

SIMILLIMUM

Editor: Melanie Grimes R.S.Hom(NA), CCH

Simillimum is a journal published by naturopathic physicians for all people interested in homeopathy. It is dedicated to the practice of classical homeopathy as formulated by Samuel Hahnemann in the *Organon of Medicine*. The editors encourage homeopaths of all professions and backgrounds to write. Accounts of cured cases, essays, articles and letters to the editor are welcomed. The journal is published bi-annually in June and December. Material must be submitted eight weeks prior to publication (the first of April or October) to be considered for the coming issue. General HANP membership is open to everyone, and includes a subscription to *Simillimum* and access to exclusive content on **www.hanp.net**.

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EDITORIAL 2011

Melanie Grimes

When I first began to edit homeopathic journals, over two decades ago, I usually received paper case in the mail along with an accompanying floppy disc, if I was lucky. Most of the time, I had to retype the cases by hand. Now, I am receive emails daily from around the world and I remain astonished and in awe of this remarkable electronic sharing. I remember the first time I published a journal issue with authors from five continents, while today, it would seem odd to only publish information from one nation, continent, not to mention one licensure of homeopaths.

This issue represents homeopaths around the world- I have stopped even noting or counting- and even then, some of these homeopaths and authors are not in the countries or cultures they began in such as Jeremy Sherr, once of South Africa and Israel and England, now in Tanzania.

This community has become more global than ever and I believe that more complete sharing of information is facilitated by this speed and ease of communication.

To top it all off, this is the first issue in which I received a case not by postal mail, not by snail mail, but via Facebook. The article on alopecia was first detected via social media.

Which brings me to wonder what the future will be, with cell phones and apps to broaden our connectedness and further speed the dissemination of homeopathic knowledge.

Onward, or as Hahnemann would say, Aude Sapere

Melanie Grimes, editor

LAYERS OF SUSCEPTIBILITY

Steve Olsen ND, DHANP

In almost every clinical homeopathic case we encounter, there are one or more layers of susceptibility. This happens because:

- A. There are different genetic traits inherited from the parents which lead to different disease susceptibilities. Hahnemann would have called these miasms.
- B. The use of allopathic drugs for a chronic or acute illness creates a new illness susceptibility. Or the use of recreational drugs creates a new susceptibility.
- C. The stress from the environment creates a new or worsens an already established illness susceptibility. For example bodily injury, emotional trauma or severe mental stress.
- D. A stronger dissimilar disease produces a new illness that is separate from the original illness. For example, Hahnemann writes about an epidemic illness that creates a new temporary acute disease susceptibility.
- E. Suppression of one group of symptoms can produce a new disease or worsen an existing disease susceptibility.

In Aphorism number 42, Hahnemann states :*In some cases, as has been stated (#40), nature itself allows two (or even three) natural diseases to meet in one and the same body... That are dissimilar to one another ... that cannot annihilate or cure one another...*

In Aphorism number 40, this is further explained: *It can also happen that the new disease, after impinging for a long time on the organism, joins the old one that is dissimilar to it, and they form a complicated disease. Each disease takes in its own region in the organism... 1. A venereal patient may become psoric and vice versa but the two dissimilar diseases cannot lift one another; they cannot cure one another... I am now firmly persuaded that no real fusion of the two diseases takes place. The two diseases exist beside one another in the organism, each in the parts that are suitable for it. The cure of the diseases will be completely produced by the timely alteration of the best antisyphilitic means with the best means of curing the itch diathesis (i.e. the best antipsoric medicine), each prepared in the most appropriate dose.*

Treatment

In all of the situations above one needs a strategy and tools in order to make the crucial decisions concerning what side or layer of illness to treat first?

What is our guide?

- A. Treat the totality of the symptoms.
- B. Look at the modalities, sensations, general symptoms, keynotes and mental state to help one find the remedy.

When there is only one layer of susceptibility then these criteria can easily be employed to find the simillimum. When there is two layers of illness and the deeper layer is suppressed and hidden by the top layer then again it is relatively straight forward to give the first remedy and then months later the second layer appears at the surface where once again one can use the totality of the symptoms to solve the next layer of the case. The deeper layer may present as an acute illness (most favorable outcome) or the return of old chronic symptoms but of less pathology than the first layer (skin eruption – then next most favorable outcome).

The next most difficult situation to treat is when there is an acute illness appearing in a case with noticeable chronic symptoms in the background. This can even be true when a first aid group of symptoms seem to persist or have been poorly treated by allopathic drugs.

- A. If the modalities, sensations, keynotes, general symptoms and emotional symptoms of the acute illness are the same and as the keynotes etc as the chronic symptoms then most likely the remedy for the acute and the chronic are the same.
- B. If the modalities, sensations, keynotes, general symptoms and emotional symptoms are different between the acute symptoms and the chronic symptoms then most likely the remedy for the acute illness will be different from the chronic illness and so the remedy for the acute illness will need to be given first followed later by the remedy for the chronic illness. In this case one should only make a repertorization of the symptoms that are the most recent; that being the ones that presented as the acute illness began.
- C. In order to find out if there is one remedy to treat the acute and chronic or two or more remedies is often difficult and requires a long case taking session as one is looking carefully at the chronic illness symptoms and the acute symptoms. Patients are often confused at what seems like many unnecessary questions and so they often need an explanation and reassurance as a ten minute visit which looks only at the acute symptoms. In my experience the acute and chronic are joined together about half the time.
- D. Two layers of chronic illness but the first remedy that is needed only fits a few minor symptoms. This is a very unfortunate and difficult

presentation. Most of the time when there is a chronic illness then most of the time the only remedy that will cure the case will be based on the presenting symptoms that are most intense. This is not always the case as the organism can call for a remedy that seems to only help in minor ways but then later on once this has acted the organism will respond deeply to a remedy that was indicated from the beginning but when given at the beginning did nothing. So a 'small' remedy is given first and then a remedy later on is given which treats the majority of the symptoms. Hahnemann called this a one sided case. I think many patients give up on homeopathy before the practitioner can find this small remedy but telling the patient what is happening can help to keep them focused on the final objective.

- E. With a very severe chronic illnesses the layers of susceptibility become more seemingly intertwined and they can all seem equally expressed. Again this makes the case extremely difficult to solve as there is seems to be no one remedy to cover the totality and even if one can see two or three different remedy pictures it is not clear which remedy to start the case with. Even when one is successful the correct remedy may need to be changed more frequently but with each remedy the case should become clearer and the overall health should be permanently improved. Again how does one go about finding the first remedy? In this category we are dealing with end stage pathology, cancer, hospital acquired infections, comatose patients, Pneumocystis carinii, a child born with Epidermolysis bullosa or Thalassaemia major (life expectancy is about ten years).

This topic is covered very well in a recent book by George Vithoulkas and Eric Van Woensel entitled "Levels of Health." With his many years of experience George has sorted out these ideas and made useful categories with realistic expectations of what can be expected from homeopathic treatment. I have been applying this logic to my cases and find the theory to fit what actually happens in practice. I don't think it is possible to treat very severe pathology without these insights or at least one could say it makes the task more methodical and predictable.

Comments from current practitioners:

Krista Heron: I do not ascribe to the idea of layers. I think the vital force makes a cohesive and comprehensive reaction to the state it finds itself in, and I see that response being the same whether we are 5 or 25 or 50, that is until a healing influence comes along and helps the organism find a healthier way to respond.

It doesn't make sense to me that from age 20-30 we need a zebra-like remedy, and before, when we were 10-20 we need a camel-like remedy. I perceive that the organism responds to the circumstances it finds itself in, in consistent ways. If we expressed our susceptibility to stress at the age of 10

with asthma, we most likely will create symptoms of a disease in a similar way (not necessarily the same disease) at 20. It is the “how” of what we express, not so much the “what” that is most important, although both guide us to find the remedy that will help our patients.
warmly, Krista

What I like about this idea is that Krista is always looking for the synthesis of the symptoms – she assumes correctly that usually one can find a deep acting remedy which permanently removes the chronic illness.
This she qualified with the statement:

First aid, and certain acutes (everyone got food poisoning from Mom’s soup) often need broad stroke remedies - *Arnica*, *Arsenicum*- the genus epidemicus idea. But I find 90% of the time that the constitutional will treat an acute for a patient. It makes sense, their body is expressing their susceptibility in their unique way, just like yesterday when they were their constitutional why would the body create a whole new strategy of defense?

I can’t say anything is true for every patient. I don’t cure every patient. But what I do find is that a good remedy can work for years -5-10-15 years- that I can see how that same remedy was needed when they were young.

That said, all of us have ‘zig-zag’ cases where we move the patient towards health with one remedy after another; it is just that I analyze that most of those remedies were close, not the best simillimum, and that the curative remedy could have, should have, been given all along
Just my thoughts,

These ideas are further developed by Steve Albin:

A great time to figure out a tough case is often when a patient is having an acute flare up of their chronic symptoms.
Aphorism 102 *Organon*. I must say though that if I am treating a patient for an epidemic acute and can’t find the remedy, the chronic remedy often is helpful. Treating very chronically ill patients with many layers: I’m sure we all struggle with this issue. A few other thoughts: When I think I am seeing multiple layers (remedies) in a case, I consider that to be a red flag and look harder to see if I can find a single remedy that covers the core of the case. This usually involves looking at the case from a different point of view. For me, Sankaran’s method really helps in these situations since it offers alternatives to a symptom based approach and gets me looking at remedies that I might not otherwise consider.

I don’t mean to imply that there aren’t cases that have multiple layers or that treating patients in that way isn’t effective. Far from it. I’m sure you have noticed, however, that the more remedies we deeply understand the less complicated these cases become.

Some criteria for chronic cases:

1. The history/timeline of the case coincides inversely with the layers of the case. It is like a recording that must be played backwards.
2. Miasms: the stronger, more active miasm in the case usually needs to be dealt with first.
3. The patient's perception: the patient is usually more concerned about the top layer and will put a lot more energy into talking about its symptoms.
4. I find that when the symptoms of one layer are flaring, the symptoms of other layers are subdued. So if all of a patient's symptoms flare up together I would be inclined to think that they were all in the same layer.

Steve and Krista have both put a strong emphasis on idea of searching for the deepest acting remedy. Most likely from experience they have seen how remedies that seem to treat part of the case fail to bring about a sustained and deep reorganization of the patients' health. When they find the simillimum, they see how the case could have been seen from the beginning, a wonderful insight where everything seems crystal clear in hindsight.

John Miller also made a contribution to this topic:

After almost 25 years of grappling with this issue... my musings:

1) I don't think in terms of an acute remedy and a chronic remedy.... All remedies have both acute and chronic applications.

This is an excellent point! Every remedy, even Arnica or Calendula can be used for chronic ailments as I and others have verified many times over. The opposite can also be true: for example, I had a case where after a fall the patient 12 months later still had many back pains and pains in the extremities. I tried Arnica and a few other first aid remedies with no success. So I gave her *Crotalus horridus* which was her overall constitutional remedy which had been indicated for many years. All of the first aid symptoms resolved as well as her chronic symptoms such as depression, throat symptoms, tinnitus and many others. So in this case an acute disease had joined up with a similar chronic disease making both worse but connected into one layer.

John then goes further:

2) In terms of the term "acute," we find acute remedies... acute prescriptions.... acute conditions and even acute miasms... so what is an Acute?????

Another good point, as the acute symptoms at times are no longer self

limiting, they become chronic or return on an intermittent basis so. In fact, there is a maintaining susceptibility that allows them to persist.

3) An acute prescription is required when the reaction of the organism is appropriate and proportionate to the stimulus at hand, i.e. a typical or normal human reaction to the stimuli, so we use *Arsenicum* acutely in a case of food poisoning.

Acute prescriptions include palliatives in non-curable cases.

4) A chronic prescription is required when the reaction of the organism is inappropriate and disproportionate to the stimulus at hand. I.e. the reaction is beyond typical/normal human response. This reaction is based in the miasmatic underlay and requires a chronic or miasmatic prescription.

What we can add to this idea is that at one time the reaction to what caused the chronic illness was appropriate but then became a fixed over reaction or incomplete under reaction. That is how we come to the truth that the patient feels 'as if' but stress that would normally justify this feeling is no longer present. As the reaction keeps happening it becomes part of the chronic illness.

The girl with MS. (now cured) who's MS was related to emotional family (of origin) stresses (not her own stress). *Kali Br.*

5) Modalities are always primary (importance) and your comment about same or different modalities re acute and chronic is useful. But I find it still confusing at times. I tend not to think in terms of susceptibility. Too speculative for me. If a causal or exciting factor got things rolling, they are susceptible!

But what was the factor? What was the reaction and was it appropriate and proportionate, i.e. acute, (non-miasmatic) or not, i.e. chronic (miasmatic)?

6) I don't worry about finding the magic simillimum, though when found we see miracles. Often the patient needs one main remedy. I still find I have to deal with intercurrents for miasmatic blocks and acute situations where remedy relations are important to understand and often a compliment works just fine.

7) When it comes to the concept of layers, I have two factors I consider: 1-the time line of the life of the patient and the family, the sequence of events and 2- the presenting miasm in chronic cases.

I also like to follow the following principle: "Don't go too deep too soon." I think it was Dorothy Sheppard.

Most of this has come out of study on remedy relations. Something that is often missing in many young homeopaths.

Here is a case example

I just had such a case. Chief complaint: Apoplecia. Chronic Remedy. *Nat mur.*

With post motor vehicle accident headaches. Acute Layer on top.

Arnica 1m was given. Then later she was given *Natrum muriaticum*.

From this discussion one can see that the above concepts first formulated by Hahnemann have to be integrated and then applied individually to each case. The time line is often helpful in sorting out what remedy to use first but not always.

Here is a contribution from Nathalie Allen:

When I suspect that one than more remedy may be required for a case, I usually try to identify a timeline in the evolution of their health status: does the case have identifiable patterns with clusters of symptoms that exist during a given time period? Were the symptoms different before that time period, or were they different since then? Did something happen or change at the beginning or before that time period, that I could identify as a possible etiology to the new layer? Of course, new pathologies will have their own patterns or symptoms, but I want to see if the General Symptoms have changed, too, as well as Mental/Emotional symptoms (Mind symptoms).

If I see a change, a shift in the symptoms, or in some symptoms, and I can see a new remedy layer/susceptibility that fits this new time period, then I suspect a different remedy is needed. Of course, I want to treat the most current layer, most recent period, and leave the previous layer to be treated later: I expect that the old symptoms will return as the old layer will resurface, especially if a different remedy is needed.

All cases are different, thus, even when I can tell that two layers or more may be involved, my questions have to fit the situation. Examples of questions would include: How is your thirst? Is this different from before (for an acute illness, this may be a good question)? Has your thirst changed, was it always the same? Was your thirst different when you were a kid or a teenager? (if they can't remember a relatively more recent shift, people can often remember that they used to be or feel differently when they were young, so we can follow the changes in general symptoms, or personality changes, or pathological changes may sometimes help, too).

Nathalie puts an emphasis on the time line, etiology and change in pattern of symptoms.

Jerome M Pindell Comments:

Reading this brief article was not unlike listening to myself explaining the promise of homeopathy to my clients over the years. Many years ago I was privileged to have been made privy to a conversation that one of my early teachers had had with George Vithoulkas. When asked how often that one remedy “fixed” the presenting problem, the reply was that it occurred less than 25% of the time. The rest of the cases required many remedies and hard work. I am of course paraphrasing here. Reality met my magical thinking.

When I enter into a dialogue with my clients, I bring little expectation that the modality of homeopathy will be the only one necessary for their peace of mind or body. I use the metaphor of a struggling swimmer. Give them a preserver and their focus shifts from the immediate struggle and fear, to the ability to relax, take in the entire scene, and perhaps to recognize that the path to dry land is shorter than they were imagining. That is often the reality of day-to-day practice. We are given tools that can alleviate suffering, but there are often times that the client must step in with their own energy of intention and take up the task of moving their healing bar up a notch. The old homeopaths from Hahnemann on recognized the importance of changing the environment, diet, as well as other forms of intervention in the healing process.

We are only able to answer the call to heal that to which we are privileged to have been given witness, and to which our experience and knowledge has allowed us to understand and to find a simillimum. If we become so arrogant as to believe that homeopathy can heal all the problems of the world, we will once again fall into disrepair and our beautiful science will lie fallow.

I am repeatedly impressed by the brilliant work that is being done by homeopaths around the world, and despair at times that I am unable to keep up with the new insights and perspectives that are continually emerging. But the appropriately characterized “magical” thinking that arises when I read of cures through obscure remedies belies the hard work that must be done to raise the consciousness of our community, as well as that which must be taught to the newer generation of homeopaths. After all, homeopathy is both a science as well as an art. Neither this or that, but both interwoven, equally, with a dash of pragmatism.

The reporting of brilliant cures with new remedies never seems to answer the more valid question of whether this particular picture of a dis-eased state is widespread and this remedy will find prominence among the major remedies of our materia medica. We need to bear witness to our own inner desires and imaginings as we listen to our clients and not get too carried

away by the seeming fit of a new remedy that crossed our desk and that 'could' fit the presenting symptom picture. I love exploring the nuances of my client's life and the process that led to their visit to my office, but it is not always a relevant line of inquiry and can lead to a somewhat magical avenue of remedy differentials in my thinking.

Magical thinking is in and of itself the art, but we need to maintain with great vigilance the science as well for this and future generations. Thanks to Krista for giving this topic energy and form.

Steve Albin comments:

I can't disagree with most of her conclusions. They are sound and fit my experience with homeopathy.

I am a little confused about the relationship part because it wasn't clear to me if she meant that the patient needed a relationship with the homeopath or just needed relationships. What I see is that the remedy stimulates inner change in patients who then need a way to understand the shift that has occurred within them. Since we are social animals, patients use relationships as one of the ways of doing this. So I say that any meaningful relationship will help.

I also think that the quality of the prescription for the patient is relevant. We all know that more than one remedy will have a positive effect on the patient but it is that "bullseye" simillimum that stimulates the magical results that we all like to see. Remedies a bit off the mark will work more slowly and less completely and perhaps that is where the relationship part of the formula is more necessary. The patient isn't finished and knows it. Steve Albin

I would like to make a summary of this information. First of all there are different types of layers:

Criteria that can be used to sort out the layers. Not necessarily in this order as every case is unique.

1. Time line of onset. Most recent trauma taking precedence.
2. Physical or emotional reaction.
3. Clearest and strongest symptoms;
 - presenting modalities and general symptoms.
 - presenting peculiar symptoms.
 - presenting mental emotional pattern in the patient's life that is still presenting in the patients life.
4. Is there a remedy that covers the acute and the chronic symptoms, i.e. totality of symptoms concept? A presenting miasm? Then choose the best remedy that fits this miasm.
6. Sequence of remedies that often compliment each other in your experience.

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HISTRIONIC PERSONALITY DISORDER & HOMEOPATHY

Dr. Navneet Bidani

When we first met, Charu seemed to radiate enjoyment of life. She brought along on this visit her friend, another one of my patients, who later helped me to better understand Charu's nature. Charu often dressed very flamboyantly. She was single, in her late 20's and teaching in a primary school, and when she didn't have class, she was often out late on a date. When I first spoke with her, she enthusiastically told me how impressed she was with the results of my work and started giving me references of people whom I had treated. She was clearly overdoing the praise, but who would not appreciate such flattering comments?

From then on, she always accompanied her friend to my clinic and tried to gather my attention by praising me or my clinic. Over a period of weeks, however, our interactions grew strained. She frequently complained of various illnesses and injuries like falling in the parking lot, twisting her neck looking out a window that interfered with her work. She was quiet disorganized, often leaving to the very last minute tasks that required considerable planning. Charu made promises to other people that were impossible to keep but seemed to be aimed at winning their approval; when she broke the promise, she usually made up a story designed to elicit sympathy and compassion. For example, she promised the mother of one of her students that she would put on a "massive and unique" birthday party for her daughter, but completely forgot about it until the mother showed up with cake and juice. Upon seeing her, Charu flew into a rage and blamed the principal for keeping her late after school, although there was no truth to this accusation.

Charu often interrupted the discussions to talk about her latest boyfriend. The boyfriends changed almost monthly, but her enthusiasm ("Like no other man I have ever met!") and optimism about the future ("He is the guy I want to spend the rest of my life with!") remained high for each of them. Wedding plans were seriously discussed with almost everyone, despite their brief acquaintance. Her disorganized habits often got her into trouble, but by ingratiating herself to the male teachers, she was saved from one dilemma after another.

When it became clear that she would probably lose her teaching job because of her poor performance, Charu managed to manipulate several of the male teachers and the assistant principal into recommending her for a new job in a nearby school district. A year later she was still at the new school, but had been moved twice to different classrooms. According to her friend, Charu still lacked close interpersonal relationships, although she described her current relationship as “deeply involved”.

