

Boericke says, quoting Clarke: *'It is claimed the Carcinisin acts favourably and modifies all cases in which either a history of carcinoma can be elicited, or symptoms of the disease itself exist.'* I disagree with the use of the word 'all', but definitely Carcinisin is a remedy that should be considered in such cases.

In order to understand the peculiarities of the remedy, we must bear in mind the main characteristics of cancer cases:

that there are excruciatingly painful experiences;

that there is a disorder in the defence system of the organism, a disorganisation that tends towards total deterioration due to the multiplication of diseased cells, a tendency the defence mechanisms desperately try to put back in order;

that it is a horrifying experience for the individual to have the ugliness of the cancer tumour in his body.

The main characteristics of the remedy are the following:

Easily offended, cannot stand any kind of reprimand;

seeks order and control, becomes fastidious;

sympathetic, compassionate, feels acutely the pain of others;

horrible things affect them profoundly;

lack of self-confidence, wants to please everybody, guilty feelings for something they have not done;

lack of reaction, e.g. , absence of fever etc.;

precocity.

We shall now try to find the inner thread of this remedy picture along the lines of some of these characteristics.

Vulnerability and oversensitivity

Carcinisin people are generally very easily hurt. They are very **vulnerable** emotionally but try to conceal it. There are, however, different kinds of manifestations and reactions with this remedy. According to my understanding, **two main types** of Carcinisin patients can be differentiated, though there certainly exist others as well.

In the **first type** of people who need Carcinisin, the vulnerability manifests in an **extreme sensitivity to mental, emotional or physical pain** and, as a consequence, they **cannot stand any reprimand**. A strong **fear of humiliation** is present. The sensitivity to censure is so marked that they experience any kind of criticism as a shock. If rebuked they can go into a veritable **hysteric state**. They may **weep and sob and get so upset that they stop breathing and turn purple**.

The least remark seems to offend them greatly; they are offended by any comment that might cause some kind of pain because they feel this pain so acutely. Even if there is no intention on the part of the other person to cause them pain or attack them, **even if the remark seems to be insignificant** and unimportant to other people, they feel this way. They tend to **take anything that happens poorly**. A mother of a boy who needed Carcinisin said

that she '...couldn't tell him anything because any slightest hint of reproach made him go into spasmodic weeping.'

In addition, if something upsets them they often think about it for days on end; they simply cannot forget. They tend to brood a lot. In some cases they have to talk about it later on; after every incident of reprimand they come back to ask what, why, how and so on. It is an obstinate inability to let go. Obstnacy in general is a symptom which has also been observed in Carcinosis cases.

This kind of sensitivity makes them live in a state of constant unhappiness. Grief and sorrow come easily into their lives, as they are so easily affected by hurt. Grief in Carcinosis does not necessarily come from great and substantial calamities, but from the everyday events of life that may constitute a mildly difficult situation for other people; these cause them tremendous pain.

After a number of years these patients develop severe symptomatology due to such compounded grief. It is the kind of grief that they will not discuss. They will not complain, will not show it. It can be said to be a **silent grief**. In this state Carcinosis appears to be similar to *Natrum muriaticum*, a remedy with which it shares some other symptoms as well.

There is, however, a different origin and a different quality concerning the 'silent grief' of Carcinosis. The Carcinosis grief has its source in a sense of weakness of the will - not wanting to confront others, not demanding, not asking for things - in a propensity to accept rather than demand. The grief of *Nat-m.* or *Ignatia*, on the other hand, is often a deep feeling that comes from a grave loss of a loved one, a grief that constricts the emotions and does not allow the patients to express any feelings. Carcinosis people will also become resigned more easily and keep quiet because they are afraid to disturb others by their complaining. Actually, it is a state somewhat between Staphysagria and *Nat-m.* in this respect. **Repression of emotions** is something quite common in this type of Carcinosis case.

Submissive and repressed

Fear of the rudeness of others is also frequent in these Carcinosis patients of the first type. As their defences are compromised, they feel unable to face the aggressiveness of the world from the time they were a child. Children of this type are **submissive**, well behaved, easy to handle, over-adaptive. They appear to be very kind, very obedient, very helpful. These are the children that please their parents, though intelligent and sensitive parents will see the weak points in them and will worry and report this to the doctor, because they understand that this kind of submissiveness is 'not normal.' Carcinosis children of this type cannot express their own demands toward others, they cannot 'hold their own' at school with other children. They also are unable to express what they need and want from their parents, and therefore they may also appear suppressed by them. This behaviour is reinforced if the parents are actually not aware of the particular sensitivities of the child.