Diagnosis: Histrionic Personality Disorder

Discussion: Individuals with histrionic personality disorder tend to be overly dramatic and often seem almost to be acting, which is why the term histrionic, which means theatrical in manner, is used.

People with histrionic personality disorder are inclined to express their emotions in an exaggerated fashion, for example, hugging someone they have just met or crying uncontrollably during a sad movie. They also tend to be vain and self centered, and uncomfortable when they are not in the limelight. They are often seductive in appearance and behavior, and they are typically very concerned about their looks. (Charu, for example, spent a great deal of money on unusual jewelry and was sure to point it out to anyone who would listen.) In addition, they seek reassurance and approval constantly and may become upset or angry when others do not attend to them or praise them. People with histrionic personality disorder also tend to be impulsive and have great difficulty delaying gratification. Speech is often vague, lacking in detail, and characterized by hyperbole. For example, when Charu was asked about a date she had had the evening before, she might say it was “way cool” but fail to provide more detailed information.

Homoeopathic Approach:


Homoeopathy proposes a pragmatic solution for people with histrionic personality disorder, but still they are usually difficult to treat for a multitude of reasons.

As with most personality disorders, people present for treatment only for some physical complaint or when stress or some other situational factor within their lives has made their ability to function and cope effectively impossible. Unlike other people who suffer from personality disorders, histrionics seek treatment quickly and exaggerate their symptoms and difficulties in functioning. These emotionally needy persons reluctantly terminate therapy.

Persons suffering from histrionic personality disorder exhibit suicidal tendencies, which should be assessed on a regular basis, and suicidal threats should NOT be ignored or dismissed. Suicide sometimes occurs when all that was intended was a gesture, so all such thoughts and plans should be taken with the same seriousness as with any other disorder.

Homoeopaths will often experience reactions to treating this disorder, because of the dramatic nature of the patient. Because of this possibility, Doctor should be more attuned to their own feelings within the therapy setting and ensure that they are treating the patient fairly and with respect. Homoeopaths provide a more holistic treatment with constitutional case taking. From an integrative theoretical point of view, histrionic personality disorder appears to be rooted in childhood events, the family system, as well as the environmental or cultural system. So we must take into consideration all of these while selecting a similimum. Distinctive features like genes, childhood nurturing, surroundings and the way an individual establishes their life, elucidates their personality. The correct homoeopathic medicine will catalyze a healing process that will raise the person's overall level of health.

Homoeopathic remedies help reduce dissatisfaction, anger, hatred, guilt, shame, jealousy, dubiousness, fear and other negative emotions. These medicines will enhance suppressed inner capabilities, shape the inborn behaviors with the existing circumstances getting rid of mental negativities, and restore well being. Treatment will help a patient stabilize emotions, attain mental peace and bring eventual happiness. After a constitutional homoeopathic treatment, patients become more realistic, less intimidating, much more accommodating, and easier to live with. Homoeopathic remedies help develop a better sense of right and wrong and help a patient go back to living a more normal life. This is what exactly happened after a few doses of Charu's constitutional medicine **VERATRUM ALBUM**, considering following rubrics:

1.  Clipboard 1
1. MIND - FEIGNING - sick; to be
2. MIND - CHAOTIC
3. MIND - SLANDER, disposition to - hypocritical, and
4. MIND - AMOROUS
5. MIND - FLATTERING - seducing behavior in children
6. MIND - AFFECTATION
7. MIND - COQUETTISH - too much - children; in
8. ABDOMEN - PAIN - burning - Lower abdomen
9. ABDOMEN - PAIN - fruit, after
10. STOOL - FLAKY
11. GENERALS - FOOD and DRINKS - fruit - desire

	verat.	phos.	lach.	puls.	sulph.	bell.	ars.	plat.	carb-v.	ph-ac.	staph.	caust.	ign.
	1	2	3	4	5	6	7	8	9	10	11	12	13
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Just to mention, herewith, that Charu didn't come for treatment of her personality disorder but simply for burning pain in the abdomen after eating fruit, for which she has a marked craving. It is the magic of homoeopathy and the constitutional treatment that not only Charu's physical complaint got better but also her personality changed for good. No longer a histrionic, Charu has become more organized and conscientious about her future.

All she needed was a couple of doses of VERATRUM ALBUM 1M over a time-span of three to four months.

One thing worth noticing here is that patients with histrionic personality disorder not only require a proper constitutional treatment but a psychological counseling as well. Since many people who have histrionic personality disorder will emphasize attractiveness ("style over substance") in their lives and relationships, discussing alternatives and trying out new behaviors may be helpful. A large part of therapy for these individuals usually focuses on the problematic interpersonal relationships. They often manipulate others through emotional crises, using charm, sex, seductiveness, or complaining. People with histrionic personality disorder often need to be shown how the short-term gains derived from this interactional style result in long-term costs, and they need to be taught more appropriate ways of negotiating their wants and needs. Charu's case illustrates how the homoeopath brings the patient into the process in a way that [1] encourages the patient to experience the tension of the persistent disorder, while [2] interpreting the underlying enactment in a way that

helps the patient discover meaning in her life situation and adapt better to reality.

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NASAL POLYPS AND HOMEOPATHY.

DR. SUBHRANIL SAHA, B.H.M.S.Hons. (C.U.)

Abstract: Nasal polyps are frequently dealt-with cases in day-to-day practice. Among its different varieties, simple mucus polyps are very common. It has two distinct varieties – ethmoidal and antro-choanal polyps. Almost always, an allergic or infectious etiology is present. Nasal obstruction, rhinitis, headache, loss of smell, snoring, sleep apnea etc. are some of the very disturbing complaints from which the patients suffer. Appropriate diagnosis, correct general measures and judicious homeopathic approach not only uproot the disease, can also prevent recurrence quite effectively.

Keywords: Introduction – Definition – Epidemiology – Types – Ethmoidal and Antro-choanal Polyps – Pathology – Clinical Features – Clinical Examination – Imaging Study – Laboratory Study – Differential Diagnosis – Differences between Allergic Polyp and Infective Polyp – General Measures of Treatment – Important Rubrics for Repertorization – Homeopathic Remedies – References.

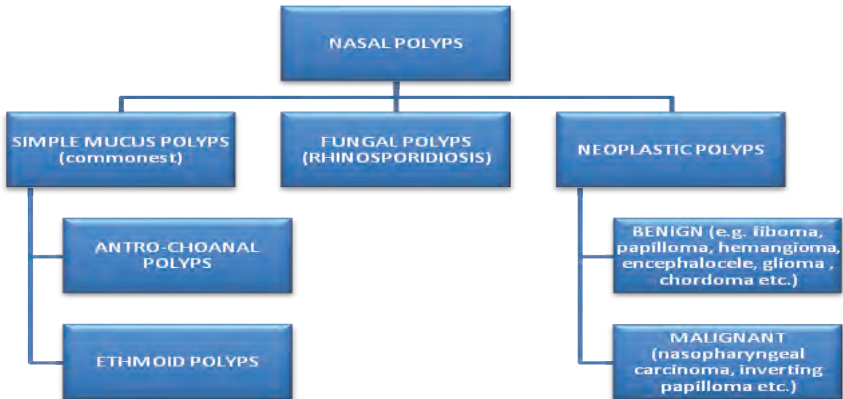
Introduction: The para-nasal air sinuses are the cavities within the skull that open into the nose. If the soft tissue lining of the sinuses becomes inflamed, it fills the available space and expands into the nose forming a growth, called polyp (also called ‘mucus retention cysts’). As there are a number of small sinuses between the eye and the nose, when polyps do occur, there will usually be several of them. The tendency to manifest multiple polyps is called polyposis. The word ‘polyp’ (Gr.) actually has been coined from two Greek words – ‘poly’ means many and ‘pous’ means footed.

Definition: Nasal polyp is hypertrophied, pedunculated, loose, fibro-edematous mucosa of nose and the paranasal air-sinuses. The surface is lined with pseudo-stratified ciliated columnar epithelium.

Epidemiology:

- 0.1% children and 1% adult population are affected.
- Male: Female = 3:1
- Chance of developing is 1-20 in 1000, after the age of 60.
- No racial predilection.

Types:



- **Ethmoid Polyps:** These are better seen on anterior rhinoscopy. These polyps are very common, especially in middle age and in elderly people. These arise from the ethmoid cells and grow towards the anterior nares. There are multiple, bluish-white or grayish, grape-like, pedunculated mass, usually bilateral, coming from the ethmoid area. There may be associated infection (pus) in the meati. Polyps, reaching anterior nares may be pinkish in color due to exposure and squamous metaplasia. Probe test shows soft, mobile, insensitive mass and differentiates from edematous turbinate. In long standing cases, there may be expansion or broadening of the external nose, called '*frog-face*', due to large number of polypoid mass coming out through anterior nares.
- **Antro-choanal Polyps:** These are common among children and adolescents and can be better seen in posterior rhinoscopy. They arise from the maxillary antrum and extend backward to the posterior nares or choana. There is bluish-white smooth polypoid mass coming out of choanal aperture arising from the middle meatus. In advanced cases, polyp may be seen hanging behind soft palate in the oropharynx.

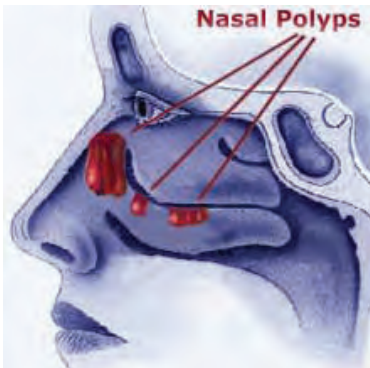


Diagram of sites of origin of nasal polyps
(source: www.sinus-pro.com)

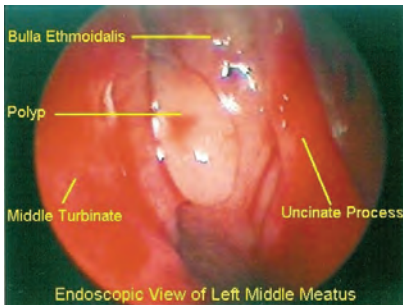


As in the picture above, if untreated, nasal polyps may cause gradual widening of the nasal bridge
(source: www.ghorayeb.com)

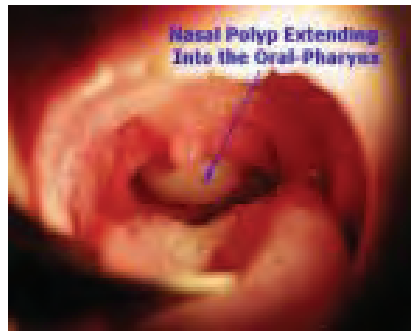
Multiple nasal polyps protruding from the left nostril
(source: www.ghorayeb.com)



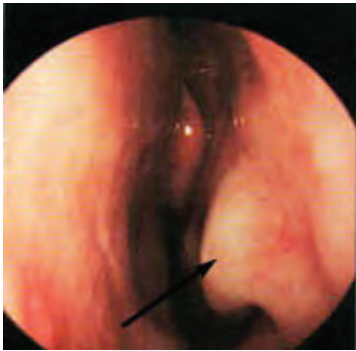
In some instances, because of obstruction, a bacterial infection sets in and green nasal discharge may be seen trickling around the polyp
(source: www.ghorayeb.com)



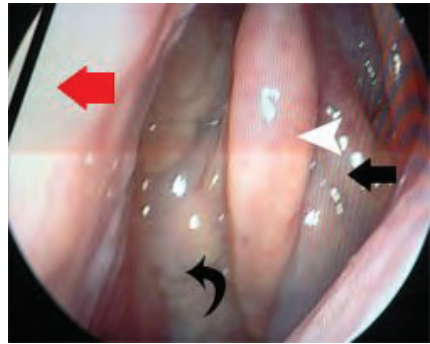
Endoscopic view of an ethmoid polyp in the left middle meatus
(source: www.ghorayeb.com)



Antro-choanal polyp extending into the oropharynx
(source: www.youtube.com)



Normal appearance of the nasal cavity; the arrow is pointing at the inferior turbinate
(source: www.homepage.mac.com)



Extensive nasal polyps denoted by black arrows; white arrow pointing at the middle turbinate and red arrow at the septum (both normal)
(source: knol.google.com)



Rhinoscopic view of ethmoid polyp
(source: www.clickindia.com)

Pathology:

Etiological factors: Allergy, infection, deviated nasal septum (DNS), chronic rhino-sinusitis, genetic predisposition, autonomic nerve dysfunction, Bernoulli phenomenon etc.

Pathogenic theories: Though inconclusive, names of few accepted theories are given below –

- Adenoma and fibroma theories;
- Necrotizing ethmoiditis theory;
- Glandular cyst theory;
- Glandular hyperplasia theory;
- Mucosal exudates theory;
- Blockade theory;
- Cystic dilatation of the excretory duct and vessel obstruction theory;
- Periphlebitis and perilymphangitis theory;
- New gland formation theory;
- Epithelial rupture theory;
- Ion transport theory.

Etiology: The polyps are the end-product of prolonged allergic edema of the mucosa and sub-mucosa of nose and the para-nasal air-sinuses. The sub-mucosa surrounding the middle meatus is lax and gets filled up with intracellular serous fluid and shows edematous hypertrophy. The mucosal swelling gets aggravated by traction of discharge, poor aeration of the middle meatus, efforts to clear the nose and possible interference with lymphatic flow. The edema blocks the ostium of the ethmoid air-cells and cause secondary bacterial infection. Gravity and narrowness of the meatus promote downward extension and formation of ethmoid polyps. The antro-choanal polyp arises from edematous mucosa of the maxillary sinus near the ostium and grows by edematous hypertrophy through the ostium into posterior part of the nasal cavity and nasopharynx. The ostium is directed backward; so part of the polyp is in the sinus and part in the nose and nasopharynx.

Associations:

- Infective sinusitis (Streptococcus pneumoniae, Staphylococcus aureus, Bacteroides fragilis, Pseudomonas aeruginosa etc.) (87%);
- Cystic fibrosis / CF (3-48%);
- Sampter's triad: Aspirin sensitivity + Asthma + Nasal polyps (60%);
- Asthma – allergic/non-allergic (20-50%);
- Fungal sinusitis (80%);
- Kartagener's syndrome (27%);
- Others; e.g. Churg-Strauss syndrome, non-allergic rhinitis with eosinophilic syndrome (NARES), Young's syndrome, primary ciliary dyskinesia, selective IgA deficiency, common variable immunodeficiency (CVID), alcohol intolerance, smoking etc.

Histology: The polyps are sac-like structures with an eosinophil-rich edematous wall characterized by goblet cell hyperplasia and thickened basement membrane. Poor blood supply may give them a pale appearance. Histological section also reveals plasma cells, lymphocytes and mast cells. Polypoid tissue is rich in ground substance containing acid mucopolysaccharide.

- Eosinophil contains granules with toxic products (e.g. leukotrienes, eosinophilic cationic protein, major basophilic protein, platelet activating factor, peroxidases, various vasoactive substances and chemotactic factors). These toxic factors are responsible for epithelial lysis, nerve damage and ciliostasis. Specific granule proteins, LTA4 and PAF apparently are responsible for the mucosal swelling and hyper-responsiveness.
- Delayed apoptosis of eosinophils is mediated, in part, by blockage of the Fas receptors, typically by proteases that help begin the process of cell death. Delayed apoptosis is also mediated by an increase in interleukin-5, 3 and GM-CSF secreted by the T-lymphocytes. Glucocorticoids seem to help reduce polyps possibly, in part, by inhibiting IL-5.
- Another inflammatory cell neutrophil occurs in 7% of polyp cases. This type of polyp occurs in association with cystic fibrosis or Young's syndrome. These polyps do not respond well to corticosteroids because they lack corticosteroid-sensitive eosinophils. De-

granulated mast cells are also present. Degranulation presumably occurs in a non-IgE-mediated fashion. Increased number of plasma cells, lymphocytes and myofibroblasts also occur.

- There are various chemical mediators which play important roles in the formation of the polyps; e.g.
 - Cytokines: IL-1, 5 (rarely 3, 4)
 - Immunoglobulins: IgA and E
 - Growth factors: TNF- α and β , GM-CSF, platelet derived growth factor (PDGF), vascular permeable factors (VPFs), vascular endothelial growth factors (VEGFs), insulin-like growth factor-I (IGF-I), stem cell factor etc.
 - Adhesion molecules: VCAM-1, E and P selectin.

Clinical Features:

- Nasal obstruction preventing nasal breathing is the chief and persistent symptom. It may be unilateral (common in antro-choanal polyps) or bilateral (found in ethmoid polyps). The obstruction becomes acute following a cold.
- Nasal intonation is often seen.
- Sneezing with rhinorrhea; purulent rhinorrhea may be present in ethmoid polyps due to bacterial super-infection.
- Sensation of post-nasal drip, i.e. something running down the back of throat due to trickling of mucus from the back of large polyps.
- Dull headache, itching around the eyes, hawking and cough are usually present.
- Hyposmia/anosmia; often decreased taste sensation may also be present.
- Snoring and obstructive sleep dyspnea, sometimes apnea.
- Chronic mouth breathing; may lead to recurrent mouth or throat infections.
- Extensive polyposis causing Eustachian tube dysfunction can cause fluid and infection in the middle ear space.
- Occasionally, massive polyps can give rise to cranio-facial structural abnormalities leading to proptosis, hypertelorism (increased intra-orbital distance) and diplopia. Some may grow into the cranial cavity, but they rarely cause neurological signs as their growth is very slow.

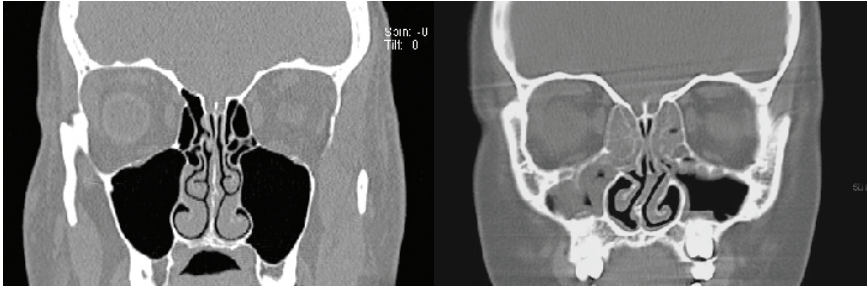
Clinical Examination:

- Through examination with nasal speculum to identify the nasal polyps.
- Very large antro-choanal polyps may grow down into the oropharynx and can be visualized with a tongue depressor.
- Flexible rhinoscopy to visualize the nasal cavity and oropharynx and to localize the extent of the polyp.

Imaging Study:

- X-ray of the sinuses (rarely advised)
 - In ethmoid polyps: widening of the ethmoid labyrinth; bilateral antro haziness due to associated maxillary sinus infection; haziness of ethmoid cells.
 - In antro-choanal polyps: unilateral opacity of the maxillary antrum.

- CTS of the maxilla-facial area and the nasopharynx
 - In ethmoid polyps: haziness of ethmoid cells.
 - In antro-choanal polyps: antro-nasal mass extending into nasopharynx.
- MRI Scan, if intra-cranial growth is suspected.



Normal CT sinus showing air within sinus cavities (black), bones (white) and soft tissue (grey);
(source: www.homepage.mac.com)

Abnormal CT sinus showing grey coloration within the sinus; cavity, especially on the right side; right maxillary sinusitis with bilateral ethmoidal sinusitis; possibility of presence of polyps in these locations; also deviated septum;(source: www.homepage.mac.com)

Laboratory Studies:

- Children with polyposis that is associated with allergic rhinitis should have an evaluation for their allergies. This may include a serological radioallergosorbent test (RAST) or some form of allergic skin testing.
- A sweat-chloride test or genetic testing for cystic fibrosis in any child with multiple benign nasal polyps may be performed.
- A nasal smear for eosinophils may differentiate allergic from non-allergic cases. Presence of neutrophils may indicate chronic sinusitis.

Differential diagnosis:

Hypertrophied turbinates

The turbinates are pink in color; sensitive to touch as compared to an ethmoidal polyp and is firm when comparing with softness of polyp. A probe can't be passed around the turbinates as it is attached laterally and has no pedicle like an ethmoidal polyp.

Rhinosporeidiosis

This fungal infection (causative fungal agent: *Rhinosporidium seeberi/kinealy*) of the nose produces a strawberry like, bleeding polypoid in the nose usually

arising from the septum. The surface is studded with minute white dots (sporangia). It is common in people living in coastal areas of India.

Angio – fibroma of Septum

It presents as bleeding mass in the nose. A careful examination reveals its site of origin.

Transitional cell or squamous papilloma

Papilloma arising from the lateral wall in the region of the middle meatus may present as a polypoid mass. This is usually single and has an opaque and fleshy look.

Meningocele

A prolongation of meninges mass occur in the nasal cavity and appear as soft, cystic, polyp like swelling particularly in young children. Hence, it is always advisable to aspirate a polypoid swelling in a younger patient for cerebro-spinal fluid.

Malignancy of nose

The malignant lesion in the nose may present as a polypoid mass. It is usually friable and bleeds easily on touch.

Nasopharyngeal angiofibroma

Particularly it is a less vascular variety and may be confused with an antro-choanal polyp. A History of epistaxis in an adolescent male with a lobular mass in the nasopharynx indicates a nasopharyngeal lesion rather than antro-choanal polyp. Sometimes prominent vessels are visible on the tumor surface.

Hematoma

It is a developmental malformation consisting of a tumor like growth of tissue. It is a benign lesion but may become large enough to cause trouble according to size & location; but it rarely becomes malignant.

Cyst of the nose

Compressible, painless, usually produces naso-facial deformity.

Difference between allergic polyp and infective polyp:

Allergic polyp	Infective polyp
1. History of nasal allergy	1. History of chronic sinusitis
2. Appearance: Pale, boggy & edematous	2. Fleshy red
3. Increased eosinophil count in blood examination	3. Increased Neutrophil count in blood examination
4. Biopsy: Excess eosinophil in the matrix	4. Excess neutrophil in the matrix

Treatment:

- General Measures:
 - Vitamin A, C, E, bioflavonoid, Zn and Se supplements;
 - One teaspoon of castor oil everyday;
 - 1/4th of a teaspoon of citric acid and same amount of baking soda to be taken with warm water 2 to 3 times a day;
 - Mint tea with high rosmarinic acid content (about 150 mg);
 - Deep breathing exercises at least for 10 minutes each morning, afternoon and evening;
 - Rinsing the nasal region regularly using a solution made by mixing a cup of lukewarm water (240ml) with half a teaspoon of Epsom salt (sodium chloride and sodium bicarbonate). This is believed to prevent the formation of nasal polyps;
 - Hot baths or showers to relieve congestion and to reduce swelling of the nasal mucosa;
 - Steam inhalations;
 - Restriction of nose-blowing;
 - Use of home humidifier;
 - Practice of good hygiene;
 - Avoidance of irritants and allergens (e.g. airborne pollutants, chemicals etc) as much as possible.

Important rubrics for Repertorization:

The following rubrics may be taken into consideration during the treatment of nasal polyps (as in the SYNTHESIS repertory by Dr. Frederik Schroyens):

Chapter: NOSE (page 531)

Agglutination of nostrils

morning

Air

cold air, sensitive to
sensitive to inspired air

Blow

inclination to blow the nose; constant
body in nose; sensation of large

Boring in nose with fingers

amel
bleeds; until
catarrhal symptoms, with
headache

Broad and flat

Catarrh

side, time, accompanied by etc.

Coryza

side, extension, time, accompanied by, character etc.

Discharge

side, time, character, amount, crusts, dripping, consistency, color etc.

Dilated nostrils

Discoloration

Dryness

localization, time etc.

Dust in nose; sensation of**Dyspnea****Enlargement, sensation of****Epistaxis (bleeding)**

side, time, accompanied by, character of blood etc.

Excoriation**Foreign body; sensation of a**

root

upper part

Formication (crawling in)

accompanied by

dorsum

inside

root

tip

Fullness, sense of**Hay fever****Heaviness (weight)****Inflammation (Rhinitis)**

side, allergic, chronic, purulent etc.

Irritation**Itching**

side, time, burning, epistaxis, pain, scratch until raw, worms from etc.

Lump in posterior nares**Motion**

constant

fanlike

Obstruction

side, time, accompanied by, alternating with, chronic, cold, discharge, epistaxis, sensation of etc.

Odors, imaginary and real**Pain**

side, time, epistaxis with, headache with, character, extension etc.

Polyyps

rt.

lt.

bleeds easily

posterior nares

Pulsation

pulsation

left

root

tip

Sensitive**Sides alternating**

Sinuses, complaints of

right
frontal sinuses
maxillary sinuses

Sinusitis

Smell

diminished
wanting

Sneezing

time, coryza with or without, coughing etc.

Snuffling

Sooty nostrils (dirty)

Warm

Water, sensation as if

Weather agg.

Wet, too / Sensation in nose, constant wet

Homeopathic Remedies:

Allopathic treatment provides only immediate symptomatic relief, which is only palliative and gradually when the patients become resistant to the ever-increasing doses of glucocorticoids and anti-allergics, they are referred to surgery. In spite of surgical removal, high recurrence rate (about 60%) is very common since allergy, often the root cause, remains uncured. Besides, surgery may arise various complications (in about 5% cases), e.g. epistaxis, loss of vision and even CSF leakage.

In comparison, homeopathy is a very safe and effective mode of treatment. Whenever administered judiciously, homeopathic remedies have controlled the growth of the polyps and have provided permanent relief. Not only being directed at reducing the size of polyps, homeopathy aims at curing the underlying disorders like chronic colds, asthma, allergy etc. Homeopathy is a holistic system of medicine that treats the human being as a whole. Through its constitutional and anti-miasmatic treatment, it can drastically eradicate the underlying etiology permanently. Thus timely and appropriately administered homeopathic remedies help avoid surgery and its inherent complications. Homeopathy also has preventive role to offer, by which chance of recurrence is minimized. Homeopathic medicines are non-habit forming and have no addictive properties. It has an exceptional proven safety record with the FDA with more than 200 years of clinical effectiveness.

Commonly used homeopathic medicines used in treatment of nasal polyps are discussed below with their indicating characteristics:

AGRAPHIS NUTANS (Bluebell)

- Nasal polyps obstruct the nostrils; enlarged and inflamed tonsils; throat deafness.
- Tendency to catch cold and free discharge from mucus membrane on every exposure to cold wind; mucus diarrhea from cold.
- Mutism of childhood, unconnected with deafness.

ALLIUM CEPA (Red Onion)

- Nasal polypus; profuse, watery and acrid nasal discharge, with profuse, bland lachrymation and catarrhal dull headache; feeling of a lump at root of nose; violent sneezing on rising from bed; spring coryza and hay fever in August every year.
- Acute catarrhal inflammation of mucous membranes with increased secretion; worse after exposure to damp north-east wind, in evening and in warm room; better in a cold room and in open air.
- Catarrhal laryngitis and hoarseness; cough compels patient to grasp the larynx; seems as if cough would tear it.
- Headache ceases during menses, returns when flow disappears; burning, biting and smarting pain in eyes as from smoke.
- Strong craving for raw onions.

AMMONIUM CARBONICUM (Smelling Salt / Carbonate of Ammonia)

- Nose stopped at night from long-continued coryza; chronic mouth breathing and snuffles of children; epistaxis after washing and after eating; loses breath on falling asleep, must awaken to get breath.
- Hemorrhagic diathesis; stout, fleshy, delicate women leading sedentary life and readily catch cold in winter; children dislike washing.
- Cholera-like symptoms at the commencement of menstruation.
- Dry cough; tickling in throat as from dust, in every morning from 3-4 a.m.
- Worse in cold, wet weather, from wet application, washing and during menses; better in dry weather.

AMMONIUM MURIATICUM (Sal Ammoniac / Ammonium Chloride)

- Hot, acrid coryza corroding the lip; sneezing; nose sore to touch; ulcerative pain in nostrils; loss of smell; obstructed, stuffy feeling; constant and unavailing efforts to blow it out; worse in morning, better in open air.
- Especially adapted to fat and sluggish patients having respiratory troubles, cough and catarrh; profuse, glairy secretion.
- Tough, viscid phlegm, can not be hawked up; hoarseness and burning in larynx; dry, hacking, scraping cough; worse lying on back or right side.
- Diarrhea, vomiting and discharge from the bowels during menses; stool hard, crumbling and difficult to expel; menses too early, too profuse, dark, clotted, flow more at night; painful hemorrhoids after suppressed leucorrhoea.
- Offensive foot-sweat.

APIS MELLIFICA (Poison of the honey bee)

- Coldness of tip of nose; marked edematous swelling of the nasal mucosa; polyyps.
- Adapted to the strumous constitution; glands enlarged, indurated; weeping disposition, can not help crying, discouraged, despondent.
- Extreme sensitiveness to touch; pain burning, stinging, sore; suddenly migrating from one part to another.
- Thirstlessness; craving for milk.
- Edema with bag-like puffy swelling under the eyes.
- Aggravation after sleeping, closed, especially warm and heated rooms are intolerable; worse from getting wet, heat in any form, touch, pressure, right side.

- Amelioration from washing or moistening the part in cold water, in open air, uncovering.

ARUNDO (Reed)

- Hay fever, begins with burning and itching of palate and conjunctiva; annoying itching in the nostrils and roof of the mouth; coryza and sneezing; loss of smell.
- Craving for acids.
- Copious and offensive sweat of feet with burning sensation; fissures in fingers and heels.
- Menses too early and profuse.

ARUM MACULATUM / TRIPHYLLUM (Turnip)

- Soreness of nostrils; acrid, excoriating nasal discharge; nose obstructed, must breathe through mouth; constant picking at nose until bleeds; boring with the finger into nose.
- Raw feeling at roof and palate of mouth; corners of mouth sore and cracked; tongue red, sore; pick lips until they bleed; children refuse food and drink on account of soreness of mouth and throat.
- Hoarseness; raw, burning sensation; after exposure to north-west wind.

CADMIUM SULPH (Cadmic Sulphate)

- Polypus with tightness at the root of nose; nostrils ulcerated; nose obstructed, causes obstructive sleep apnea, wakes up suffocating, fears to go to sleep again, protracted insomnia.
- Extreme chilliness and coldness, even when near the fire.
- Gastric malignancy – exhaustion and extreme prostration, violent and persistent nausea, retching, vomitus black or coffee ground; black, offensive clots of blood from bowels with colic.

CALCAREA CARBONICA/OSTREARUM (Carbonate of Lime / Oyster Shell)

- Dry, nostrils sore, ulcerated; stoppage of nose, also with fetid, yellow discharge; offensive odor in nose; loss of smell; polypi, especially on left side, bleeds easily; swelling at root of nose; takes cold at every change of weather; worse in cold, wet weather; better in dry weather; complaints arising from standing on cold floor.
- Leucophlegmatic, light complexion, fair skin; tendency to obesity; psoric constitutions; pale, weak, timid, easily tired when walking; cold natured, extremely chilly; delayed milestones of development and bony deformities; forgetful, apprehensive, fears loss of reason.
- Head sweats profusely while sleeping, wetting pillow far around; profuse perspiration, mostly on back of head and neck, or chest and upper part of body.
- Great longing for boiled eggs; craves cold drinks, indigestible things, sweets and salt; aversion to meat.
- Hyperacidity; sour eructation, sour vomiting, sour stool; sour odor of the whole body.
- Menstruation too early, too profuse, too long lasting; aggravation from least mental excitement.
- Constipated; stool has to be removed mechanically; feels better when constipated.

CASTOREUM (The Beaver)

- Large nasal polyps causing chronic mouth breathing and obstructive sleep dyspnea; restless sleep with frightful dreams and starts.
- Hysteria with marked prostration; day-blindness and photophobia; debilitating sweat; constant yawning.
- Rounded elevation of the size of a pea in the center of the tongue with drawing sensation from center to the hyoid bone.
- Amenorrhea with painful tympanitis.

CAUSTICUM

- Right sided polyps, arising after injuries to nostril; coryza with hoarseness and aphonia; rawness or soreness of nostrils; worse in morning.
- Melancholic, sad, hopeless, extremely sympathetic; complaints arising after severe mental shock, long-lasting grief, sorrow, fear, anger or suppressed eruption.
- Constipation – frequent, but ineffectual desire; stool passes better when standing.
- Urine involuntary on coughing, sneezing or blowing the nose.
- Cough with rawness and soreness of chest; difficult expectoration; relieved by swallowing cold water.
- Menses delayed, late; flow only during day, ceases on lying down.
- Paralysis of single parts; generally of right side; from exposure to cold wind, after typhoid or diphtheria.
- Warts large, jagged, pedunculated, or small, whitish, all over the body.
- Aggravation in clear, fine weather, from getting wet, drafts of air; better in damp, wet weather.

CONIUM MACULATUM (Poison Hemlock)

- Swelling of the nostrils, red, hot, painful; worse left side; purulent discharge from the nose; nosebleed, frequent when sneezing; increased acuteness of smell; obstinate stoppage of the nostrils.
- Especially adapted to old people, women during and after menopause, old bachelors; cancerous or scrofulous persons with enlarged glands, rigid fibers and sedentary lifestyles; suffering from bad effects of non-gratified sexual desire or suppressed menses.
- Domineering, quarrelsome, can not bear contradiction; dreads being alone, yet avoids society.
- Glandular indurations of stony hardness; after bruises or injuries to glands; mastitis before and during menses.
- Menses feeble and suppressed; rash of small, red pimples which ceases with the flow; menses stopped by taking cold; profuse, thick, acrid, milky leucorrhoea after menses.
- Profuse sweat; especially when lying down.
- Aggravation: lying down, celibacy, before and during menses, from taking cold, bodily or mental exertion.
- Amelioration: while fasting, in the dark, motion and pressure

FORMICA RUFA (Crushed Live Ants)

- Nasal polypi with coryza; a stopped up feeling in nose.
- Gout and articular rheumatism – chiefly right sided and of lower extrem-

ities; pain worse from motion and better from pressure, rubbing and after midnight; attack comes on with suddenness and restlessness.

- Nettle rash – redness, itching and burning; aggravates from cold, cold washing and damp; better from warmth.
- Difficult passage of small quantities of flatus in the morning; afterwards diarrhea-like urging; drawing pain around the navel before stool with shuddering chilliness.

GRAPHITES (Black Lead / Amorphous Carbon)

- Sore on blowing nose; smell abnormally acute; cannot tolerate flowers; chronic dryness and scabs alternating with discharge of fetid mucus; stuffed coryza leads to headache.
- Suited to climacteric women, inclined to obesity, who suffer from habitual constipation; tendency to catch cold easily; with a history of delayed menstruation and hypomenorrhea; suffering from acrid and profuse leucorrhoea occurring in gushes, before and after menses.
- Excessive cautiousness, indecisive; fidgety while sitting at work.
- Unhealthy skin; every little injury suppurates; hard cicatrices; eruption between fingers and toes from which oozes a watery, transparent, sticky fluid.
- Nails are brittle, crumbling, deformed; deep fissures in ends of fingers and between the toes.
- Hot drinks disagree, especially milk; aversion to meat and sweets; increased flatulence, must loosen clothing.
- Worse from warmth, at night, during and after menstruation; better in the dark, from wrapping up.

KALI BICHROMICUM (Potassium Bichromate)

- Snuffles of children, especially fat, chubby babies; pressure and pain at root of nose, and sticking pain in nose; fetid smell; discharge thick, ropy, and greenish-yellow; tough, elastic plugs from nose, adheres to the parts and can be drawn into long strings; leaves a raw surface; dropping from posterior nares; loss of smell; inability to breathe through nose; violent sneezing.
- Complaints occurring in hot weather; liability to take cold in open air; pains in small spots, can be covered with point of finger; shift rapidly from one part to another; appear and disappear suddenly.
- Tongue mapped, red, shining; uvula swollen, edematous.
- After urinating a drop seems to remain which can not be expelled.
- Aggravation: beer, morning, hot weather, undressing; amelioration: from heat.

KALI NITRICUM (Saltpeter)

- Sneezing, violent coryza, obstructed and swollen feeling in nose; worse right nostril; aggravation towards morning and in afternoon; loss of smell; point red and itching.
- The nasal and cheek bones are painful, especially to touch; frontal headache with sinusitis.
- Diarrhea from eating veal.
- Menses too early, profuse, black; preceded and accompanied by violent

backache.

- Dry morning cough with pain chest and bloody expectoration; dyspnea so great that breath can not be held long enough to drink, though thirsty; better from drinking sips of water.

LEMNA MINOR (Duckweed)

- Nasal polypi with swollen turbinates; post-nasal drip; abundant crusts and mucopurulent discharge; pain like a string from nostrils to ears; difficult breathing, worse in damp, rainy weather.
- Foul smell from the nose and foul taste in the morning on waking.
- Dryness of pharynx and larynx.
- Disposition to noisy diarrhea.

LYCOPODIUM CLAVATUM (Club Moss / Wolf's Claw)

- Sense of smell very acute; ulcerated nostrils; crusts and elastic plugs; fluent coryza; nose stopped up; snuffles; child starts from sleep rubbing nose; fan-like motion of alae nasi.
- For persons intellectually keen, but physically weak; upper part of body emaciated, lower part semi-dropsical; children weak, emaciated, with well-developed head and puny, sickly bodies.
- Avarice, greedy, misery, malicious, pusillanimous; irritable, peevish and cross; can not endure opposition; seeks disputes; weeping disposition, even cries when thanked.
- Sour taste, eructation and vomiting; canine hunger, head aches if he does not eat, but a few mouthfuls fill up to the throat, constant sensation of satiety; excessive bloating and flatulence, loud grumbling; fullness not relieved by belching.
- Constipation: since puberty; since last confinement; when away from home; of infants; with ineffectual urging; rectum contracts and protrudes during stool, developing piles.
- Impotence: penis small, cold, relaxed; premature emission; of young men, from sexual excess; old men with strong desire, but imperfect erections.
- Aggravation: right side, from right to left, from above downward, 4 to 8 p.m.; from heat or warm room, hot air, bed; warm applications, except throat and stomach which are better from warm drinks.
- Amelioration: By motion, after midnight, from warm food and drink, on getting cold, from being uncovered.

MERCURIUS IODATUS RUBER (Bin-iodide of Mercury)

- Coryza and dull hearing; hawks mucus from posterior nares; polyps with swollen turbinates; closure of eustachian tube; aggravation after sleep, after dinner, afternoon and evening.
- Fauces dark red, swollen, painful swallowing; sensation of a lump in throat; left sided tonsillitis.
- Past history or family history of syphilitic affection; especially left sided.

NATRUM MURIATICUM (Common Salt / Sodium Chloride)

- Violent, fluent coryza, lasting from one to three days, and then changing into stoppage of nose, making breathing difficult; discharge thin, watery mucus from nose; like raw white of egg; loss of smell and taste.

- Great emaciation, anemic and cachectic, losing flesh while living well; emaciation marked in neck; slow in learning to walk; face oily, shiny, as if greased.
- Cross and irritable, aggravation from consolation; awkward, drops things from hand; weeping disposition; suppressive, introvert.
- Left-sided migraine of school-going girls from sun-heat.
- Craving for extra salt, bitter and fish; great aversion to bread.
- Tongue mapped, imprint of teeth.
- Constipation: dry, hard, difficult stool.
- Involuntary urination on coughing, laughing or walking; has to wait a long in presence of others.
- Aggravation: noise, music, warm room, lying down, 10 a.m., at seashore, mental exertion, consolation, heat, talking.
- Amelioration: open air, cold bathing, going without regular meals, tight clothing.

NITRICUM ACIDUM (Nitric Acid)

- Green casts from nose every morning; coryza, with sore and bleeding nostrils; stitches, as of a splinter in nose; chronic nasal catarrh with yellow, offensive, corrosive discharge.
- Acts best on persons of rigid fiber, dark complexion, black hair and eyes, nervous temperament.
- Irritable, headstrong; hateful and vindictive; inveterate, ill-willed, unmoved by apologies.
- Tongue clean, red and wet with central furrow; ulcers in mouth with splinter-like pain.
- Longing for indigestible things, salt and fatty foods; aversion to meat.
- Urine scanty, dark brown, strong-smelling.
- Anal fissure; tearing, lancinating pain; lasting for hours even after soft stool.
- Bleeding ulcers in corners of mouth; splinter-like pain, zigzag edges, base like raw flesh; thin, acrid, offensive discharge.
- Large, jagged, pedunculated warts; bleeds on washing, moist oozing.

PHOSPHORUS

- Polypi; bleeding easily; quite effective in controlling post-operative hemorrhage; chronic catarrh, with small hemorrhages; handkerchief is always bloody; epistaxis instead of menses; over-sensitiveness to smell; foul imaginary odors; fan-like motion of nostrils.
- Young, tall, slender persons of sanguine temperament; fair skin, delicate eyelashes; anemic or chlorotic; hemorrhagic diathesis, small wounds bleed profusely; great weakness and prostration from loss of vital fluids.
- Restless, fidgety, can not sit or stand still a moment; apathetic, full of gloomy forebodings.
- Weak, empty, all-gone sensation in stomach; great craving for icy-cold food and drink, ice-cream; as soon as water becomes warm in stomach, it is vomited.
- Aggravation: weather changes, before midnight; amelioration: dark, icy cold food and drinks.