These children have never been able to express their own individuality. They cannot 'be themselves' for **fear that they will not be accepted, they will not be appreciated, they will not be loved**, and thus they are in a state of constant insecurity. This is the prime underlying causation for their behaviour.

When they grow older they still feel that they have weak wills, cannot say no, want to please others. They appear as accepting, submissive or even

repressed persons, but they do not understand or feel this as pathology, rather as a conviction that this is the best way to get along.

Lack of self confidence, and depression

It is easy to understand that a **lack of self-confidence** is also present in these people. They do not believe in themselves enough to be able to pursue what they really want. Any emotional stress or conflict situation makes them feel almost sick. They avoid situations that might entail an argument; to avoid conflict children may, for instance, tolerate other children taking their toys away. Quarreling between the parents is something they are very sensitive to and can easily lead to their weeping and feeling full of despair. They desire harmony and perfection.

However, underneath all this behaviour there is a **craving for affection**. Children and grown-ups who need Carcinosis are all craving affection. They never tire of being hugged and being shown affection and protection. From feeling not loved, they can develop different ailments: fever, stomach pain, asthma and so on.

When patients of this type become depressed they often want to be by themselves; so that others do not feel sorry for them. In such a state, they do not like to talk, don't want consolation, prefer to be alone and silent. There is an aversion to conversation (which also showed up in the proving), and conversation makes them feel worse. An interesting feature that has been observed in several Carcinosis cases is '**sadness but cannot weep**', even in cases of severe grief (e.g. death of the mother). So this outlet for the emotions is also blocked. A constant feeling of unhappiness, of discontent, of being unfortunate comes on, and they eventually become apathetic and indifferent, even to their family, or even enter a state of veritable depression with a **disposition to suicide**.

The second type of Carcinosis is a very small percent of the Carcinosis cases, which expresses aggression, anger and destructiveness. Although individuals of the **second type** of Carcinosis **cannot tolerate reprimands**, criticism, etc. either, they react in exactly the opposite way to the first. If there is any provocation from their parents or relatives, say some remark that might be understood as reproach, they feel tremendously offended and hurt and react with **aggression and even violence, verbal or even physical**. They swear and strike, and when angered, tend to bully others. They terrify everyone around. They are easily angered and very irritable, with a **tendency to destructive outbursts** and to destroy things. They become like bulldogs in their anger.

The tendency to destructive outbursts is also found in the first type, but in the second type of Carcinosis people it has a special quality: they are **totally inconsiderate of the feelings of others**. Often they will be brutal and rude in their behaviour towards their relatives or friends, but kind toward strangers. The underlying problem is, again, that these children feel unappreciated and unloved. In children of this type, a vicious circle is set in motion. In general, these children defend themselves against control and suppression by becoming abusive and aggressive; this is due to their imbalances. Because of this behaviour they fail to get acceptance from their parents, who are likely to exhibit a different attitude towards a brother or sister (who is better behaved). The parents tend to take the things the Carcinosis child says badly, and the child notices this and feels all the more hurt by any comment. They then react in an aggressive manner, which is absolutely unacceptable, at least to the parents. As can be seen, the factors

from within and from without work together to aggravate the entire situation. The feature of obstinacy and headstrong behaviour, which has already been mentioned in type one, is again to be noted, but in type two it is much more direct.

They also react strongly to rejection. Sometimes they eat tremendous amounts of food, indiscriminately wolfing it down, everything mixed up together.

They put on a lot of weight and become obese, and though they are disgusted with themselves they cannot resist. It seems that food replaces the lack of affection.

Horrible things and the supernatural

Both types of Carcinosis have a special sensitivity to horrible things, to everything that looks horrible. This is expressed by the insertion of this remedy in the rubric '**Horrible things, sad stories affect her profoundly.**' Even the second type has, in spite of his bullying behaviour, a fear of anything that looks horrible to him. If he sees an animal that is wounded he will not look at it. It horrifies him; he is terrified by the idea. (The reader may compare this feature with the horrifying idea of a tumour growing in the body, mentioned above.) This also connects with the sympathetic trait of Carcinosis that will be dealt with below.