SANGUINARIA (Blood Root)

- Nasal polyp, mostly right sided; profuse, offensive, yellowish discharge; membranes dry and congested; sudden stopping of catarrh causes diarrhea; cough of gastric origin.
- Climacteric complaints – burning sensation, like from hot water, in various parts, flushes of heat, leucorrhoea, mastitis.
- Circumscribed redness and burning of cheeks.
- Periodic sick headache; begins in the morning, increases during day, lasts until evening; sensation as if head would burst or as if eyes would be pressed out; pain begins in occiput, spreads upward and settles over right eye; better from sleeping and perfect quiet in dark room.
- Facial eruption of young women, especially during scanty menses.
- Craving for pungent things; unquenchable thirst.
- Rheumatism of right arm and right shoulder; worse at night.

SANGUINARIA NITRICUM

- Polyps causing obstruction of nose; profuse watery mucus with burning pain; enlarged turbinates; small crusts which bleed when removed; post-nasal drip adherent to nasopharynx, dislodged with difficulty.
- Dry, constricted, burning sensation in throat; right tonsil sore, swallowing difficult.
- Ulceration on the sides of tongue.
- Short, hacking, tickling, chronic cough; voice altered, deep, hoarse.

STICTA PULMONARIA (Lungwort)

- Polyps with rhinorrhoea and incessant sneezing; catarrhal headache with fullness at root of nose; dryness of nasal mucosa; constant need to blow the nose, but no discharge; post-nasal drip.
- Dry, hacking cough during night and loose cough in morning; cough aggravates towards evening and when tired.
- Rheumatic stiffness of neck and shoulder joints; housemaid's knee; rheumatic pain precedes catarrhal symptoms; pain starts at night and worse from sudden change of temperature, better during daytime.

TEUCRIUM MARUM VERUM (Cat-thyme)

- Polyps of children; suitable after too much medicine has been taken.
- Chronic nasal catarrh; loss of sense of smell; discharge of large irregular clinkers; crawling in nostrils; lachrymation and sneezing; post-nasal drip.
- Stoppage of breathing on that side of nose on which one is sleeping.
- Itching of anus, constant irritation when in bed; ascariades with nightly restlessness; crawling in rectum after stool.

THUJA OCCIDENTALIS (Arbor Vitae / White Cedar / Tree of Life)

- Polyps with offensive, thick, greenish discharge; loss of smell; bleeds easily; dryness and ulceration within the nostrils; painful pressure at root of nose.
- Commonly indicated in wasted children of syphilitic parents; lymphatic temperament, fleshy persons, dark complexion, black hair, unhealthy skin; hydrogenoid constitution.
- Very slow to trust others, unusual secretiveness, reserved, deceitful;

dullness and forgetfulness, gradually progressing to deep despondence and dissatisfaction; fixed ideas; sensation as if someone is walking alongside him; music causes weeping.

- Overgrowths of tissue; hard tumors, ranula, uterine fibroids, ovarian cysts; cauliflower-like, large, pedunculated warts; deformed, brittle nails; skin looks dirty, brownish spots here and there.
- Sweat profuse, sour smelling, fetid; only on uncovered parts or all over except head; when he sleeps, stops when he wakes.
- Sensation as of urine trickling in urethra after urinating; severe cutting pain at close of urination.
- Feels relieved from unusual discharges.
- Obstinate constipation; stool recedes after being partly expelled; piles swollen; severe pain when sitting.
- Early morning diarrhea; expelled forcibly with much flatus; worse after breakfast, onions, coffee, fat food.

Other Useful Medicines at a Glance:

Alumina, Belladonna, Calcarea Iod, Calcarea Phos, Capsicum, Carb Sulph, Cortisone, Hecla Lava, Hepar Sulph, Hydrastis Can, Mercurius, Merc Cor, Psorium, Pulsatilla, Sepia, Silicea, Staphysagria, Sulphur etc.

Conclusion:

Often nasal polyp is considered as a surgical disease and is referred to surgeons without any medicinal treatment. But it should be kept in mind that no disease can be tagged as 'surgical' or 'medicinal'. It is the state of the disease which should determine whether medicines would suffice or surgical intervention is necessary. So it completely depends on the homeopathic physician to judge the disease state and take subsequent measures. The patient's vitality status, degree of sensitivity, reversibility of the pathologic alterations, determination of disease prognosis through miasmatic analysis, the twelve observations of Kent etc. are some of the important standards which may help the physician to understand the disease state of the individual. Even if the patient is referred to surgery, post-operative homeopathic treatment is mandatory to prevent the recurrence by correcting the diseased constitution. In many instances, being ignorant of the domain of medicinal efficacy, the physicians miss opportunities and bring discredit upon themselves. On the other hand, a few misguided enthusiasts attempt the impossible and thus bring ridicule upon themselves. "One believes too much, the other too little". While dealing with cases of nasal polyps, only prudent decisions in this regard can help us to accomplish our 'high and only mission', i.e. to cure.

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EXPECTATIONS

Krista Heron, ND, DHANP

Homeopathy is burdened by magical expectations. Patients, students and practitioners often find themselves expecting miracles from the ingestion of a single dose of a remedy. Surely, they hope, this medicine transfused with the essence of a substance could heal the deepest and most troubled aspects of their souls. But what is truly possible? What can we hope for, or expect, from homeopathic medicine?

I have little doubt that in most cases of physical complaints--eczema, asthma and irritable bowel, for example--homeopathy does quite well. I have seen "miracles" - in the sense that something that was so troubling to a patient, often unmitigated by other treatments for years and years, responds beautifully, and effortlessly, to a homeopathic remedy. These are daily occurrences in my practice.

More serious illness such as cancers, diabetes insipidus or Parkinsons do respond to homeopathic medicine, although the treatment requires more time, patience and skill on the part of the practitioner. The most important contribution of homeopathic medicine is to improve the quality of life, especially in these serious pathologies. This is one of the greatest gifts that homeopathy can provide.

How quickly the body heals is often dependent upon how long the patient has had the complaint, how much suppressive therapy has been given in the past and how strong the patient's vital force is. Typically, a patient with eczema of 30 years will take longer to heal than the patient whose skin eruption began just 5 years earlier. And the patient who has received years of cortico-steroids will heal less quickly than the one who has had none. Furthermore, the patient who is 20 will generally heal quicker than the patient who is 80. Of course, there are many other factors to be considered, but these are generalities that hold true, in my experience.

But what of the deeper, emotional symptoms that can plague us? Depression, or chronic bitterness and anger, shyness or wild impulsiveness, loneliness and feelings of isolation, or the state of dependency and anxiety. These complaints are usually manifestations of character structure, expressions of the personality, with roots reaching back to earliest childhood. I explain

to my patients that there are certain “symptoms” that homeopathy will not change, nor should. We do not want to change the essence of the inner nature of the person; rather we want to help them be their best selves.

For example, I will always be an introvert. That I can become a healthier, freer, and more joyful introvert is a result of some combination of many things: living more consciously and thoughtfully, seeking psychotherapy, and being loved and received. Can a homeopathic remedy change an introvert into an extrovert? I do not think so. Instead, it may free some of the associated impediments, opening a door to greater comfort. But an introvert I will always be, if it is my true nature.

I often see patients with symptoms of depression. Some are a result of family circumstances where there has been serious neglect or abandonment. Others are due to unfortunate life setbacks with work or divorce. Those patients who have a healthy relationship with Eros, and whose depression is more circumstantial do quite well with a homeopathic remedy, which can lift them out of their unhappiness. Those who suffered early from an absence of love, and who feel life offers little pleasure, will not be ‘lifted’ per se, but expanded to embrace Eros and life. But to what extent does a remedy play a part in the patient’s healing-- versus the therapeutic relationship with the homeopath?

I feel these passages or transformations occur in relationship-- not only through the influence of a homeopathic remedy. An eczema or asthma may respond quite well outside of this dyadic influence but these deeper, emotional states require more help. I can easily imagine giving a patient a good remedy for eczema and placing them on a deserted island fully expecting them to get better. But I do not imagine this to be true of the patient who is suffering from depression or from a compulsive disorder. These patients need to be in relationship; they need the relational field to heal.

Let us consider another example. I have treated patients whose relationship to the world is one of irritation and anger-- a feeling that they are ill-treated by the world. I do not expect them to become excessively cheerful or optimistic people with a remedy, but I do expect that through their healing, both from remedy and relationship, that they will understand their responsibility to themselves and others to create changes in their lives. That by loving themselves and loving others, by forgiving themselves and forgiving others, they begin to experience the world as brighter and richer. This occurs because of both influences of the remedy and the relationship.

In addition to these changes I also see a rebalancing as they heal. The angry patient may become more depressed, for a short time, as they realize the pain and suffering they have caused others. The depressed patient may

become angry as they shift their self-destructive tendencies towards assertiveness and away from timidity. While the anxious patient may find that depression lies beneath the surface of their distracting worries and fears, these are all temporary swings of the pendulum as the patient rebalances--embracing a healthier tonal quality.

Homeopathy is a magnificent tool for healing - a gentle process that can offer profound relief and that can create a field of support that encircles both the patient and practitioner. When this occurs we do find magic. The magic of restored health.

Krista Heron is a licensed naturopathic physician, graduating from the National College of Naturopathic Medicine in Portland, Oregon in 1988. She has studied homeopathy since 1983 with many different practitioners including Louis Klein, Jeremy Sherr, Nandita Shah, Sujit Chatterjee, Rajan Sankaran, Divya Chabra and in particular with Massimo Mangialavori since 1996. She taught at Bastyr University from 1997 through 2008. She has presented her work at conferences nationally and internationally. Krista is Board Certified in Homeopathy by the Homeopathic Academy of Naturopathic Physicians (HANP). She has been in practice since 1989.

DEPRESSION, ANXIETY AND ADHD

Steve Olsen ND, DHANP

Here is a case which illustrates many layers of susceptibility.

The case duration is about four years.

Many of the common symptoms have been omitted and the visits summarized. Most of the visits are about one month apart.

February 2008

A woman in her 50's, very talkative and vivacious, came in for her first visit. Three months previously, she had experienced a bad reaction to a Typhoid vaccination. Then she developed many physical symptoms, such as intense jabbing, shooting and stitching abdominal pains, severe fatigue, and no mental energy. She felt wired up, speedy, could not sleep. She became more busy and restless. Her nature had always been very industrious and generous. After three months of these symptoms her doctor ran tests, which showed nothing unusual.

Analysis: She is intense, hyperactive, wired, sleepless but also helpful to others. The acute symptoms have joined up with the chronic layer below and so we can give her a remedy which affects her whole constitution. Coffea is thought of for people who love to work; they are generous and good-natured but too hyper. Typically, the heart is affected, with palpitations or irregular rhythms.

Plan: Coffea 30c.

Reaction: Abdominal pains better, nausea better, appetite returned. Three days after the remedy, the palms of her hands started to peel. She was able to sleep deeply again and her stamina had returned. "I have always had a problem with ADHD. I tend to do more than one thing at a time. My focus is now better. I can listen to my clients again." (She is a social worker.) She is still taking anxiety medications. After taking the Coffea 30c about once a week a few more times, she continued to improve.

Plan: After a few of months I gave her the 200c Coffea a few times, which she also responded well to.

June 2008: She is now much better overall but some old symptoms are still bothering her such as depression, which is now returning and getting worse. She took some St. John's Wort in an herbal formulation on her own

(Hypericum). She is also taking high blood pressure medication.

Analysis: The Coffea has worked well but now she wants to talk about her childhood and deeper issues in her life. Her father was a very aggressive man and ruled the house with an iron fist. "When I think of that situation I feel nausea in my stomach," she says. "As a child I would throw up from fear. I am not good enough according to my father; I feel shame and then nausea. I feel a fear when I do new things." She experiences a lot of gas and bloating. "My daughter won't talk to me; I must have failed as a mother."

Plan: After a dose of Coffea 200c she improves but then on further doses of Coffea 200c she was not better so I gave her Colchicum 30c because the nausea was worse from the smell of food. She has severe joint pain in her shoulders as well as hot flashes.

Reaction: For the first 24 hours the nausea returned and was worse and then better. She had the "shakes" for 24 hours then improved. Bowels returned to normal soon after this and the bloating abated. Her shoulder pains increased to nine out of ten, then got better. Her mood is overall better, with fewer obsessions about her daughter. Hot flashes are the same. Eventually Colchicum ceased to act.

July 2008: Patient reported that she has palpitations with the anxiety. A man attacked her with a knife over twenty years previously. And feared that she would die.

Analysis: The most obvious remedy for fear of death that remains after a near death experience with palpitations is Aconite.

Plan: Aconite 30c

Result: The anxiety is feeling much better. Still sleeping well. Blood test show that kidney and liver test results are back to normal. She repeats Aconite 30c once a week. Anxiety continues to improve. She is able to go back to school but this is not easy because her past partner hit her when she went to school. Now she craves sugar and feels much worse after it. Excitable and fear of heights.

Analysis: Her nature is very creative, spontaneous, excitable, effervescent, ambitious and engaging. As we will see later this was the most dominant aspect of her nature that she was born with and which her father tried to suppress.

Plan: Argentum nitricum 30c, one dose. Pain worse in left lower quadrant and bloating worse for a few days again, then both of these symptoms improved. Still takes Aconite 30c on occasion.

Reaction: Anxiety is improving again. "I can't thank you enough for all of

this," she says. "I struggled with the sleep for years and now it is so much better."

The patient then went on a trip to Asia. After returning from her trip she complained of sleeping too much –10 to 17 hours a night and all day if she let herself. "I can't seem to get out of bed." Not hungry. Low back pain on left side. No anxiety. ADHD, can't focus, dyslexia. Hands and legs restless. After she drinks alcohol she gets red in the face, too hot and headache. Getting along with her daughter better. More thirsty for cold and ice. Prefers to be alone. No fear of thunder. A lot of dreams and nightmares. Still on Lexapro for depression. Eyes twitch when under stress.

Analysis: It would be interesting to know who in her past family had symptoms like this. She has experienced them on and off for years but now they seem to be the most intense present symptoms.

Plan: Zinc-phos 30c one dose.

Result: The fidgeting stopped and she now feels calmer. "My brain is clear again; it feels wonderful." Her memory has also improved. Nightmares continue. The dreams are performance related: I can't help someone, threat of death, fear of having an aneurism. After repeated doses of Zinc-phos 30c, her restless legs are better and she is no longer sleepy in the daytime. She is getting a lot done in the day. Blood pressure is more normal so she was able to reduce her hypertension medication She says after this remedy: "I was too open to other people's problems. I did too much for my daughter and she pushed me away. I tried to do too much to please my father. This all seems more balanced now."

Analysis: We know that Phosphorus is for people who want to give to others, crave ice cold drinks and Zinc is for people who suffer from restlessness and twitching as well intolerance to alcohol, therefore this remedy seemed to fit the presenting picture of symptoms.

January 2009: "I am able to connect to my husband again; he is more insightful about himself. He handles stress better, he is not so irritable." (The husband was also under my care and had been prescribed some homeopathic remedies.) "My tongue is now painful; it is sore all over. It has growths on it – warts." In the past she had warts on her knees and feet, which were burned off. I was not able to solve this case so decided to wait and see her in another few weeks.

A month later: She still has painful warts on the tongue. Pain in the ears and head. Allergy to shampoo. Pain in the throat from garlic. Worse from onions. Low self esteem when at school. Fear that I am not smart enough. I have two Masters Degrees but I never feel that I earned them. My self esteem holds me back in life. Dyslexia, leaves out words when writes.

Plan: Thuja 30c one dose.

Result: “I feel more balanced, clear in my thoughts and centered in myself.” Sore throat worse for six days and then better. Glands are less swollen in the cervical area. Less sinus problems. “My self esteem is better with my clients.” After a few more doses of Thuja once a week her vitality increased. “I had so much energy I did not know what to do with it, but I could focus and felt more confident. I feel I can leap tall buildings.” Only one growth left on the tongue and this also eventually resolved itself. Can’t eat eggs or milk or chocolate as they produce sores on her scalp. Want to eat lemons. More assertive with her husband. Worse from onions still. Aversion to oysters.

Plan: Lycopodium 30c.

Result: Sore throat is back. Worse in general after seven days. Cough has developed with gagging. Headache and chills. Fear to go back to school. I feel like an imposter in life. People would think I am in “idiot” if they knew me. Less craving for sugar. I feel alone and insecure.

Analysis: Incorrect remedy. I did not stay with the deep acting effect of Thuja long enough. The rule I have proven to myself over and over is to repeat the same remedy and same potency when there is the start of a relapse and then to give a stronger dose of this same remedy when the previous potency has stopped working as long as the overall picture of symptoms is the same. In this case, I did not do this and so now the patient is suffering unnecessarily. I gave her the Thuja 30c to take again once a week.

In **May of 2010** she complained of feeling too hot overall. Her blood pressure was too high again. She was getting more loquacious. She bruised easily and could not tolerate tight collars about her throat. Her grandfather had a stroke and he had an explosive temper.

Analysis: It is more obvious in this instance to see where this miasm comes from; that being her family history of strokes. It is not so easy though to choose the correct snake remedy. She is not at all jealous so I did not give Lachesis.

Plan: Bothrops 30c one dose.

Result: Doing well. Lots of vivid dreams. Not depressed at all now. Blood pressure is 140 over 74, which is better than in the past. Still feels too warm in general. She still experiences nose bleeds for no reason. She wants to explore the world, meet people and generally has a strong sense of adventure. She continued on the Bothrops 30c about once a week. Sleeps deeply and wakes refreshed. Calmer overall. Still loquacious. Self esteem is up to 8 out of 10. Wants to work on her book again. Depression continues to

lift. Nose bleeds are now decreasing. "I am better at enjoying the moment." Reading more for pleasure now. Hard to loose weight. No longer allergic to milk and cheese. Craving cheese now and sugar. Hands are itchier – she used to have this symptom as a child.

Plan: Bothrops 200c one dose.

Result: She felt worse after a week so drank coffee.

Analysis: I would rather give a wrong potency than give a wrong remedy as now I know I can move onto a new correct remedy again. The palms are itchier. Flashbacks of being bullied as a child. "I wanted to die; I had nausea with the feeling of not being worth anything." Joint pain worse from a chill. No restless legs.

Analysis: I could not solve the case so I waited a few weeks. Shame causes nausea. "I feel as if I was beaten down by the bullies when I was in grade school. My father was abusive and critical. I was afraid of him. When he frightened me I would feel nausea. I have ambition but I feel a failure. I am not good enough. My daughter is not close enough to me. I have a fear to be left alone to die."

October 2010. Plan: Arnica 30c three nights in a row.

Result: Sleep is better again. "My right ankle pain and shoulder pains are 90% better. I have always pushed forward to improve myself. (Arnica). I feel less shame now and feel more positive about myself. I feel a new freedom in life; less need to push and fight against life. I feel more purpose and meaning in life with less fear. I wake with a pain in my chest area but better if I eat something. Took Arnica 30c many more times about once a week. She enjoys being back at school. I feel more grateful for what I have. Still on Lexapro for depression. Much less nausea and less shame. (Arnica proving: "I feel good for nothing"). The joint pains continue to improve. Still bruises easily. The patient now alternates the Bothrops and Arnica and I do not see her for some time.

Analysis: Arnica is like Aurum, they have tremendous self reproach, they feel good for nothing, fallen and beaten down. They can present with a very severe depression.

A few months later I see her again. She says she feels cheated by her mother. "We never had a close relationship. I am angry when people talk down to me. I want fairness and respect. I don't need the Arnica so much any longer. It helps me to sleep at times and I take it when my joints hurt. Much less nausea now and less feelings of shame.

Analysis: I don't know what to give her so I tell her to come back in a couple of months. She continues the Arnica and Bothrops, which she takes about

every two weeks.

I then gave her Bothrops 200c and Arnica 200c.

She was then able to cut her antidepressant in half.

I found out that both of her parents had had several strokes.

Result: “No sense of shame now. ADHD is also better. I can hear and understand the worlds of my clients better now.” Blood pressure is improving. Still depressed: a part of her is saying: “What is the point of life? I don’t want to work. Why bother? I procrastinate.”

Analysis: This case has many layers like a ball of yarn that is tangled into knots. One has to undo each knot in order in order to bring about the best result.

She described the depression as: “There are no good books to read.” She used to read a few books at a time. “I have five trips planned to see new things and meet new people, this gives me adrenalin.”

Plan: Falcon 30c. This remedy is known for lack of motivation, procrastination and a desire to travel.

Result: “I still need support, but I am very focused now and motivated. I fear missing trains.” Less depression. “My days are going very well and I have a lot of energy.”

Plan: I decide to wait a few weeks as I would like to see how deeply this remedy can act. A month later she still wants support and approval. Now she is over-eating less often. “I feel I have to be prepared,” she says. She decreased her anti-depressant medication, again. “I can cry more easily now.” Dreams of feeling rushed and not prepared. She took more doses of the Falcon 30c once a week.

A few months later she got hives, which she had as a child. She felt she is choking and had to gulp to get air. Fear of making a mistake and or letting her boat sink to the bottom of the ocean.

Plan: Crotalus cascavella 30c (suppression of emotions – hives – fear of suffocation)

Result: Able to decrease her anti-depressant further. Very excited and interrupts people. “I am working on my two books and found a publisher. I sleep well. I do yoga now and the anxiety is even lower. I was a very excitable child. I would get into my emotions and then my father would hit me and scream at me. Now I feel this excitability again as I did as a child but also the fear. I allow myself again to let go and to enjoy myself but I am not paying attention to what is going on around me. I fear that my father will hit me when I get this excitement but I know he is dead. I feel I will wet my pants with fear but I love to feel so excited. I lived in terror as a child.” Bad headaches come and go. Nausea again on and off with vertigo. “I paid for

my daughter to go on a trip with us but then she would not go. I was very disappointed and sad about this. I have no power with her. I can't let go of her and feel very attached." Her daughter is working about 40 miles away and ignores her mother.

Plan: *Crotalus cascavella* 200c. (Grief from attachment)

Result: Lots of nausea and clammy sweat all the next day after 200c. "I think I put myself out there for my daughter to step on me." Still dizzy and constant headaches. "I talk too much." No depression. Irritable with husband. Impatient.

A few weeks later: "The pains in my stomach concerning my daughter are all better. I claimed my heart back as she was jumping all over it and this was too painful. I am more contained now. I don't feel so passionate about her. Some days all my muscles are painful. I can't be quiet and listen to my patients because I want to talk all the time. No more hives. I feel things too intensely. I cry too easily. But I am no longer as sad about my daughter."

Analysis: She is more like a child now; dealing with attachment issues, strong emotions that she can't control. It is best to wait and see how well she can adjust and heal these parts of herself.

Plan: No better on the next visit with *Crot-casc* 200c so I tried a dose of *Crotalus horridus* 30c.

Result: Much less irritable with her husband. "I can tell I am feeling better again." Sleep is good and feels refreshed in the morning. "I can let go of things now. I am more into building and design work. I am helping my husband as much as I can." No more nausea. No more headaches or vertigo. I can't stop swearing.

Plan: Continue *Crot-hor* 30c about once a week.

A few weeks later: Less swearing, better in general. Focus is good for writing. "I am writing by books like gangbusters. I feel creative in my house and garden. I cleaned all the closets out. I cleaned out my art studio. I am doing more work than I have ever done in ten years!!"

Plan: Continue *Crot-hor* 30c.

Result: A couple of months go by. Started to get a urinary tract infection. Can't sleep. Very irritable and can't focus. Wakes at 3:30 am. Lots of memories of being attacked by x-husband. Fear of death.

Plan: *Aconite* 30c. **Result:** much better. Sleeping well since then but the urinary pain continues.

Analysis: This remedy is not deep acting enough as the urinary tract infection was not affected. Most likely the emotional state that is most connected to the bladder infection has not been discussed or understood. In this next visit I find it.

November 2011: Bladder infection acute with lots of burning with urination. Sensation urination is incomplete. Had this when in her 20's when travelling around Europe on the back of a motor cycle and had some casual sexual partners. Loses train of thought when in conversation. Depression on and off for years, has to fight against feeling hopeless. Feels more vitality from 10 am to 2 pm. She has always been well off financially as her parents were as well. Grandparents had to endure years of economic depression. Patient can't get warm, i.e. very chilly; has to use hot water bottles to warm up. At times as a child she felt hopeless and wanted to die. Often has itching all over her body.

Analysis: There is a deep susceptibility to urinary tract infections activated in 20's and now she has it again. The depression is surfacing again with a past history of continued sadness and hopelessness. The family history of poverty and with the patient feeling very chilly all point to Psorinum. I could have given Cantharis for just the local symptoms, or Medorrhinum, which includes the sexual contagion aspect and forgetful mind, but only Psorinum covers the totality in the most complete and meaningful way as the mind, general symptoms and family history of economic depression are also included.

Plan: One dose of Psorinum 30c. Bladder infection better in three days and has not returned. Aggravation followed by sustained improvement in all her symptoms as well as patient feeling happier than she had ever felt before. "I feel very positive about everything since I took this remedy; even though my husband was in a bad mood. I am able to focus my mind better than ever before. The joint pains were worse for a few days then better."

Learning value of this case: As time went on with each remedy taking its effect, one can see how the different remedy layers and pictures presented themselves according to the path of healing the body had chosen to take. I always look for the most "meaningful totality" of a case, as one cannot always include all the symptoms to be cured by one remedy. This requires thinking of the symptoms in different ways by placing the symptoms in the correct order of importance. If this order is in error then this leads to the incorrect remedy. For example:

<u>Aconite</u> Fear of death (most important symptom) Shaking with fear Fear to be injured Empathy for others (least important)	<u>Phosphorus</u> Empathy for others Fear of sudden noises Fear of death Fear to be injured
---	---

So for the totality of the symptoms there are many combinations to look at and see which remedy covers the most meaningful and relevant totality. One has to see things as they are and this is not easy as there are many possible ways to look at the symptoms. When there are many layers one has to often disregard many symptoms as they will not belong to the topmost layer. To find this separation, the rule I follow is to take the present chief complaint, the symptoms that are present with the greatest intensity, and then find out all the modalities and general symptoms of this chief complaint. Then see which emotional state is connected to this chief complaint or the emotional state that is worse since the chief complaint started. One then needs to find out when and under what conditions this emotional state first appeared in the patient's life and find out as much as one can about the reactions to these experiences. This will fill out and give detail to the emotions, which helps the patient to also make sense of it all. In this way the most reliable confirmations one can be made, the more evidence there is pointing to a given remedy the more confident one is to prescribe it.

Many of her physical symptoms returned especially the problem with ADHD, sleeping, anxiety and depression, which all took the longest time to heal as these were the deepest. It is unusual for so many remedies to be needed; but then again every case is different and again this clearly illustrates how layers of susceptibility can be so tightly stacked up upon one another. The modalities, general symptoms, emotional state, pathology and unusual symptoms though led me to the correct remedy most of the time. Perhaps this method seems old fashioned but it is based on a repertorization of each visit, a comparison of close remedies with each visit and the desire to find the deepest acting remedy with each visit – a remedy which always seem to connect to the underlying susceptibility.

Steve Olsen ND, DHANP

His practice is in Snohomish Washington.

His most recent books are **Arbor Medica** Volumes I and II.

SIGNIFICANCE OF THE INTERACTION BETWEEN HOMEOPATHY AND THE HUMAN GENOME

Drs. Peter H Kay and S. Rashid.

The Homeovitality Centre for Innovative Healthcare.

Homeopathy and gene expression.

Homeopathic remedies interact with the human genome (DNA) or genetic blueprint. So, it is important to understand a little about the background to and significance of this statement.

(The genome is a word that describes the complete sequence of an organism's DNA. In humans it comprises just over 3 billion building blocks or nucleotides).

In the absence of pharmacological intervention, biological changes such as disease remediation and promotion of disease symptoms (as in the proving process and in some aggravations) must be driven by activation or deactivation of specific genes that synthesise the proteins (enzymes, hormones and inflammatory mediators, for example) that are needed to bring about those changes. It therefore follows that some highly diluted homeopathic remedies must have the capacity to promote changes in gene activity.

Using highly sophisticated molecular biological technologies, Sunila and colleagues [1] have now confirmed that highly diluted substances such as plant and tissue extracts do have the capacity to boost gene expression in a very specific way. For example, they have shown that the nosode *carcininum* mother tincture is one of the homeopathic remedies that can increase expression of the important anti-cancer gene p53. The p53 gene is responsible for enabling abnormal cells, such as cancer cells to self-destruct through a process called apoptosis. Fortunately, *carcininum* is unable to induce expression of the anti-apoptotic gene bcl-2. This finding is important because it illustrates that homeopathic induced gene expression is gene specific.

One of the ways to slow down the growth of cancer cells is to inhibit synthesis of DNA. Interestingly, the mother tinctures of many homeopathic remedies examined have the capacity to slow down the synthesis of DNA in tumour

derived cell lines and consequently suppress their growth or proliferation. As a consequence, it is important to determine whether the same remedies slow down the growth or proliferation of healthy cells because unhindered growth of normal healthy cells is important for proper development and efficient repair of damaged tissue.

Similar findings have also been found by Frenkel and colleagues [2] who also demonstrated that, using *in vitro* molecular biological techniques, homeopathic preparations such as *carcininum* can induce expression of genes that can slow down the proliferation or growth of breast cancer cells.

Surprisingly, the work by Sunila and colleagues [1] also showed that, *in vitro*, some homeopathic remedies become less effective the more they are diluted. Results of their work also raised the possibility that, as with pharmacologically acting medications, the efficacy of homeopathic remediation may depend on the genetic background of the person being treated because not all tumour derived cell lines respond in the same way to the same homeopathic preparation. This may explain why some people do not respond to some remedies. These findings warrant further investigations as it may be possible to predict the outcome of administration of a particular homeopathic remedy based on the genetic profile of the client.

Safety of Homeopathic remedies.

Scientists have now discovered that human DNA contains around 22,000 genes. Some of them, such as oncogenes can cause cancer whilst others protect against disease. Some genes have been discovered that help to correct disease and others that make diseases worse. Homeopathic remedies must have the capacity to boost some of the genes that help to correct disease. Homeopathic remedies must also be able to target genes that cause disease or make diseases worse because they can cause symptoms of disease in healthy subjects, the proving process, and aggravations in some patients.

Extracts of tissues and plants used to make homeopathic remedies contain many different chemical substances. They are also likely to include foreign DNA molecules because all plants and animal tissues, from which homeopathic mother tinctures are made, contain DNA and, as indicated below, homeopathic DNA can increase the expression of some parts of the genetic system. Therefore, the specificity of homeopathic remedies may be refined and standardised by isolating and testing the effects of each of the different components of a particular remedy such as *Carcinosinum* or *Thuja* on diseased and healthy subjects. The most effective components can then be isolated to provide the basis for advanced remedies. In fact, this exciting approach to the improvement of Homeopathy has already begun. Khuda-Bukhsh and colleagues [3] have identified a thujone-rich sub-component of *Thuja* extract,

which has anti-cancer properties, revealed by *in vivo* studies. An isolated thujone-rich fraction has been shown to cause a significant decrease in cell viability and alteration in the activity of genes that induce programmed cell death or apoptosis in a cell line derived from a malignant melanoma.

Homeopathic DNA.

The use of highly diluted DNA is well established in homeopathic practice. It is included in provings and materia medicas such as those compiled by Dr A.O Julian and Dr R. Murphy. Therefore, it is clear that homeopathic DNA alone can promote expression of human genes that relieve diseases as well as genes that cause disease. Homeopathic DNA however, is derived from various sources, sometimes fish, plants or other species and will contain DNA of foreign or infectious origin or mutated DNA.

Modern Homeopathy.

In an attempt to increase the specificity and safety of gene targeting by homeopathic DNA, Dr. Marichal developed a remedial gene targeting system that used only highly diluted pure DNA molecules with defined sequences. They were designed to target immune response genes to help fight infections that were non-responsive to antibiotics and control the infectivity of viruses. His novel Homeopathic gene targeting system, referred to as Micro-Immunotherapy, proved highly successful [4].

The Homeovitality system.

In recent years, particularly since completion of the Human Genome Project, as indicated above, scientists have discovered much more about genes that protect against disease and promote and maintain natural super-health and even correct disease. Some genes have also been discovered that are implicated in accelerated aging, excessive weight gain, impaired memory, reduced IQ and an earlier death if their activity is reduced. Another gene has been shown to help avoid bone fractures, particularly in post-menopausal women by a form of natural super-health

After many years of research, the Homeovitality system was developed by one of us (PHK), along the same lines as Dr. Marichal's proven gene targeting system to promote health by targeting these recently discovered genes that optimize health, protect against disease and promote natural super-health so that practitioners can help everyone to enjoy a longer healthier life. For more details, see www.homeovitality.com.

It now turns out that some of the genes targeted by the Homeovitality system also have the potential to reduce susceptibility to, or even correct many serious diseases such as heart disease [5], rheumatoid arthritis [6], cancer [7] and diabetes [8].

Homeovitality micro-DNA therapies are not homeopathic because they cannot be subject to the proving process, they do not cause disease symptoms in healthy people because they only target genes that have been shown to support health or correct disease. They are classified in the same way as the modern Homeopathy remedies as described by Dr Marichal [4]. On the other hand, Homeovitality products do obey 'the law of similars' because the DNA molecules contained within each one of them is identical to part of the gene that they have been designed to promote.

Their safety is assured because they do not cause aggravations in patients or disease symptoms in healthy subjects and, unlike homeopathic DNA, they do not contain any foreign or mutated DNA.

Quite clearly, based on recent scientific discoveries, some of them included above, there are many exciting prospects ahead for advancement of alternative health practices including Homeopathy. In particular, it will be of major importance to determine the mechanism/s that underpin the promotion of specific gene expression by highly diluted and potentised substances.

Homeovitality products are now available for practitioner usage worldwide so that their clients can enjoy greater benefits. Their benefits and ordering information may be obtained at www.homeovitalitycentre.com.

Please contact Dr. Peter H Kay by email on peterhkay@gmail.com with any queries.

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TREATING ALOPECIA WITH HOMEOPATHY

Dr Sanjeev Narula

Case #1

Name: PJ

Female/19yrs.

Date: March 13, 2011



c/c : Alopecia areata for one month.

Falling of hair in spots.

Bald patches on scalp.

a/c: plica polonica

Patient had a cough for the previous three months after taking an Ayurvedic treatment for 15 days. Previous to that, she that used allopathic medicine, which did not help.

Acidity with burning, < night watching, onions, spicy food
> not noticed.

Previous History:

Suppressed pus boils three years ago.

Vaccination= primarily

Flu: suppressed recurrently since childhood.

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Measles in childhood

Worms passed with stools in childhood.

Diarrhea suppressed 2-3 yrs back.

Abscess on gluteal region three years back suppressed with allopathic remedy

Family History: maternal grand parents h/o of DM & maternal grandmother ca.

Personal History:

Desires: chocolates, spicy, pickles and sour food.

USE OF TAMARIND added to food frequently.

Aversion: fruits [juicy]

Perspiration: copious - no stains or odor.

Bowels: constipated with ineffectual urge.

Stool: dry, hard and long.

Temperature: Chilly patient

Fan: cant bear fanning.

Bath: hot water

Covering: covers from head to toe.

Gen.agg: fanning, draft of air, sun exposure

Tendency to catch cold, suppurate.

Sleep: unrefreshing sleep

Dreams: religious, god, daily events related.

MENTALS: - irritable

- anger < trifles, obliged to answer, disturbed when
- screaming < anger from
- strikes < anger
- weeping easily < anger, offended when
- dislikes consolations.
- likes company
- fears: dogs +
- hurried
- anxious
- Organized & fastidious
- Memory good
- Feels sad about rude behavior of her father as he shouts a lot in anger.
- Desire for colors: black and white
- Aversion for colors: orange

O/e: skin; dry, discolored dark [tanned]

----- Tongue: light green coating with red triangular tip

March 14, 2011 Prescription

1. Hepar sulph. **1m Two doses ods/2days.**

2. Placebo continued for five weeks.
Followed up every week.
Cough improved first week
Evidence of new hair growth noticed in third week.
Plica polonica improved in fifth week.
Last week, the patient took some tamarind again.



April 14, 2011
Sanicula 30c given two days
Followed up until July 7, 2011, when patient's bald spots were completely gone.

At this date, the patient developed pus boils on genitals and gluteal region which were a return of old symptoms. No treatment.

Case #2
Patient: HJ, female age 23.
Date: December 28, 2006

Current Complaint: alopecia areata for the last four years.
Falling of hair in bunches.

Active Complaints:
Baldness.
Weakness < Evening
Tendency to headache for the last four to five years, < cold, washing of head, fruit juice, empty stomach.
Acidity for past year.

> sleeping, walking in open air.
<spicy, working in shifts, chocolate.
> cold milk.

Vitiligo genitals à 10 years ago.

She has been treated with homeopathy for the past 2-3 years

History:

Vaccination: primarily

Flu: rarely suppressed.

Measles: in childhood.

Jaundice: 12-13 years back and at birth.

Skin: prickly heat in childhood, suppressed boils 2-3 yrs ago. Groin eruption one year ago.

Worms: in childhood.

Dentitional diarrhea.

Diarrhea suppressed.

Operation: Corn on sole of foot 1-1/2 years ago.

Other Diseases: Diarrhea recurrent in infancy following allopathic remedies.

Thirstless

Desires: spicy, cold, ice cream, juicy fruits.

TAMARIND USE +++

Perspiration: scanty à palms and soles. No odor or stains.

Bowels: regular.

Stool: semi solid.

Temperature: Chilly patient.

Fan: dislikes.

Bath: warm or hot water.

Covering: likes to cover.

Gen. agg: draft of air, sun exposure, after meals.

Gen. amel: sleep.

Tendency to catch cold, suppurate, headache.

Sleep: normal and refreshing sleep.

Dreams: daily routine.

MENTALS: irritable

- Anger < trifles,
- Expresses anger
- Throws things in anger
- Weeping easily
- Easily gets offended
- Likes consolations.
- Likes company.
- Fears: no fears.

- Dislikes: lizards and cockroaches.
- Fastidious.
- Can't make decisions.
- Memory good.
- Working stress 8-9 months ago at job. Impulse to cut her flesh with knife.
- Desire for colors: black, white and pink.
- Aversion for colors: brown.

Nails: painted- white spots visible.

Hair: dry and rough.

Other: dry scalp.

Tongue: creamy yellow coating with red tip.

Mouth: high arched palate.

Prescription:

Sanicula 30c three times a day for three days.

Placebo was continued through March, 2007.

Treatment for alopecia wasn't needed after that as complete hair growth replaced bald spots.



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Dr. Sanjeev Narula

Consulting homoeopath

www.homoeopathicdynamics.com

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PROVING OF THE ACORN FROM A NORTHERN RED OAK; QUERCUS RUBRA GLANDIUM.

By Melanie Grimes

Kingdom	<i>Plantae – Plants</i>
Subkingdom	<i>Tracheobionta – Vascular plants</i>
Superdivision	<i>Spermatophyta – Seed plants</i>
Division	<i>Magnoliophyta – Flowering plants</i>
Class	<i>Magnoliopsida – Dicotyledons</i>
Subclass	<i>Hamamelididae</i>
Order	<i>Fagales</i>
Family	<i>Fagaceae – Beech family</i>
Genus	<i>Quercus L. – oak</i>
Species	<i>Quercus rubra L. – northern red oak</i>

The genus *Quercus* (oak) contains about 600 species

The remedy was created from a red oak acorn sourced in Ann Arbor, Michigan in 2010. Three acorns were sent to Hahnemann Pharmacy and titrated by them into the proving substance.

I began investigating this substance after hearing Jan Scholten discuss *Quercus* in our material medica. This British Oak is a smaller tree, and I realized that the various oaks, so abundant in American forests, were absent from our material medica. The Seattle School of Homeopathy wanted to participate in a proving and I selected this variety of *Quercus* to prove with them, because it would give them a chance to learn about comparing remedies, as well as conducting and participating in provings.

Quercus is known also for mystical affinity and is the core of druid beliefs. This proving showed a remedy that would be good for a community minded person, someone who works with others, like a social worker and is able to carry many people on their shoulders. Like a teacher in the inner city, or a doctor in a free clinic.

Very confident.

Also there was a strong visual sense, seeing images instead of words. Ideas forming as a scene in the brain. Might be useful for artists as well.

Lots of gas and flatulence.

Red oak is used in furniture, floors, very utilitarian. It gives its all for people. We use its acorns for food, its wood for homes. The white oak is even more royal. More like the platina of oaks, I think. White oak is also waterproof and used to age whisky. The red is like the little brother, used for everything and less expensive than white. If people can't afford white oak flooring, they buy red.

These plants can sustain up to 300 organism, fungus, bugs, when other trees can only sustain five without dying.

This proving supported the similarities in the oak family and pointed out specific affinities for the American Red Oak.

Proving Comparison of Similarities Between Quercus Rubra and Quercus Robur –

Black – Proving of Quercus Robur by A. Geo Savulescu MD

Brown – Proving of unknown substance by Melanie Grimes, through Seattle School of Homeopathy.

MIND

(032 bis) 0-7 Anxiety. NS

Was not able to see girlfriend today. Planning to see her tomorrow. I was a little challenged in passing the time in the evening. . Had a couple of drinks, later smoked a little pot to try to keep emotionally calm. Not the best coping mechanisms, but were helpful. Did house chores, watched a movie and did yoga.

01, 30c, ??

I had a night terror about 30-45 minutes after falling asleep. I woke with a start, certain I was going to die. I jumped up and screamed “NO” very loudly. My husband was close by and came in. After he gave me a hug, I went back to sleep (note: I have had night terrors all my life. They always come on about the same point in my sleep and have different but recurring themes. The type I just recounted is identical to ones I have had during the

last couple of years.)
02,30c, ??