Together with the fear of horrible things, there is in both types of Carcinosis a special sensitivity to the supernatural. The patients of the second type will, for all their aggression, have a fear of the beyond, of the supernatural, of ghosts, etc. At the same time, they can be attracted to stories about ghosts! And when Carcinosis patients proceed from their destructive outbursts to a state of real psychosis, **the element of exaggeration, of the huge, the supernatural is again prominent.**

In their state of irrationality, they express this exaggeration in different ways. They may often feel that they can do supernatural things, such as affect people distant from them, on another planet, can materialize things, can make flying saucers appear, can travel to other galaxies, can communicate with aliens, can change the weather, can manipulate the forces of nature according to their commands.

Powerful natural phenomena, in particular thunderstorms, may also exert a strong influence upon these patients. They can experience fear but can also enjoy thunderstorms in the same way as *Sepia* does.

Orderly-perfectionistic-fastidious

Another strong characteristic that is found only in the **first type** is an **inherent need to establish order**, to remove the disorder around them (or so they feel) and in response to this need they can become **fastidious**. It is as if they feel the threat from the oncoming internal disorder.

The strong sense of order they possess compels them to become very **tidy**. Children may clear up their rooms meticulously, lining up their toys neatly.

Grown-ups do their work very exactly, with **over-attention to detail**. They are conscientious about trifles and feel the urge to strive for perfection in everything they do. They very easily develop a **guilty conscience, a feeling as if they had done something wrong**, even when it is clear to an

observer that there is nothing to worry about. They may feel the need to be busy all the time, which is expressed in the Repertory rubric '**Industrious**'. Often being busy, especially in a physical sense, ameliorates the general condition, whereas taking a rest aggravates it. The **strong sense of order** is actually a feature that is more accentuated in Carcinosisin cases than in *Arsenicum* cases, for whom the notion of fastidiousness is more characteristic or known. There are also cases where tidiness in most things goes along with untidiness in things considered unimportant by the patient. On the other hand, if we have the **second type** of Carcinosisin patient, we can see total disorder and uncleanness, absolute indifference to notions of order and discipline. These people might also expect order from others but do not and cannot apply it to themselves.

Anxiety and fears

All Carcinosisin patients tend to be anxious and fears are an integral part of the picture. There is often a great deal of **anticipation anxiety with a fear of failure**, especially during examinations, but also in other situations. This is closely related to the **fear of humiliation and reproach** mentioned above and it can also assume the form of **anxiety about the future**. Fear of losing control appears, for instance, in the form that the patient says, "I think it is terrible when I'm overstrained. Everything is too much for me."

Phobias of different kinds have also been observed in Carcinosisin cases and have been cured by the remedy. **Fear of heights** may be very strong in some cases. There is also a fear of narrow places (claustrophobia); fear of busy streets (in a crowd); and many others. Fear of animals is frequent: of dogs, of cats, of birds; of 'disgusting' animals, a disgust mixed with fear of frogs, of snakes, of spiders, of all sorts of insects: bees, wasps, and so on. However, similar to what occurred with regard to the supernatural or huge natural phenomena discussed above (fear of ghosts but also attracted to hear stories of ghosts; fear of thunderstorms but also enjoyment watching a thunderstorm), there may also be an attraction to animals, and Carcinosisin people may be great lovers of animals, though not to the degree that *Aethusa* patients are.

Other anxieties and fears are: anxiety while riding in a car, especially while riding fast; anxiety in the dark and fear of the dark; fear of earthquakes. Carcinosisin people also experience an **inexplicable anxiety**, for which they cannot determine the source, coupled with nervousness.

There is a great anxiety about health, especially a fear of getting cancer. In this remedy, though, anxiety about health often also refers to the health of others, especially to members of the family and to loved ones. The Carcinosisin **anxiety about others** may be as strong as in *Arsenicum*, *Phosphorus*, and *Sulphur*, and this is true for **both types**. This is really a strange feature for persons of the **second type** who appear so inconsiderate of others during their anger spells. The **second type** of Carcinosisin may, alternatively, exhibit a total indifference towards their family and loved ones and may even appear to be totally oblivious to the pain of others, not taking any notice of it (or so it seems).

Sympathetic and highly responsible

The **first type** of Carcinosis patients are very **sympathetic and compassionate people**. If you take into consideration the fact that they cannot demand anything for themselves and also that they feel pain and suffering so intensely, it is easy to see why they dwell as much as they do on other peoples' problems. They are so sensitive to the sufferings of others that they feel exhausted by the involvement with their problems. They actually **feel the pain of others in their body**. These type of Carcinosis patients are the ones who sacrifice their comfort for others, who feel they owe everything to others while others do not owe them anything. They are often very capable and intelligent people who do not, however, stand up for their own rights, even if it is obvious that they are right. They are the people who seek to justify others, but do not react if others are unjust to them.

In this context a **high sense of responsibility** is to be noted. Children feel overly responsible from an early age on, taking on responsibility for the whole family. They are very reliable in looking after their pets, taking care of the household, and so on. Their exaggerated sense of responsibility for the well-being of their relations and loved ones may lead to feelings of guilt, anxiety fits and eventually depressive states.

The empathic and sympathetic quality, which in some cases amounts to a sense of clairvoyance, may be so marked that they can cry for days after they have witnessed a sad incident, for example, when someone is hurt. They may also be deeply affected by violent incidents they see on the television news or in a film. This kind of sympathy and openness, together with the anxiety they feel for others, makes them similar to *Phosphorus* people in this respect.

In contrast, the **second type** of Carcinosis is totally inconsiderate, egocentric, irresponsible and selfish. These people only demand from others, give back nothing in return, and if you do them what they perceive to be an injustice, you will never hear the end of it.

Intellect

Carcinosis patients may be people with strong intellectual powers, often literary people or scholars who like to learn, to read and to stimulate their brain. Severe disturbances of the intellectual faculties, however, are also to be found, especially concerning memory.

When these persons stress themselves with a lot of responsibilities, their minds become easily exhausted, start to give way and the memory is the first to fail. **Poor memory** is a symptom, which is prominent in the proving. The patient **forgets normal everyday things** (Templeton reports that one of his provers had to return three times for his spectacles), has to think deliberately, has to make an effort in order to remember. His forgetfulness makes him irritable.

The poor memory may accompany a general **dullness of the mind**. There is difficulty concentrating and thinking, mental inertia, a slow intellect; having to think is an effort. The brain seems constricted. A weak, tired feeling in the mind and body may come on. The individual becomes foggy, disinterested, absent-minded; it may be described as a sense of being intoxicated or spaced out. The individual can't absorb anything; in a conversation he is aware of hearing something, but the words do not actually register, and so he does not respond. An **aversion to conversation** is not surprising, then, and has actually shown up in the proving as a prominent symptom.

The weak, tired feeling passes after a short sleep, but it can also be 'worked off'. As one prover put it: *'If I fight that tiredness and do not have a short sleep I can after a short period settle down at my books with the same degree of energy.'* clinical evidence also shows that **mental exertion as well as physical exercise often ameliorates** the general and mental state.

The carcinosin child

Precocity is a characteristic of Carcinosin that is seen frequently in children. One sees extremely early and rapid development on the physical and mental levels (including the exaggerated sense of responsibility I described above). These children may learn to walk very early and may be toilet trained at a very young age. They may have a keen intellect and learn very quickly. One could call them 'early developers'. Their ability to talk is particularly striking. You feel you are talking with an adult; a three-and-a-half-year-old Carcinosin boy was described as 'talking like a lawyer' by his mother. This particularity of being able to **speak in a very refined way at a very early age** is a useful characteristic. Sexual development may also set in very early and proceed quickly. Carcinosin children become sexually excitable unusually young, which may lead them into early and frequent masturbation.

On the other hand, Carcinosin children may be **very slow in their development** (especially mental). Problems of 'holding their own' at school are very frequent in Carcinosin children of different types, but in these slow-developing children the problems are also on the mental-intellectual level. They have childish behaviour and no inclination for learning. All the proving symptoms mentioned above may be found in these children: mental dullness, disinterest, difficult concentration. Carcinosin has also been used with favourable results in mentally backward or underdeveloped children. Even in children suffering from Down's Syndrome, Carcinosin should be considered as a constitutional remedy (as well as *Medorrhinum*) because its action may greatly benefit them. Even though the basic chromosomal defect cannot be corrected, Foubister observed good results from such treatment.