I had another night terror the same as the night before, except I did not scream "No" as loudly. I quickly got back in bed and fell back to sleep. It is somewhat unusual for me to have night terrors two nights in a row.
02,30c, ??

I had another night terror. This one was identical to the previous two, only it was a little stronger. After I screamed "NO" and jumped up, I had to put my hand on my chest and confirm my heart was still beating before I could relax and go back to bed.
02,30c, ??

(021) 18 Increased mental and physical energy.

Prover called and said that she took the first dose. Said it was "Invigorating."

01,30c (Supervisor) 12:20:00

(021; 032; 01X) 10-18 Desires and needs exercises NS

Had to jump up and down a bit.
01,30c (Supervisor) 14:40:00

Starting to get my physical energy back, and craving exercise. Have been spending time outside, but gentle walks, or short bike rides. I am feeling very much "myself" mentally and emotionally. Don't know that the remedy has had much expression here, yet.
01,30c

(029) 0-1 Hurried. NS
Absent minded. NS
Forgetful.

Missed my turn off interstate for school and ended up miles too far down the interstate, and on the wrong side of the river. Long time to negotiate the way back, but enjoyed the detour, seeing people out at market, parade, garage sales on a Saturday morning.
01,30c, XX:XX:XX

Having trouble with directions. Not paying attention. (NS) Didn't feel bad about it.
Getting lost.
01,30c (Supervisor) 12:30:00 check-in

Poor driving directions again going to school this morning. Took much

longer than it needed to. I used to live here, I know my way around, but it isn't showing.

01, 30c, XX:XX:XX

(038,043) 0 Vague prostration of mind, dullness NS

Mental activity is difficult. Dispersion NS

Would have liked a longer ride. Later when driving, took a wrong turn because I accidentally got in turning lane. Long detour, wasn't thinking fast enough to go around the block and get back to the intersection.

01, 30c, ??

Although, I really haven't been able to concentrate on studies, and this is a bit of a problem as finals are at the end of the month. I have outlined what I have to study, have done the organizing, but my mental thirst is lacking. Also lacking is the simple discipline/ reality that I have huge tests due in just a few weeks.

01,30c, ??

Hard to study.

01, 30c (Supervisor) Check-in

**Further info—2 weeks later: no new symptoms. Relationship did break up. We are spending time together, but without commitments. No longer planning to move in "make a life together," and this has taken off lots of pressure. I am learning to set my boundaries and keep myself happy. My strong curiosity and

desire for study is back. That was notably absent in proving.

01, 30c, ??

(021; 029; 041; 045; 047) 0-30 Calmness, tranquility. NS

My birthday! . . . Feeling really satisfied and secure in my life compared to two years ago. Thankful for all the growth and healing I've had. Appreciating my partner.

01, 30c, ??

Spent the evening downtown with a friend sitting outside—sidewalk café—and listening to live music. Feeling pretty content emotionally, not worked up and needing to "process" anything. Enjoyed the bike ride and being outside, even though it was raining a little. Was not overwhelmed by the crowd and activity (in contrast to a few nights ago).

01, 30c, ??

(045) 11 Aversion to being alone; desires company

I am desiring some social interaction.
01, 30c, ??

(045) 17 Irritability with no reason. NS

Cranky this morning, but got over it quickly.
01, 30c (Supervisor) Check-in

(036) 13-35 Self Confidence NS
(021; 045) 0-25 Cheerfulness-unexplained. NS
(049; 01X)

I am feeling good in the mental emotional levels. Cheerful and confident about life. I've also been able to apply a little discipline about doing yoga/ house chores/ and studying in more of a schedule than I've had recently.
01, 30c, ??

Woke up with that sense of feeling less dense again and a sense of more joy, increase sense of generosity.
03, 30C, ?
(021; 025; 041) 0-25 Mind and conscience are clear. Understanding easy.
NS
(045; 01X)

I was reflecting this morning that I had a good experience of using my voice, voicing my displeasure the other day. (Would have been day 13). This is something I have a hard time with, normally. I don't like to upset people/ be critical, and usually just try to "get over it" myself. This was with my partner, and although she was initially defensive, by the time we talked in the afternoon and I apologized for being crabby, she told me she understood why I was upset. That was validating. I am really appreciating our communication.
01, 30c, ??

HEAD

(021) 0-15 Headache like a pressure. NS
0-2 Headache front-right. NS
21 Headache

Also woke with headache, again this global pain as a vascular headache. Same as when I was coughing the other night. Taking a sick day today to heal up... Its 2 pm, I am still in bathrobe. Going to try to get cleaned up and feel better. I was warm all night, and have been all day. No chill since night before last. The weather has also turned warmer.
01, 30c, 14:XX:X

Out in the hot weather, rt. sided HA, from vertex down side of head, pressure feeling.
03, 30C, ??

17 All day headache in vertex. NS

The headache has diminished considerably. Just noticed briefly in the evening, whereas
Two days ago had it on and off all day.
01, 30c, ??

EARS

(027) 2 Pressure and stopping of the ears with slight headache, mainly right sided.

I was driving to Marymoor Park, when my ears suddenly felt plugged. There was pressure for a couple of minutes and then it disappeared.
02, 30c, ??

FACE

(047) 2-12 The acne comes back. OS

Also have had more little whiteheads on my face. These may be connected. They can easily be scraped away and don't have redness or inflammation. They are especially around my mouth and cheeks—where my fingers would be if I were resting my chin in my palm.
01, 30c, ??

THROAT

(034) 4 Slight pulsatile constriction. NS

On 6/18, I had a short period of time (less than an hour) when it was kind of hard to swallow like the muscles in my throat didn't want to work.
02, 30C, ??

(047) 0 6AM Clear feeling in the thyroidian region, lasting also at 5PM, with supra umbilical coolness (this feeling appears sometimes during yoga exercises or after drinking mint or other aromatic teas). It is associated with

strong mental and physical energy (5PM).

5-11PM. Coolness at the base of the neck. Fineness feeling. NS

On the drive home, there was a cool, burning sensation in my throat for a couple of minutes.

02, 30C, ??

STOMACH

(021) 9 Loss of appetite. NS

10-15 She eats without pleasure

(045) 0-30 Diminished appetite. NS

0-60 Diminished appetite. NS

Not much appetite today. (Recovery day?)

01, 30c (Supervisor) Check-in

Second day of period today. Very lethargic and spacey. Low appetite. No desire for meat.

01, 30c, ??

21 Loss of appetite with anxiety, restlessness and irritability. NS
(she drank 2 coffees).

Return home. Some gut pain as I packed up the last of my supplies to head for home. Seemed like anxiety over relationship. It was a long trip home, but not stressful. Really enjoyed my friend's company.

01, 30c, ??

ABDOMEN, STOOL

(032) 0 9:30 AM After the breakfast she had a second stool which was soft (the first one was hard) and nausea (menses). NS

(041) 3 8AM 3 soft stools with flatus at waking. NS

Wake up at 2am, lots of flatulence, this is very uncommon for me.

03, 30C, ??

Multiple stools today that are soft, uncommon for me.

03, 30C, ??

BACK

(029); (032 bis); (043). Spine pain. NS

The dream reminded me that last Friday, Jun 17, I had a muscle pain in between my neck and shoulder on the left. The muscle was sore for less than 24 hours. I remember wondering if it was sore because I had carried a couple of heavy grocery bags a long way across a parking lot twice, earlier in the day. I was confused because I thought the heavier bag was in my right hand, and I really didn't believe it was that heavy. Now I am wondering if it was a proving.

02,30c, ??

Pressing hot almost burning pain in the center of coccyx, pushing outward but staying right in the center. (area of old coccyx fracture) Lasted about 20 min.

03, 30C, 00:XX:XX

EXTREMITIES

(032 bis) Pain in knees. NS

Sore right knee: We had just been on a simple walk, but my right knees felt tricky—lateral side. Massaged leg when I got home.

01, 30c, ??

Sore right knee: Only noticing knee when I move from crouching/ squatting position to standing. Feels weak, some pain in the muscle. Lateral Quad.

01, 30c, ??

SLEEP

(021; 036; 043; 045). Unrefreshing sleep; Sleepless, Sleeplessness. NS

Wake up 2am, no reason, dreaming keeping people safe.

03, 30C, 02:00:00

Wake up 2am three more days in a row.

03, 30C, 02:00:00

DREAMS

(045); (01X). Dreams of dogs. NS

Dream #1—dog molestation-- A man tells me how he has been messing with all my animals, especially details with putting something up the cat's butt. He is menacing as he tells me this, I am trapped with him. My partner is there and I ask her if she's known about this. I can't tell from her response. This man seems dangerous and is putting us through some sort of game so we can leave.

01, 30c, AM

SKIN

(038; 047). Pimples, Acne. NS

Have been craving chocolate the last few days—made some “truffles.” Also have had more little whiteheads on my face. These may be connected. They can easily be scraped away and don’t have redness or inflammation. They are especially around my mouth and cheeks—where my fingers would be if I were resting my chin in my palm.

01, 30c, ??

Melanie Grimes

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Melanie Grimes is a homeopath, medical editor, and author of numerous provings, including Galeocerdo (Tiger Shark), Fax (Meteorite), Natal Grass (Stangeria) Wollemi Pine (Wolle.) and Blue Green Algae (Micro a.)

Use of Dr BACH FLOWER REMEDIES

By Dr. V. Krishnamurthy

DR. BACH FLOWER REMEDIES give accurate solutions to many difficulties and problems faced by the individuals or society at large. This system consists of thirty-eight remedies, each one containing trace quantity of a non-toxic wild flower, *found in their natural habitat in the English forest*. While all the thirty-eight flowers are found together in one place called Mount Vernon in England, most of the flowers are not to be found anywhere else on earth in their natural habitat. (Nature keeps her ways secret!)

Around the year 1936, Dr. Edward Bach, then practicing in Harley Street, London, like Gautama Buddha, abandoned his lucrative medical practice and started going into the forest and slowly discovered the therapeutic and other effects of these flowers.

RESCUE REMEDY:

For medical emergencies arising from traumatic causes— serious accidents, burns and scalds, electric shock or poisons where life is in danger, put one pill into the mouth of the victim. Moments later,

1. Bleeding, if any, stops almost instantaneously without a bandage, however long or deep the cut may be.
2. Unbearable pain is reduced to minimum.
3. If unconscious and the body has become ice cold, pulse/ breath imperceptible, these are cured in just a minute, and the victim gets up and walks home as if nothing has happened (excepting, of course, fractures)—the more danger to life, the quicker the remedy acts!
4. In case of chemical poisons and poison bites, the poison becomes neutralized quickly.
5. In case of burns and scalds not only does the burning pain reduce in less than a minute but also, all after-effects are prevented.
6. No need to repeat the dose! Just one single dose however serious the condition of the victim may be. The more danger to life the quicker the remedy acts! Rescue Remedy is a near panacea for traumatic cases when patient may soon collapse.

Rescue Remedy, given by mighty Nature, not only acts as a mere first aid in trauma cases but in most cases, completely cures the patient (even before the time required to take the victim to a hospital) so that no other treatment is required (fractures excepted).

But that is not the case with other medical systems known until now. After extensive burns, if the victim goes to any qualified and registered medical practitioner, the latter has no medicine to prevent the after effects of burns including discoloration of skin and disfiguration of the part by thickening of tissues, etc.

Surgery is also a trauma. A few hours before major surgery, if one dose of Rescue Remedy is given orally to the patient, 150 ml of blood loss is minimized. Also the wound heals rapidly and the patient is discharged early.

Dr. Mathanagopal reports:

“Thank you for introducing flower remedies. One hour before giving anesthesia for surgery patients, I give one pill of Rescue Remedy (chewable). Compared to other patients, Rescue Remedy given thus, saves 150 to 200 ml of blood loss, reduces post-surgical pain, fever, edema etc. Thus, there is less need for giving painkillers and antibiotics.

“For scorpion stings, snake bites and other unknown poisonous bites where the patient is brought in critical condition, I give one pill orally. I then dissolve five pills in a half-ounce of plain water, and soak gauze in the solution for local application. In just moments, the pain and swelling disappears, much to the surprise of my colleagues.”

Sr. Claire, a Christian missionary health worker, was travelling in a bus. To avoid a cyclist the bus driver applied the brakes suddenly and the bus skidded to the extreme left side of the road and fell into a pit. Soon it was a scene of screaming and crying passengers with bleeding and pain. The driver was bleeding profusely from head because his head fell on the steering wheel and he became unconscious.

Sr. Claire opened a vial of Rescue Remedy and put one pill into the mouth of all the injured. Soon the bleeding and crying stopped. She put one pill into the mouth of the driver also. The bleeding from his head stopped completely. He regained consciousness, got up and started walking as if nothing had happened to him! All the passengers got down, pushed the bus to the center of the road and continued their journey.

You are a trauma specialist with Rescue Remedy in your pocket!

Walnut

For all types of addictions and bad habits, i. e., where the patient is doing the same motion thing repeatedly over and over again with his fingers/hands—be it chain smoking, drinking alcohol daily, tobacco chewing, taking several cups of coffee/tea, thumb-chewing in children or nail biting in elders.

Wherever we prescribed Walnut for addictions, the addicts not only gave up the habit, but on continuing the remedy these persons started learning instrumental music or painting and soon started performing on stages. The question now before us is, “What has ‘playing instrumental music or painting’ to do with addiction?”

In both cases, the person does one and the same thing repeatedly over and

over again with rhythmical movement of his fingers/hand.

Smoking cigarettes or nail-biting is the "NEGATIVE" aspect of the Bach Remedy Walnut.

Playing instrumental music or painting is the "POSITIVE" aspect of the same remedy.

From the above we infer that mighty nature tells all addicts: "I sent you on earth to learn and play instrumental music (or painting). But you made the mistake of studying science or accountancy. To remind you of your job on earth I made you an addict. At least now realize your mistake, take Walnut and start learning instrumental music."

Addiction is not a punishment given by Nature but a chiding only.

Thus, Bach Remedies do not TREAT or CURE human beings but change them from 'negative' to 'positive' types. On one hand Walnut enables addicts completely give up the bad habit; on the other, it simultaneously enables them to learn and master instrumental music/painting, irrespective of their age.

We, therefore, call Sitar Ravi Shankar a "POSITIVE Walnut-type person." Had the parents of these instrumentalists discouraged their instrumental music education, they would have ended up as a diploma/degree holder or working in an office and later becoming addicted to alcohol, drugs, etc.

From the above, we get the lesson (by the study of Bach Remedies) that in detox centers we must employ teachers of instrumental music/painting and this alone is the only and correct solution to cure addictions.

Cherry Plum:

This remedy is to be prescribed for the following symptoms: mind giving way; or fear of loss or reason; irresistible temptation; suicidal disposition (mind giving way).

'Uncontrollable' anger, unbearable thirst, insatiable appetite, cannot wait for food when hungry.

A diabetic patient with Cherry Plum negative mentality cannot avoid sweets on seeing it when served in dinner parties.

Suicidal disposition: "Person commits suicide because of unbearable chronic abdominal pain that resisted treatment by the best doctors." Cherry Plum cures the underlying pathology so the pain is cured completely and permanently. Not only colic, but any disease that makes the sufferer cry or weep with pain.

"Man commits suicide due to poverty." This also we occasionally read in the newspaper.

Again in the case of suicidal disposition due to poverty, when Cherry Plum is prescribed, it gives the victim sufficient mental balance to find ways and means of earning sufficient money; so the suicidal disposition disappears. Persons who weep with 'unbearable' pain in body (whatever may be the name of his disease).

Cherry Plum is not a painkiller but it cures the underlying pathology and so the pain stops. The best place to illustrate the use of Cherry Plum is the

labor ward in any maternity hospital.

Bach Remedies are thirty-eight in all. Every person would be of one remedy-type only at a given time. Thus, roughly three out of every hundred persons would be Cherry Plum type. The child wants to come out but the uterus does not dilate. Thus, it causes “unbearable” pain making the mother cry. We give Cherry Plum at this time to these women 1-3 doses every 5-15 minutes). Soon they have a normal delivery. At this point please do not note that Cherry Plum is to be only prescribed for “easy delivery.” The remedy is useful for painful delivery and also in all diseases or problems in life where the affected person cries/weeps with ‘unbearable’ pain (or resorts to suicide) Cherry Plum is to be prescribed and it cures. In the case of life problems making them resort to suicide, the remedy enables the person to automatically find ways and means to solve their problems.

I called the above women to whom Cherry Plum was prescribed for ‘unbearable pain’ and advised them to take daily one dose of the same remedy. They said, “Sir, we have delivered the baby. Why more medicine?” I advised them that this remedy would enable them to know why they had such unbearable labor pains for hours and also to prevent all future sufferings (be it bodily diseases or problems in life) that would make them weep or cry in this manner. After a few weeks it was noticed that all of them started learning vocal music (irrespective of their age) and after a year or so were performing in music clubs and stages and their income multiplied several-fold.

The question now before us is, “What is the connection between ‘vocal’ music and ‘crying with pain or problem in life?” In both instances, ‘voice’ is used continuously in high pitch.

Tongue/throat is used to make noise/voice as well as to taste delicious food. Therefore, another use of the Bach Remedy Cherry Plum is “irresistible temptation” “unable to observe food restrictions.”

Let us now look at some more Cherry Plum negative type persons (who too would become singers after a course of Cherry Plum).

1. Those taking more soft drinks every time they go in the hot sun; (unbearable thirst)
2. Those short-tempered persons who shout and scream in anger. Uncontrollable thirst, uncontrollable anger, appetite, etc., are the symptoms of Cherry Plum.
3. Those who cannot observe diet restrictions. Irresistible temptation.
4. Those resorting to suicide to put an end to their pain in abdomen when the best doctors failed to cure them with their medicines.
5. Persons committing suicide due to poverty.
6. Parents beating their children in anger.
7. Teachers and masters who beat their students in anger because the later is not learning in spite of repeated coaching.

By now, the reader would have learnt what we mean by ‘positive’ and ‘negative’ types. We find that there are thirty- eight types of persons only in the

world. If a person is positive, he need not take any Bach remedy. Negative type may take his respective remedy to become positive. This is the secret of Bach remedies and that is why it is able to cure gently, quickly and permanently that too without any side effects.

ADDICTION AS VIEWED IN THE SYSTEM OF BACH FLOWER REMEDIES:

In the Bach Remedies system we do not treat addiction but we treat the personalities of the addicts, hence there are no side effects. We *individualize* the victims.

Let us examine a few alcoholics.

17(A) REGULAR (DAILY) DRINKER/CHAIN-SMOKER

Name of the Bach Remedy

WALNUT

SCLERANTHUS

AGRIMONY

VINE

CHERRY PLUM

Symptoms of the victim (addict)

For these people, it is a matter of sheer habit. The question of giving up alcohol/tobacco does not arise because the victim does not even think of making an attempt to give up this habit. If he misses his drink, his hands shake and he subsequently suffer from withdrawal symptoms.

At night he firmly vows that from the next day on, he won't drink alcohol and promises his wife, too. But the very next day the same old story is repeated. This is not addiction but unsteadiness of mind (Irresolution).

This type of addict does not take alcohol for kicks, as did the first Walnut-type person. He drinks to forget his worries at home when some dishonorable events have happened, his daughter eloping or his wife running with another person, etc. This starts him suddenly drinking to ventilate his suppressed emotions and grief.

He wants to put up a show before others that he does drink, therefore drinks imported stuff like scotch, etc. This can be further evidenced by the fact that in his house we find empty brandy bottles neatly kept in a showcase in his house.

If he decides to give up the habit and completely stop, he will start again if he sees a bottle, or the smoker a cigarette pack. This is a case of irresistible temptation indeed. (Mind giving way.)

(B) OCCASIONAL DRINKERS:

Name of the Bach Remedy

WILD ROSE

HORNBEAM

CHICORY

MIMULUS

Mind symptom of the person taking alcohol

These types of people are not regular drinkers. They drink to enjoy life or to

celebrate once a while, for example, on the first of every month when they get their monthly paycheck or, of receiving their yearly bonus; or, on occasions like promotions, transfers, weddings, etc. (celebration!) Enjoyment of life!

These types of people are neither addicts nor are they fond of the kick feeling. They are tonic mongers or strength-maniacs. They drink wine or brandy only, because these two are said to be good for one's health. They are over conscious about nutrition, vim, vigor and vitality. They have forgotten that 'health is wealth' and wrongly think that 'strength is wealth.'

But here he is a miser. He does not drink if he has to purchase his drinks from the liquor store. But when it is available for free, such as in parties, he gulps down as much as possible and comes home and vomits it all. (The regular drinker knows his limit and does not overdose himself.) People like waiters and top-executives attending parties quite often resort to this type of drinking.

Here is the nervous fellow who has a fear-complex, and drinks to become bold. These types take liquor just before encountering their rivals.