An important characteristic of Carcinosin children is their **sleeplessness**, which is sometimes present from their very first days onward and may be a very persistent and extreme symptom. They simply cannot fall asleep in the evening and cannot sleep until late in the night. Often they are very excited and lively in the evening. They do not want to miss what is happening around them and so do not want to go to bed. Also, in order to be able to fall asleep they frequently need the mother's company. The child wants to sleep in its parents' bed, or cannot sleep through the night. If the child wakes and doesn't see its parents, he or she calls for them or goes to their bed. Being rocked may make it much easier for them to fall asleep.

There will be frequent waking, sometimes with a sudden jerk as if from a fright (similar to *Sulphur* children). The Carcinosin child is easily startled and wakes up trembling with anxiety. During sleep frequent involuntary jerking and twitching can come on, which might also wake them; in more advanced cases we see chronic convulsions at night. Frequent nocturnal urination may also keep them awake for a long time. Some children need to be carried around time and time again. They are unable to sleep for more than one hour at a time and become deeply exhausted and over-tired, or they awake after midnight and cannot fall asleep again for two or three hours. **Night terrors** have also been noted, as in one of Foubister's cases: *'She screams while still asleep, when wakened she answers correctly and forgets about the episode in the morning'* (This was a condition of five years' standing. A

relapse two years later also yielded to Carcinosis).

The **position during sleep for children** is often on the abdomen and, more specifically, **on the elbows and knees** as in Medorrhinum. According to Foubister, this is a valuable symptom if the child is more than one year old, because in their first year many children adopt this position and abandon it later on.

Another pathology that we frequently see in children, and that we have to be aware of, is their tendency to develop **asthmatic conditions**. Many times children's asthma will require this remedy before it clears up. It is interesting to see how the lack of affection they so acutely feel leads to a pathology that is very much connected with the deprivation of love and affection.

Appearance, sexuality, and other important traits

The classic triad of Carcinosis appearance has been mentioned in the introduction: a **brownish cafe-au-lait complexion, blue sclerotics and numerous black circular moles**. There are some variations: the skin may be pale and transparent, giving the patient a refined and delicate appearance which is matched by his corresponding behaviour; and there may also be brown spots on the skin (lentigines). The head may be disproportionately large, particularly the forehead, which may be huge, and there may be a tendency to unusual hair growth on the face or spine. The patient's appearance is, of course, never a mandatory component for the prescribing of a remedy and should not be expected in any particular individual case. There is a tendency to the formation of keloids, and Paschero found that Carcinosis reduced the number of keloid scars caused by plastic surgery.

In matters of sex, Carcinosis patients often have a strong passionate nature and women, especially, are attached in a passionate way to their partners. They so greatly feel the need for love and affection that they may exhibit almost a compulsion to get as much sex as they can. Sex is always more easy for them to give themselves as their shy and undemanding nature keeps them from asking for affection on an emotional level. The fact that they feel weak and defenceless and cannot express their demands makes them feel even more dependent upon their partner. They are not promiscuous, but are easily sexually aroused. Even if they feel the other person is not that interested in them, they may be strongly attached to him or her and they become very depressed after having given so much of themselves.

Carcinosis patients tend to be **artistic people**. They are sensitive to music, **love dancing** and have a marked sense of rhythm. They often **love to read**; even young children are fond of reading literature. Everything that cannot hurt the emotions and, at the same time, can stimulate the mind and imagination affects them deeply. Therefore, beautiful music or intensely sad stories can make them cry and when they read a story they 'live it'. A similar trait is their **love for nature**. Of course we can say that 'everybody loves nature' and that this is neither pathology nor a symptom, but Carcinosis patients have a special craving for nature; they feel most comfortable in nature as it will never hurt or offend their emotions. The love of nature shields them against their great weakness, which is their vulnerability. They also like to travel, not so much in order to meet people, but rather in order to live 'close to nature'.

A strong food desire is the **desire for chocolate**. They often exhibit a strong **desire or aversion to fruit and the fat of meat**. A craving for spices is

also frequently encountered. (The food desires and aversions will be dealt with in detail in the 'Stomach' section).

Two important modalities: frequently there is a **strong aggravation or an amelioration from sea air**. A **strong amelioration in the evening** is also characteristic; their energy level is good at that time. *'Tired in the sun, better in the evening'* and *'tired in the morning, better in the evening'* are modalities that have often been observed in Carcinosis cases. (The proving brought out a weakness and fatigue that was worse in the late evening and a general aggravation time from 6 to 7 p.m. was also elicited.)

A selection of symptoms

Contradictory and alternating states. Foubister mentions that Carcinosis has symptoms that alternate from side to side.

The proving brought out some sensations that occur in several parts of the organism: feelings of tightness and constriction, throbbing, and a twitching of various muscle groups, especially in the face (eyelids). Hui bon Hoa has confirmed that **nervous tics**, often of a bizarre nature, are part of the Carcinosis picture. He gives the following examples: *'One of my patients constantly tapped his brothers' skulls with his finger tips; another used to gently bite the tips of children's fingers, one after the other; he had not lost this habit at the age of 40. Sometimes Cancerinum tears at the skin round the nails.'*

Some modalities that have not been mentioned in the 'Essential Features' section: heat and cold may both aggravate, although heat in general aggravates. Carcinosis people tend to be warm-blooded, and warm, stuffy rooms will often aggravate. *'Less talkative, worse stuffy room, better open air'* (from the proving).

'Worse from undressing' is also an interesting modality that applies to cough and skin symptoms.

There is a **general amelioration from a short sleep**.

Usually Carcinosis patients possess great appetites and are voracious eaters. They can become very obese, really huge.

Food allergies have been noted: allergic to eggs, intolerant to the smell of eggs.

They have profuse, offensive axillary perspiration.

Some pathologies where Carcinosis has acted favourably are: *mononucleosis infectiosa* ('glandular fever' where it may be, according to Foubister, a near specific in epidemic cases); recurrent infections in children (also recurrent tonsillitis); cyclical vomiting; neurodermatitis.

It may be indicated in complaints of an annual periodicity, e.g. hay-fever.

Carcinosis patients can also suffer from **travel sickness**.

Women have flushes of heat during climaxis.

Vertigo and head

Vertigo and fear of high places.

Tight, constricting feeling of the brain which may also induce or aggravate an aversion to conversation.

A sensation of thumping, mostly on the **right side** of the head. Thumping headache behind the eyebrows from 1-6 p.m. **Throbbing pain deep inside the head**, the depth being very marked.

Heaviness behind the right eye; between the temples. Dull heavy frontal ache; **heaviness in the frontal region over the eyes**, with a dazed and dizzy feeling; **better in the open air**.

Pain in the right temple as if someone were pressing there.

Frontal headaches extending into the eyes.

These head symptoms from the proving led to the use of Carcinosis in migraines, which may be accompanied by blindness and vomiting. Migraines may be followed by asthmatic complaints or may alternate with them.

Headaches in the occiput, especially in the late afternoon, lasting from 5 p.m. until bed time. Severe pressing occipital pain, radiating to the base of the brain and nape of the neck.

Headache before thunderstorms.

A history of an injury to the head (even at birth or in childhood) or a concussion of the head may point to Carcinosis, according to Foubister.

Eyes

Blue sclerotics.

Twitching of the eyes, eyelids, brows; of the left lower lid; repeated blinking, **tics**.

Aching behind the right eye; it is tender to pressure.

Lid margins sore and dry.

Stinging in the upper lids.

Styes that produce discharge.

Eyes feel strained and weak.

Ears

Sensation as if the ear was blocked; inflamed meatal wall.

Inflammation of the right earlobe.

Formation of boils in the ears, alternating from one ear to the other. '*Patient had no freedom from boils for more than a week or two at a time*'

(Foubister).

Nose

Chronic, long-continued coryza, or constantly recurrent colds, since childhood.
Excoriating discharge, or stuffy nose with thick discharge, **like a lump in the larynx**.
Hay fever.

Face

Tics; all sorts of grimaces; twitching with a sensation of tingling.
Brownish colour; smooth cafe-au-lait skin.
Numerous eruptions: acne (came out in the proving), vesicular acne; eczema with scratching till it bleeds; herpes on the upper lip and nose.
Eczema on the face, at the sides; she scratches until it bleeds
Stiffness of the lower jaw.