The names of the 39 Bach Remedies are:

- 1. Agrimony**
- 2. Aspen**
- 3. Beech**
- 4. Centaury**
- 5. Cerato**
- 6. Cherry Plum**
- 7. Chestnutbud**
- 8. Chicory**
- 9. Clematis**
- 10. Crab Apple**
- 11. Elm**
- 12. Gentian**
- 13. Gorse**
- 14. Heather**
- 15. Holly**
- 16. Honeysuckle**
- 17. Hornbeam**
- 18. Impatiens**
- 19. Larch**
- 20. Mimulus**
- 21. Mustard**
- 22. Oak**
- 23. Olive**
- 24. Pine**
- 25. Red Chestnut**
- 26. Rock Rose**
- 27. Rock Water**

28. Scleranthus
29. Star of Bethlehem
30. Sweet Chestnut
31. Vervain
32. Vine
33. Walnut
34. Water Violet
35. White Chestnut
36. Wild Oat
37. Wild Rose
38. Willow
39. Rescue Remedy

Out of the first thirty-eight in the above list, each one contains trace quantity of a particular wild flower. The remedy *Rock Water* at Serial No. 27 alone is not from a flower, but it is merely water collected from natural springs found among hard rocks.

Rescue Remedy at Sl. No. 39 is a mixture of the five remedies at serial Nos. 6, 9, 18, 26 and 29.

Short Notes on some of the 38 Bach remedies

Agrimony: Wherever you have to contend, argue or fight for your rights, or, have to go to court or the police to stop a person from harassing you. Also, whenever you have to bargain or to get things done by a short cut. After any heated argument, start taking this remedy, one pill every half-an-hour for a total of 5-10 doses. Agrimony is almost a tonic for lawyers. Also, for those who turn to alcohol to suppress their emotions and hide worries. Those who often crack jokes should take Agrimony daily 1-2 times a day for six months.

Aspen: Vague and unknown fears, called “free floating anxiety” in psychiatry. The fear comes of its own and after an hour or more, disappears of its own. This remedy is also useful when you have to go to any office for the first time to get a job done. Hesitation with strangers. This remedy is a specific for shyness and timidity.

Beech: The man who is over-conscious of order and form and his external appearance. The so-called disciplined person. This remedy is for a very strict person who follows rules and laws to the end. This remedy is a tonic *par excellence* for architects, design engineers, photographers, garment shop owners, judges, and authors of textbooks. If you want to renovate your house or re-arrange things in your house/office, take this remedy Beech along with another Bach remedy viz., Cerato, once daily for a week or two prior to the renovation.

Centaury: Weakness after acute illness. So-called debilitating diseases—jaundice, typhoid, flu, etc. Otherwise called *convalescent period*—time required to recoup the lost health and strength. What would otherwise mean 3-5 days to restore lost health after an acute illness, with three doses of Centaury taken every four hours, you can be back to the office in just a day's time. Also those who are meek, polite and submissive can use this remedy. These are the type of people who are used as doormats and cannot dominate others.

Cerato: Excellent for children who imitate others' mannerisms—imitating their parents/teachers. Also, for those who often change their set-ups in office/ home. This is a tonic *par excellence* for those running spare parts shops or departmental stores or who often change jobs within their field. For instance, a law graduate first starts working as a lawyer in a court, then starts teaching in a law college, then starts running or editing a law journal. He does not change his area interest, in law, but he pursues the various options available in the law field and he is not able to decide. [Those who change their profession—from law to medicine, from medicine to real estate—need another Bach remedy: Wild Oat.]

Cherry Plum: Weeping/crying with pain; shedding tears even for slight setbacks. Mind giving way or loss of reason. Anger, short-temper, gnashing their teeth in anger. The so-called emotional types. 'Unbearable.' Keep that word in mind. Unbearable pain, unbearable thirst, cannot wait for food when hungry. Irresistible temptation. Those who cannot observe fasting or observe diet restrictions.

Chestnut bud: Tell lies to escape. Those who do not learn from their mistakes. This remedy is almost a specific for schoolboys who fail in single subjects or those who get low grades in school. If someone is coming to the court to tell false evidence against you, take Chestnutbud before going to court. Once he looks at you he will not be able to give false evidence. He will tell the truth. If you find any difficulty learning a subject, take Chestnutbud daily, one pill, and soon you master it with ease. Not only any subject but also the arts; take Chestnutbud daily and you will learn without mistakes.

Chicory: Selfishness; possessiveness; always bargaining, asking for concessions, reduction, discount. Before going out shopping, take a dose of this remedy and you will not make useless purchases. This remedy is excellent for salesmen, door-to-door canvassers, etc. Chicory is also for those who cannot sleep alone in a house. Homesick. Nostalgia. Cannot go shopping alone, wants a company. Chicory is almost a specific for those who borrow money at the end of every month. Month-end deficit budget. After taking Chicory, money won't fall from the roof, but this remedy enables them to get a promotion. That is the Bach Remedies! **What you reasonably want and deserve**, the correct Bach Remedies enable you get it. Bach Remedies have

a life-giving principle.

Clematis: The daydreamer. "One day I would be such and such big person..." That day never comes. This remedy is for who lose money buying lottery tickets or starting business.

Crab Apple: Persons needing this remedy are sensitive to dirt, filth, contamination, contagion, infection, sepsis, ugliness, etc. They avoid using public toilets in school or theater and in their friends' houses. There are extreme Crab Apple-type persons who even wash their hands after shaking hands with others. These persons do not use others' soap, towel, etc. Another type person who needs this remedy is "sensitive to his external appearance (before others)." Pimples of teenage college girls, grey hair, baldness, etc., are cured by Crab Apple. Those who use wigs or use hair dye, we call a Crab Apple type persons. This Remedy is for those who are over conscious of filth, dirt, contagion, infection, bacteria, etc. THIS REMEDY IS ALMOST A SPECIFIC FOR VARIOUS SKIN AFFECTIONS if the person feels that the skin problem makes him ugly to others. Also, foreign body sensations inside their body. Sand sensation in eyes. Pricking, stitching sensation inside the body anywhere. Itching of skin. In backache or leg pain, feels to cut off that painful portion and keep it aside.

Elm: For those who have a group of persons under their guidance. The team leader. This remedy is good for top-executives, teachers, coaches, principals and headmasters, those who have several people under their control and manage them. Also when you have to manage a job or work single-handedly without previous experience or knowledge of such things. [The Bach remedy *Impatiens* is for junior executives and Elm is for top executives.]

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MATERIA MEDICA OF HOMEOPATHIC REMEDIES FOR HEADACHES AND MIGRAINES

By Dr. Beereka

Belladonna - Lethargy and delirium, with pain in head. On disappearance of tumour.

Cuprum-acet. - Awoke suddenly from sleep and ran about room crying, scolding and screaming, and wished to escape; thinks she is about to die and desires to see the pastor; pain in head; pulse small, soft, 100; has not menstruated for several months.

Cyclamen - Vertigo, with pain in head and nausea; vomits nearly every day, and often all the food taken, with slime and bile; greatly reduced, can scarcely walk across floor; pains in head continuous, but very much worse at times; < in right temple; but extend all over head; mind so affected as to make her indifferent to what transpired about her, and rendered her incompetent to describe her own case; finally consciousness almost extinct; questions answered incoherently; feces and urine pass involuntarily and unconsciously. ---Mental derangement at climacteric period.

Lyssin - Pain in head makes him very uneasy.

Medorrhinum. - Could not read or use mind at all from pain in head.

Naja - suicidal insanity, broods constantly over imaginary troubles; sleep full of frightful dreams, and wakes with dull pain in head and fluttering of heart; uneasy dryness of fauces; grasping of throat, with sensation of choking and lividity of face. ---Melancholia.

Nux-vom. - Boy, aged 13, when four years old had a fall, since then suffering; pain in head.

Petroleum - Irritable, vexed, always quiet, sad thoughts, turned to himself, no ambition to work; heaviness, heat and pain in head in morning; back-ache; spasmodic eructation; thin, slimy stool, with cutting in abdomen; pale and emaciated; profuse night and morning sweats.

Ammon-brom - constrictive pain in head, chest, legs, etc.

Rhamnus californica - vesical tenesmus; dysmenorrhoea of myalgic origin; pain in head, neck and face.

Ammoniacum - intellectual labor prevented by headache.

Anacardium orientale - Exertion of mind brings on tearing pressing headache in forehead, temples and occiput.

Antimonium crud. - Anxiety produces sweat, with headache.

Aranea diadema. - Woman, age 50, unmarried, graceful, nervous; headache.

Argentum met. - mental agitation induces headache and indigestion.

Argentum nit. - to fix his thoughts on anything, or to give his business any consideration, was impossible for him; on attempting it, it immediately got dark before his eyes and headache increased. ---malarial ataxy.

Argentum nit. - thinking intently increases headache and causes dimness of vision.

Arnica - Confusion of the head, changing to pressive right-sided headache.

Arnica - All occupation had to be relinquished for the time, so intense were the sufferings. ---attacks of headache.

Arnica - mental emotions exerted an influence in bringing on chronic attacks of headache.

Arnica - every excitement of mind, which is very irritable, aggravates all symptoms of headache. ---prolapsus ani.

Arnica - suddenly aroused by his night-bell, and turning out of bed, brought on headache next day. ---chronic cephalalgia.

Ars alb. - delirium during heat, unconsciousness, mania, wants to be held; with a tearing headache. ---intermittent.

Ars alb. - mania; headache; terrible anxiety, noise in his ears as of many bells; sees a man who has hanged himself beckoning him to cut him loose, on failing to accomplish this, he attempts to hang himself; being prevented he falls into despair, and becomes so restless he can scarcely be kept in bed, loses speech, with full consciousness, tries to write, but can make only unintelligible characters; he trembles, weeps, his forehead is covered with anxious sweat, finally kneels down and lifts his hands in supplication.

Ars hydr. - when thinking about his headache he feels it least; first day. ---c.

hg.

Ars iod. - studying occasions headache.

Ars-sul-rub. - young man, aged 18; headache in forehead and back of head, with vertigo and empty feeling in region of heart.

Asclepias syriaca - headache from checked sweat, or retention of effete matters; dropsy from same causes or diseases of kidneys.

Aster- rub. - unwilling to work, to think; is indifferent; dull headache; insensible, does not know if he has taken his dinner; returns in morning on getting up, 9th day.

Aurum met. - mental labor fatigues; headache from least mental exertion.

Aurum met. - headache of people with black hair, dark, olive brown complexion; disposed to constipation; sad, gloomy, taciturn.

Aurum met - man, aged 34, troubled with headache and hemorrhoidal complaints, now tired of life.

Badiaga - mind generally clear, active in spite of headache.

Belladonna - weeping and vexation about trifles, with headache and pressure in forehead, and great dryness of mouth.

Belladonna. - stupefying headache.

Benzoic acid - after mental emotions headache.

Borax - reading and writing aggravate headache.

Bryonia - weeping mood, with headache and other complaints.

Bryonia - easily startled, with headache.

Cactus - woman, aged 24, severe headache from taking cold.

Cainca - mental effort increases headache.

Calcarea-ars. - unable to attend to any business, on account of headache.

Calcarea-ars. - with exertion of mind headache lessens but is much < afterwards.

Calc-carb. - irritability, with pressing frontal headache.

Calc-carb. - mental occupation > headache; better from engaging his attention. ---chorea.

Calc-phos. - Dullness: with every headache; < from bodily exertion; > from cold washing; from mental occupation.

Camphor - Tosses anxiously in bed, weeps incessantly; full irritable pulse, violent headache. ---hysteria.

Capsicum. - children become clumsy, awkward; especially with headache.

Carbo-veg. - periodical want of memory; headache as if integuments of head were contracted; hat presses on head as a heavy burden; when taking off hat, he feels as if a handkerchief were tied round head; creeping in integuments of occiput as if hairs were in motion.

Causticum - chilly, with sad mood and apprehension of the future, < in evening. ---chronic headache.

Causticum - low-spirited. ---gastric headache.

Causticum - anxiety. ---gastric headache.

Causticum - mental and other ailments from long-lasting grief and sorrow. ---chronic headache. ---face and toothache. ---chorea.

Causticum - a weakly seamstress, aged 37; headache.

Causticum - a very strong, robust merchant, travelling much, aged 52; headache.

Causticum - old maid, aged 75, fond of coffee; chronic headache.

Cedron - a woman, neuralgic headache; chronic choroiditis.

Chelidonium - whimpering, with headache on left side.

Chelidonium - chronic, gastric and intestinal catarrhs, with decreased secretion of bile, great lassitude and heaviness of limbs, headache and inability to think.

Chelidonium - in rheumatic and gouty affections of single joints or nerve branches, with frequent headache, attacks of vertigo, dimness of vision.

Chelidonium - middle-aged woman, who had suffered for years from hepatic disorder; headache.

Chelidonium - a woman, aged 30; sick headache.

China-off. - excessive vividness of mind and fancy, with headache.

China-off. - m., strong, slender, blonde; neuralgic headache after getting wet.

China-ars. - irritable mood precedes headache, which is < by mental and bodily exercise. ---hemicrania.

China-ars. - lady, aged 58; hydrogenoid constitution; rheumatic headache.

China-sul. - a woman, aged 48; menorrhagia followed headache.

Chloralum - sleeplessness at night, with restless irritability; headache, confusion in head; melancholy; inclined to wander and hide herself, avoiding shrewdly the vigilance of her friends; would then return, unable to give any account of where she had been.

Cimicifuga - delirium with great headache. ---puerperal fever.

Cimicifuga - fears she will become crazy, with headache on vertex.

Cimicifuga - headache when reading or writing; cannot write a letter.

Cimicifuga - headache of students.

Cocculus - j. q., aged 19, married, lymphatic temperament, delicate as a child, subject to headache and pain in back, menstruates regularly since 16th year; pain in back.

Cocculus - miss h., aged 35, plethoric; headache for 15 years, came shortly after appearance of menses.

Cochlearia - a stout woman, aged 40, subject to cramps in stomach; violent attack with headache.

Cochlearia. - a woman suffering from violent headache, with vomiting, since climaxis. ---cramp in stomach.

Codeinum - depression of spirits with dull headache.

Colchicum - delirium with headache.

Colocynthis - boy, aged 13; violent headache for ninety hours.

Colocynthis - girl, aged 26; scrofulous during childhood, not well developed;

headache.

Colocynthis - w., aged 29, well built, choleric-phlegmatic temperament, accustomed to much traveling; headache.

Cornus - accelerated action of heart and arteries, accompanied by hot skin, burning of face, great drowsiness, headache, inability to fix the mind, nausea, depression of spirits, pains in back, chest, abdomen and legs, lassitude, debility, sunken eyes, yellow tinge of conjunctiva, sallow countenance, diarrhoea of dark, bilious matter, or slimy and watery fluid, tenesmus, colic pains, throbbing pains in temples, distressing dreams, tympanitic distension of abdomen, constant desire to sleep.

Crocus - headache during climacteric period.

Cuprum-acet. - hallucinations of all kinds of figures and grimaces, especially in evening when going to bed and shutting eyes; at one time saw these appearances also through day, and heard them talk; headache; glimmering before eyes; whizzing and drumming in ears; chronic bronchial catarrh; frequent vertigo while walking on street.

Cyclamen - patient pale, chlorotic, with disturbed menstrual function, accompanied by vertigo and headache.

Cyclamen - girl, aged 18, menstruation not yet established, poorly developed; headache.

Cyclamen - girl, aged 20, blonde, menstruating since 16th year, at 17 had chlorosis, since which time menses have been very scanty, although regular; headache, palpitation.

Aranea Diadema. - woman, age 50, unmarried, graceful, nervous; headache.

Digitalis - delirium tremens; in cases which come on slowly with gradually increasing pain in pit of stomach, continuous nausea, thirst, palpitation of heart, headache, vertigo, and paleness of face.

Digitalis. - paroxysmal mania with rage, attended by high degree of delirium, indigestion and melancholy, followed by headache.

Dulcamara - man, aged 27, headache for two years.

Dulcamara - healthy woman, aged 40, during a damp, rainy day, sudden loss of consciousness, from which she recovered with a severe headache; headache.

Eupatorium-perf. - headache > by conversation.

Ferrum-phos. - Woman, in third month of pregnancy, has suffered at times for many years; headache.

Gelsemium - man, aged 52, light hair, blue eyes, had cerebro-spinal meningitis; neuralgic headache.

Glonoïn - aged 32, large, full-formed man, bilious sanguine temperament; caught a violent cold by overheating and standing in a draft of air with his coat off; had drunk large quantities of cold water; had eaten nothing in twenty-four hours; violent headache.

Lyssin - weeps bitterly on account of headache.

Lyssin - anxiety of mind: restlessness, with great prostration; with pain in heart; with headache; fear of being alone.

Lyssin - before every spell of somnambulism he crowed like a cock. Very uneasy; mental disquietude, with headache.

Lyssin - while reading and thinking, headache.

Lyssin - worse while reading or writing; headache; aching in lower jaw.

Lyssin - attacks of nervous headache become awful and insupportable if he hears water running out of a hydrant.

Lyssin - pressing headache, < while reading and thinking.

Hypericum - robust young lady, after fall upon occiput; headache.

Ignatia - headache < from reading and writing.

Ignatia - woman, after being cured of headache, affection of stomach.

Ignatia - woman, aged 39, unmarried, spare habit, bilious temperament; headache.

Indium Met. - sleepy and irritable with headache.

Indium Met. - feels almost crazed when attempting to study, with headache.

Iodum - young man, lymphatic temperament, full habit, suffering two years; headache.

Ipecac - skin and mucous membranes pale; pulse small, soft; chilliness; little

appetite; constipation; marked anaemic murmurs; great debility and weakness; finally could hardly eat anything; nausea and vomiting following slightest amount of food; great emaciation; headache, as if forehead was being crushed, with nausea; eruption on forehead and cheek; scanty menses; querulous, not pleased with anything; hands cold; hysterical.

Kali-ars. - (in sick:) headache in left parietal bone, as if it was sore and pressed upon by a hand; behaves like a crazy person.

Kali-bich. - man, aged 24, healthy, suddenly seized with violent pain in temples a month ago, since which he has suffered; headache.

Kali-bich. - Woman aged 60, subject to attacks of dyspepsia and sick headache; lupus.

Kali-carb. - seamstress, aged 24, atrabillious constitution, menses scanty; cardialgia and headache.

Kali-iod. - frantic excitation; catarrhal or mercurial headache. intellectual weakness and paroxysms of dementia, accompanied by headache.

Kalmia – headache from the sun

Lac-can. - gloomy feelings, < as headache gets worse. ---parenchymatous metritis. very cross and irritable only while headache lasts.

Lac-def. - during conversation, headache and depression of spirits >.

Lac-def. - woman, aged 40, attacks two or three times a week, lasting 12 to 24 hours, during which she is unable to do anything; headache.

Lac-def. - man, aged 49, at age of 21, fell from a roof and was carried home insensible, since then subject to spells, which, as he advanced in years, became more frequent, sometimes occurring every week; headache.

Lilium-tig. - loss of appetite, headache, with distress of head and indisposition to labour; dread of business; indisposition to any exertion of mind or body.

Lobel-infl. - headache accompanied by irritation of pneumogastric.

Lycopodium - woman, aged 30, sanguine temperament, lively disposition, suffering with rheumatism, headache and congestions; haemorrhage after abortion.

Lyssin - weeps bitterly on account of headache.

Lyssin - anxiety of mind: restlessness, with great prostration; with pain in heart; with headache; fear of being alone.

Lyssin - before every spell of somnambulism he crowed like a cock. very uneasy; mental disquietude, with headache.

Lyssin - while reading and thinking, headache.

Lyssin - worse while reading or writing; headache; aching in lower jaw.

Lyssin - severe headache and nose ache upon going to bed, after writing all her symptoms.

Lyssin - attacks of nervous headache become awful and insupportable if he hears water run out of a hydrant.

Lyssin - pressing headache, < while reading and thinking.

Mag-phos. - woman, aged 28, nervo-bilious temperament, fleshy, healthy; neuralgic headache, particularly after childbirth.

Medorrhinum - dread of saying the wrong thing when she has headache.

Melilotus - woman, aged 30, nervo-bilious temperament, suffering for years; nervous headache and dysmenorrhoea.

Mezereum - woman, aged 45, married, florid, has suffered with headache for three months; incipient pityriasis capitis.

Mezereum - woman, aged 48, eruption preceded by violent headache for six months, suffering two years; pityriasis capitis.

Naja - great depression of spirits, with temporo-frontal headache, spinal pain and palpitation of heart.

Natrum-mur. - after becoming thoroughly wet, severe headache with maniacal paroxysms, during which he uttered the most atrocious blasphemies, swore against god and the elements, and after raging for awhile became exhausted, and had to keep his bed from great debility; dryness of tongue; unquenchable thirst; pulse irregular and intermittent.