Mouth

Mouth ulcers at the upper gum and the side of the tongue; ulcers with foul taste. **Aphthae in children**. Leukoplakia spots on the gum and palate.
Papillae absent on the tip of the tongue.
Tongue constantly moving back and forth, touching the teeth; tongue becomes sore, with severe pain.
Tender gums, painful on pressure, with a stiff lower jaw.
Aching at the roots of the teeth.
Early caries of the teeth.

Throat

Sore throat, worse from warmth and better from cold. The soreness has a special localisation: **at the palate, as if there were a lump there**.
Sore throat on swallowing saliva (empty swallowing), worse in the morning, better as the day goes on, comes again at night; sore throat when not

swallowing.
Recurrent tonsillitis.

Air passages, respiration and cough

Keeps on clearing throat; has to do so before being able to speak.

Stammering; unable to say certain words, e.g. the number 'eight'.

Lump sensation in the larynx.

Recurrent infections or catarrh of the respiratory tract.

Asthma: in children; dating back from a severe fright; better or worse at the seaside; worse in wet or windy weather, better cool, dry days.

Shortness of breath on running.

The proving brought out a lot of **cough** symptoms: cough, from a tickling in the throat, which hurts the stomach; tickling cough at night, keeps on clearing throat; worse talking, singing, laughing, being in a warm room; **worse in the morning when dressing, washing or shaving; worse undressing; worse when 'stretching the throat' as in yawning.**

'Stomach cough' worse in a stuffy room; irritation in the pharynx, larynx, and thyroid aggravated on leaving an area of cold air. Stomach cough while talking; throat clogs up then is cleared by coughing.

Cough may be worse from cold air or worse indoors, but especially on the change from cold to warm or warm to cold.

Prolonged whooping cough or chronic pneumonia; in infants; history of such conditions in early childhood.

Stabbing pain behind the sternum.

Sensation as if heart tight and constricted, as if one wants to sigh.

Palpitation from 2 to 6 p.m. , 'can feel the heart and hear it when lying down'.

Stitching heart pain on standing.

Stomach

The appetite may be voracious. The patient eats everything indiscriminately and mixed together. More often, however, there are very marked food desires and aversions, with the peculiarity that one kind of food is desired at one time, and at another time there is a definite aversion to the same kind of food ('contradictory and alternating states').

Marked desires may be for: **chocolate** and other sweets, including ice-cream, and even pure **sugar** (Paschero reports that children only wanted to eat sugar); **fat and fat of meat**, ham, smoked bacon, butter, sausage; **raw potatoes; spicy foods**, salt; soup; sweet **and** sour; fruit, sour apples; cocoa;

cold drinks, especially milk; eggs.

Marked aversions: to **fruit**; to eggs, even to the smell of eggs; meat, fat, butter; **potatoes; milk; salts; sweets.**

Intolerance for honey, for milk, for onions; allergy to eggs; the odour of mustard disgusts.

Very thirsty, for large quantities, or very little thirst.

Nausea from traveling by bus or car; travel sickness.

Eructation tasting of vomit.

When **anxiety or anticipation are felt in the pit of the stomach** or epigastrium, Carcinisin may be indicated, especially (according to Foubister)

Cancerinum Adeno-Stom.

Stomach pain from coughing.

Peptic ulcers, duodenal ulcers; in the individual or family history.

Abdomen and rectum

The provings elicited a **constant feeling as if one were constricted**, in the stomach, abdomen and rectum. This **constricting pain was relieved by pressure, bending and hot drinks.**

Indigestion, accumulation of gas in the stomach and bowel.

Pain low down in the abdomen with flatus.

Obstinate constipation. Constipation with heavy pain above the umbilicus; the pain comes slowly and goes slowly, worse from 4 to 6 p.m.

Constipation with very little desire to pass stool (but much flatus). Stool very hard and dry, difficult and painful to pass. Stool remains for a long time in the rectum.

Much flatulence in new-born babies; **nappy rash** (dermatitis).

Prolapsus; from mental stress through being treated unfairly at work; in children.

Fistula ani; fissures and painful cracks of the anal-rectal area.

Urinary organs

Chronic or recurrent infections. Cystitis; nephritis; pyelonephritis. Urine containing granular casts.

Involuntary urination. Constant leaking of small amounts of urine. Or: *enuresis nocturna* which is still present at an age of 12 or 14 years (Kokelenberg).

Female genitalia

Dysmenorrhoea. First day of menses extremely painful, she has to bend over double and sweats from the pain. Extreme pressure in the lower back with menses, resembling labour, sometimes keeping her awake at night. Cramping and dragging-down pain extending down the thighs.

Nausea and vomiting at the beginning of menses.

Swelling and pain in the mammae before menses, beginning in mid-cycle.

Premenstrual Syndrome. Bloating, anxious, fearful.

Recurrent ovarian cysts, right-sided, causing numbing pain down the thigh. Formation of ovarian cysts in connection with acne and furuncles discharging thick matter like butter. Right-sided ovarian pain.

Fibroid tumours in uterus; endometriosis.

Flatus from the vagina.

Herpes genitalis.

Recurrent pseudo-pregnancy with enlarged abdomen and milk in the breasts.

Chronic mastitis.

Neck and back

Pain on the right side of the neck on turning the head to the right.

Pain at the inner angle of the left scapula.

Twitches in the back; with tingling.

Sciatica.

Extremities

Coldness of the extremities, worse from a draught of air.

Aching arms and legs, acute coldness of the hands and feet; aching worse from cold and sitting still. The hands may go white and blue.

Twitching in the muscles of the thighs and arms.

Aching at the back of the thighs, with numbness and tingling of the arms and legs if he crosses or bends them.

Aching 'like a toothache' (from the proving) in shoulder muscles, ameliorated by warmth and movement.

Pain in the hips, right and left, worse for motion, worse if weight is off the legs.

General weak tired feeling, mostly in the legs, in late evening; better if kept active and does not rest; better also after a short sleep.

Rheumatic pain in the legs, ameliorated by warmth and gentle movement, whereas quick movement aggravates.

Weakness of the ankles.

Hangnails; tears or chews at the cuticles.

Sleep

Obstinate sleeplessness, especially in children. Takes a long time to fall asleep. **Tired, but mind much too active to fall asleep,** lies awake for a long time, often for most of the night.

Sleep restless, disturbed; light sleep, frequent waking. **Waking at 4 a.m.** and cannot fall asleep again.

General twitching of muscles during sleep; wakes up twitching; wakes up with a jerk, as from fright.

Tired when he wakes up in the morning, even if his sleep was good; unrefreshing sleep.

Aside from the **knee-elbow position** with his head pressed into the pillow (compare *Medorrhinum*), other sleep positions have also been observed: he sleeps on his back, hands above his head, or he can only sleep on his left side.

Dreams: **of looking for someone and failing to find them;** of working; of traveling; of drifting; of murder; anxious dreams (e.g. worried about having done something incorrectly at work); nightmares; of vampires; exhausting dreams; exciting dreams.

Skin

Many pigmented naevi, black and circular or brown (moles, lentigines).

The proving brought on a return of an old eczema (not present since childhood), apparently a **seborrhoeal irritation between the shoulders and on the sternum, which was aggravated on undressing.**

Eczema with itching; must scratch until it bleeds; eczema worse after milk; **neurodermatitis** with rough and dry skin.

Wounds and ulcers are slow to heal.

Tendency to the formation of **boils.**

Warts have repeatedly been cured by Carcinisin: on the lips; on the abdominal skin; on the back of the hand; on the fingers; adjacent to the finger nails; on the soles of the feet.

Relations

Carcinosin may precede or follow *any* remedy. Foubister has compiled a list of complementary remedies: *Alum., Ars. and Ars-i., Bell-p., Calc. and Phos., Graph., Lach., Lyc., Med., Nat-m. and Nat-s., Nit-ac., Op., Psor., Puls., Sep., Staph., Sulph., Syph., Thuj., and Tub.* He says that '*Candidates for Carcinosin in other respects had frequently been helped by one or more of these remedies*', and he suggests considering Carcinosin if a patient doesn't respond to a well-selected remedy if the remedy is included in his list, or if two or more of them are strongly partially indicated, but neither of them adequately covers the case.

I suspect that this idea has not been sufficiently confirmed, yet I have observed that sometimes Carcinosin will act to 'open up' a case (without curing the condition) so that the next indicated remedy can be recognised and prescribed and will be able to act, even though it is possible that such a remedy was given before and did not act.