Natrum-mur. - excessive sadness during menses, with palpitation and morning headache.

Natrum-mur. - mrs. a., aged 23; chronic headache.

Natrum-mur. - man, aged 30, suffering from progressive locomotor ataxy;

headache.

Natrum-mur. - woman, aged 32, without children, melancholic disposition, irritable temperament; headache.

Natrum-mur. - woman, aged 34, several years ago had tapeworm removed by heroic treatment, since then suffering headache.

Natrum-mur. - young woman, after labor had necrosis of tibia, suffering thirteen years; headache.

Nux-mos. - uses wrong words, during headache.

Nux-vom. - three months ago mental shock, since then fears to be alone, and menses, formerly regular, have not appeared; in morning as if stupefied; starting in sleep, nocturnal sweats; pain in pit of stomach when touched or pressed; frequent risings in throat and feeling as if she would choke; roaring in ears; shooting headache from crown to poll, with rigor; inclination to sleep; fear of knives and the like, lest she should kill herself or others; attacks commence with palpitation, the fever rises to brain and she is a prey to anxiety; thoughts distracted; heat breaks out and yawning closes attack.

Nux-vom. - boy, aged 10, strong, light hair, delicate skin, puffed appearance; headache.

Nux-vom. - girl, aged 11, languid disposition, sallow complexion, almost daily attack for last four years; headache.

Nux-vom. - woman, aged 22, nervous, sanguine, accustomed to use of spirits, during pregnancy complained of headache, ringing in ears, sensation of dryness and burning in chest, and pain in epigastrium, suffering half an hour; puerperal convulsions.

Nux-vom. - man, aged 30, healthy, sensitive nature, of sedentary habits, suffering five years: headache.

Nux-vom. - woman, aged 35, choleric, irritable, suffering three years; headache.

Nux-vom. - man, aged 40, strong, hot-headed, angry disposition; headache.

Nux-vom. - woman, aged 40, gouty, suffering several months; headache.

Nux-vom. - man, aged 42, after cough and coryza; headache.

Nux-vom. - man, strong constitution, choleric temperament, suffering many years; headache.

Oenanthe - woman, aged, 26, primipara, suffering with albuminuria, dropsy, headache, etc., during seventh month of pregnancy; spasms.

Opium - young man, strong constitution, after violent fit of passion; headache, fever, etc.

Oxalic-acid - aversion to talk; with headache, fullness in face.

Palladium - irritable: in evening; and impatient, from headache, could knock people's heads off.

Palladium - when fixing attention on it headache disappears.

Phosphoric acid - girl, aged 9, weak, thin, pale, subjected to frequent emotional disturbances; has grown up rapidly; headache.

Phosphorus - while reflecting: headache and dyspnoea; feeling of apprehension at pit of stomach; weak feeling in head.

Phosphorus. - rheumatism: drawing, tearing, tight feeling in affected part; headache, vertigo; < from cold weather; affects chest with oppression, cough, dyspnoea, forcing patient to sit up (endocarditis).

Phosphorus. - girl, aged 18, ill more than a year; about a year ago noticed purple spots, about size of shilling, on legs, and felt very weak; next catamenial discharge scanty, pale, lasting but a few hours, after which she continued weak, lost her appetite, had headache and palpitation of heart; as a child suffered from violent attacks of epistaxis, frequent lienteric diarrhoea, profuse flow of urine for several days together; from twelve to fifteen growth was very rapid, causing weakness and fainting; pseudo-hypertrophic paralysis.

Plumb-met. - indifference and somnolence, with lamentations about difficulty of breathing and headache.

Plumb-met. - insomnia, severe headache, occipital or frontal, with or without vertigo; noises in ears; disordered vision; diplopia; amaurosis; contraction of pharynx, though liquids are swallowed in gulps and greedily; mind weak, morose and sad; preceded by albuminous urine.

Podophyllum - disgust for life; headache; bilious disorders.

Podophyllum - minister, aged 38, nervo-bilious temperament; headache.

Psorinum - mental labor causes: fullness in head; intense headache; throbbing in brain; pain in left temple.

Ptelea - mucous membranes are congested and irritated, with sense of roughness, smarting or pricking; causes congestion of liver, stomach and bowels and secondarily of lungs; is indicated briefly when there are irritability, and dull, confused frontal headache; bitter taste, eructations like rotten eggs or bitter; swollen liver, relief from lying on right side, bilious stools; languor; muscular soreness.

Pulsatilla - sleepless nights on account of great fear and anxious restlessness; despairs of her salvation and seeks aid in constant prayer; irregular catamenia; heat and congestion to head and face; headache, precordial weight and backache.

Pulsatilla - sleepless at 2 a. m.; pulsating, beating headache proceeding from vertex; lamentations; despaired of her soul's salvation; did not believe she would be restored to health; irresolute disposition; taciturn. ---melancholy.

Pulsatilla - girl, aged 8, gentle, tearful disposition, suffering six months; headache.

Pulsatilla - boy, aged 9 1/2, two and a half years previously had necrosis of right humerus, and one year previous an itching humor cured by red precipitate ointment; headache.

Pulsatilla - girl, aged 22, menstrual function deranged, had an attack of pleurisy for which she was bled; headache; previously had palpitation of heart, also cured by puls.

Pulsatilla - woman, aged 24, gentle disposition, tearful, pale appearance, after catching cold during lying-in period; headache.

Pulsatilla - woman, aged 24, single, healthy, yielding disposition; headache.

Pulsatilla - man, aged 25, two months ago caught cold, since then suffering; headache.

Pulsatilla - woman, aged 29, single, sanguine temperament, pretty strong, menses regular, but scanty; headache.

Pulsatilla - woman, aged 30, eight days after labor caught cold; headache.

Pulsatilla - woman, aged 30, good constitution, suffering several years from cardialgia, accustomed to being bled, nursing a three months old child; headache.

Pulsatilla - woman, aged 30, headstrong, irritable, fault-finding; headache.

Pulsatilla - mrs. d., aged 34, nervous temperament, fretful, timid disposition, suffering three days; headache.

Pulsatilla - woman, aged 43, thin, pale, gentle disposition, after an inunction of mercury for angina; headache.

Pulsatilla - young woman, strong and energetic, black hair, red cheeks, after catching cold; coryza and headache.

Ranunculus-bulb. - rheumatic pain < in damp weather, and particularly from change of weather or change of temperature; rheumatic headache.

Rhus-tox. - woman, aged 40, hysterical; headache.

Sabadilla - thinking produces headache.

Sabadilla - mental exertion aggravates headache and produces sleep.

Sanguinaria-can. - woman aged 50, fleshy, nearly past the climacteric, suffering for years; sick headache.

Sanguinaria-can. - woman aged 55, blue eyes, dark-brown hair; nervo-sanguine temperament, full habit, somewhat corpulent, suffering fifteen years; sick headache.

Sarracenia - great depression of spirits from frontal headache.

Sarracenia - want of memory with the headache.

Sarsaparilla - she thinks she cannot bear the headache.

Sarsaparilla. - male, syphilis nine years ago, for which he received large doses of mercury; rheumatism in joints; headache.

Sepia - great nervous irritability, with sadness, despondency and absent-mindedness; everything seems strange to her; least exertion seems a great effort; it seems as if she could not understand anything and would have to learn anew everything she wished to do; greatest indifference to everything, the death of a near relative, or some happy occurrence, leaves her equally unaffected; no trace of her former love for friends or even for her child; aversion for social intercourse amounting to contempt; constant ill-humor; at times headache with anxiety, < lying down; head also hurts externally; confusion and throbbing in head; constant pains in occiput, < lying; over-sensitive to noise; frequent pains in back extending down into legs and feet; circulation and action of heart weak, sensation as if heart stood still; menses irregular; at times nervous twitchings; screams on least provocation;

strength and general condition good; > in a warm climate, also after nose-bleed; < after coffee and opium.

Sepia. - woman, aged 50, single, good health until five years ago, when she ceased menstruating; headache.

Silicea - complains of pain in throat on swallowing; although there is no indication of any inflammation, the condition of her throat is the sole thing occupying her mind; believes she has swallowed pins, and asks those about her whether she has not done so; seeks for hours for lost pins; will take no sewing into her hand, and carefully examines her food for fear of pins; very indifferent to friends and former amusements; restlessness; anxiety; vertigo, < stooping; headache daily, < mornings; loss of appetite; constipation; emaciation; entire absence of menses; < during increase of moon. ---hysteria.

Silicea - miss b., aged 18, suffering many months; headache.

Silicea - woman, aged 28, single, brunette, suffering a long time, headache.

Spigelia. - girl, aged 19, suffering from chlorosis; headache.

Spigelia - man, aged 25, choleric-sanguine temperament, strong constitution; neuralgic headache.

Stannum - lady, aged 30, good constitution, somewhat reduced by the exhausting mode of life peculiar to st. petersburg, and by domestic troubles; headache.

Stannum. - woman, aged 40, nurse, suffering several weeks; headache.

Stramonium - mental derangement; violent headache, followed by excessive delirium, loss of sight and hearing, striking about with hands and feet, excessive dilatation of pupils, slow pulse.

Stramonium - mania: with fits of rage, hallucinations of sight and hearing, loss of memory; complains that a dog is biting and tearing flesh off his chest; merry exaltation; with pride and affectation; runs about, complains of violent headache; claps his hands together, steals from his room-mates everything he can get hold of; with anxiety, and disposition by words and deeds to scold persons whom he otherwise loved.

Stramonium - girl, aged 16, nervous, blonde, delicate skin, frequently suffering from headache; prosopalgia.

Stramonium - lady, aged 42, robust, dark complexion, black eyes, subject to rheumatism; headache.

Sulphur - boy, aged 10, suffering four years; headache.

Sulphur - girl, aged 11, suffering two years; headache.

Sulphur - young man, aged 18, strong, after suppression of itch; headache.

Sulphur - girl, aged 21, suffering three years; headache.

Sulphur - man, aged 28, tailor, dark hair, swarthy, greasy complexion; headache.

Sulphur - man, aged 36; headache.

Sulphur - woman, aged 62, robust; headache.

Sulphur - mrs. o., aged 65; neuralgic headache.

Sulphur - young man, suffering thirteen years; headache.

Syphilinum - a bookkeeper, chronic syphilitis; headache.

Terebinth - inability to think or to work. ---nervous headache.

Terebinth - despondency. ---nervous headache.

Terebinth - weary of life. ---nervous headache.

Terebinth - nervous women, amenorrhoea; dysmenorrhoea; headache.

Theridion - great depression during headache; weeping during toothache.

Theridion - a woman, aged 70; sick headache.

Thuja - man, aged 44, affected with chronic hemorrhoids, suffers since nine years from syphilis, had energetic treatment with merc. and iodide of potash; headache.

Verat-alb. - curses all night and complains of stupid feeling with headache and ptyalism.

Verat-v - inflammatory rheumatism with gastric complications; tongue coated on sides with a red streak through centre; creeping chilliness; aching in all bones, followed by headache and fever; affects especially left shoulder, hip and knee.

Viola odorata - very great intellectual and emotional activity, with constant

weak memory, followed by headache.

Zincum Met. - miss, aged 24, robust, suffering four years; headache.

Zincum Met. - miss b., aged 24, suffering two years; chlorotic headache.

Zincum Met. - woman, aged 40, strong, suffering two years; headache.

Asclepias tub. - sick headache, with flatulence in stomach and bowels.

Bryonia - the bryonia patient is irritable; has vertigo from raising the head, pressive headache; dry, parched lips, mouth; excessive thirst, bitter taste, sensitive epigastrium, and feeling of a stone in the stomach; stools large, dry, hard; dry cough; rheumatic pains and swellings; dropsical effusions into synovial and serous membranes.

Caltha palustris - pain in abdomen, vomiting, headache, ringing in ears, dysuria and diarrhoea.

Cascara sagrada - gastric headache.

Cataria nepeta - children's remedy for colic, also for nervous headache and hysteria, abdominal complaints, pain, flexing of thighs, twisting of body, crying.

Chionanthus virginica - taken for several weeks, drop doses, will often break up the sick headache habit.

Citrus vulgaris - headache with nausea, vomiting and vertigo.

Cup-ars. - uraemic convulsions, headache, vertigo and unconscious conditions resulting from brain oedema.

Duboisia myoporoides - it dilates the pupil, dries the mouth, checks perspiration, causes headache and drowsiness.

Dulc. - congestive headache, with neuralgia and dry nose.

Euonymus atropurpurea - brunettes more easily affected, producing headache, mental disturbances and much distress in hepatic and renal region; albuminuria.

Gymnocladus canadensis - headache, throbbing in forehead and temples and over eyes, with bluish-white coating of tongue.

Homarus. (unknown species) - dyspepsia, sore throat, and headache seems to be a combination that may be controlled by this remedy.

Juglans cinerea - the sharp, occipital headache, usually associated with liver disturbances, is very characteristic.

Kali-cyanatum - sick headache; sciatica; epilepsy.

Cytisus laburnum - all parts of this shrub are poisonous, producing inflammation of stomach and intestines, with vomiting, diarrhoea, headache, paleness of face and cold skin.

Lupulus humulus - is a good remedy in unstrung conditions of the nervous system attended with nausea, dizziness, headache following a night's debauch.

Nat-ars. - a remedy for nasal catarrh, with headache, pain at root of nose, dry and painful eyes.

Oreodaphne californica - head - neuralgic headache, cervico-occipital pain, cerebro-spinal meningitis, atonic diarrhoea, and intestinal colic.

Paullina Sorbilis - head - contains a large percentage of caffeine, which may explain its use as a remedy for certain forms of sick headache.

Polyporus pinicola - useful in intermittent, remittent and bilious fevers, with headache, yellow tongue, constant nausea, faintness at epigastrium, and constipation.

Rhus glabra - epistaxis and occipital headache. fetid flatus.

Robinia pseudacacia - the acidity of robinia is accompanied by frontal headache.

Sarrac. - sick headache; throbbing in various parts, especially in neck, shoulders and head, which feels full to bursting.

Sep. - pulsating headache in cerebellum.

Ther. - vertigo, sick headache, peculiar pain around heart region, phthisis florida, scrofula have all been treated successfully with this remedy.

Thyreoidinum - thyroid produces anaemia, emaciation, muscular weakness, sweating, headache, nervous tremor of face and limbs, tingling sensations, paralysis.

Usnea barbata - head - is a remedy in some forms of congestive headache; sunstroke.

Xanth. - neurasthenia, poor assimilation, insomnia, occipital headache.

Yucca - so-called bilious symptoms with headache.

Ferrum-met. - plump. strong, butcher's widow, aged 28; anemia with migraine.

Ignatia - woman, aged 42, subject to attacks of migraine, after typhoid fever; ptyalism.

Kali-bich. - woman, aged 27, married; migraine.

Nux-vom. - lively brunette, aged 40, suffering nine years; migraine.

Oleum animale. - a lady, usually wore a heavy diadem upon head; migraine.

Petroleum - lady, aged 45, robust constitution, choleric, sanguine temperament, suffering since girlhood; mother subject to similar attacks; migraine.

Sanguinaria-can. - woman, aged 35; migraine.

Verbascum - woman, aged 50, suffering twenty years; migraine.

Cimicifuga racemosa - migraine.

Euonymus atropurpurea - migraine.

Indium - headaches and migraine.

Oleum animale aethereum - useful in migraine and neuralgia of spermatic cord.

Primula veris - head - cerebral congestion with neuralgia; migraine; rheumatic and gouty pains.

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INDIA

LAC HUMANUM CASE

By Jeremy Sherr

Woman age 67

Case taken 1.08.2009

The patient's main complaint is long-term depression.

Losing weight.

Eat too much and doesn't drink enough.

Difficult to drink, loses breath when drinks, < cold drinks.

Indigestion frequent, one hour after eating.

She has heartburn and a deep seated nausea

Ruptured hernia with swelling in stomach

Allergic problem from milk, cream, butter, cheese, yogurt soy.

Sugar <<.

Fruit << water <<.

Eats when upset, all the wrong things, eats like a pig!

Cholesterol is high.

Medication: for blood pressure and depression.

Severe depression for many years.

"I feel trapped. I am not very creative but would like to be."

Back problems.

Injury left knee and broken ankle.

Neuropathy feet and fingers, pain and numbness

Eye problem, lack of focus.

Worried that it is MS.

Hysterectomy 12 years ago, heavy bleeding and metrohagia, pain and dragged down Plus endometriosis and deformed uterus

Hysterectomy < generally, feels worse since.

"I'm still grieving for my mother; she died 12 years ago. I care for everyone."

She cares for her mother and her husband, who is needy, then she blows up and loses her temper.

"I feel suicidal, trapped, nowhere to go. I have always cared for others."

“My first husband beat me so I took an overdose. My present husband is verbally abusive. I want to die, not wake up tomorrow. I feel as if every avenue I try is blocked to me.”

“I like change and my husband is stuck in a rut. I need to be stronger to stand up to him he but he controls me. I feel guilty if I want to leave. I lose my confidence. I have never had any self-esteem; I feel worthless. I used to write short stories but now nothing comes. They were funny; people would laugh. I don’t have confidence to send the stories to a publisher. I feel like a failure. I don’t have the confidence to leave. A terror of going down that path, too guilty.

“I am very family orientated and I like family gatherings. I like to welcome people and make a meal. Like to cook a meal, give them money, take them out. I try to leave my husband but he is ill and I need to take care of him. I loved school but was beaten by headmaster.

No love from mother and father in childhood. At age 15 I left home.
“I am a romantic. I love family, romance, searching for old houses. I like old homely houses, childhood places, so ideal.”

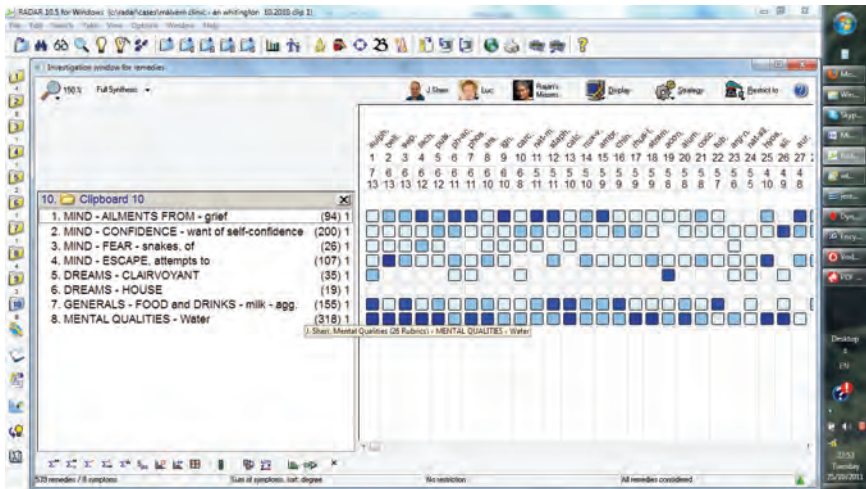
Fear of snakes\\\.
Dream of snakes\\\.
I used to think snakes were in my bed.
Irrational fear of snakes\\\.
Dream of a tidal wave, have to save all the children.
Dreams of houses\\\.
Dream house full of old things going through room after room.

“I am very attracted to buildings, old houses, links to past, historical. I have premonitions in dreams, my dreams often come true. Mother was thought I was stillborn after she delivered me. She thought I was dead.”

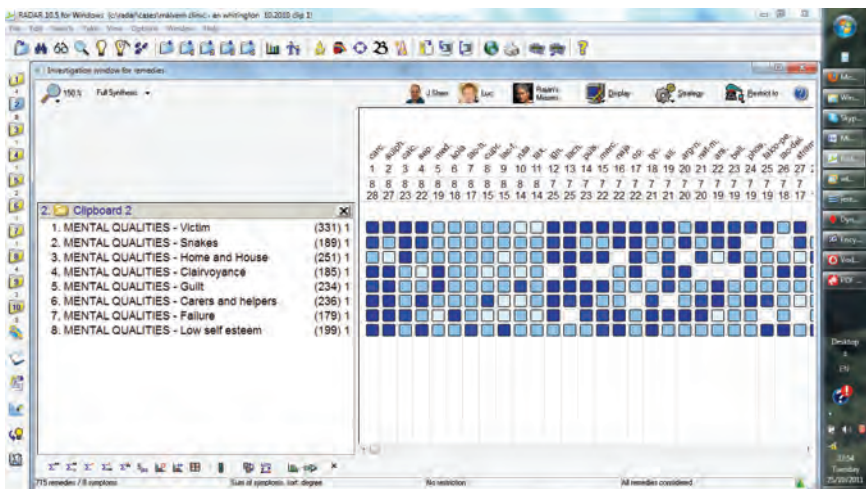
Thirstless\\.
Constant pain in jaw, knees.
Aversion to warm milk. All milk aggravates.

“I feel so depressed, I want to die, to escape home, but I am stuck here.”

The following is an initial conventional repertorisation.



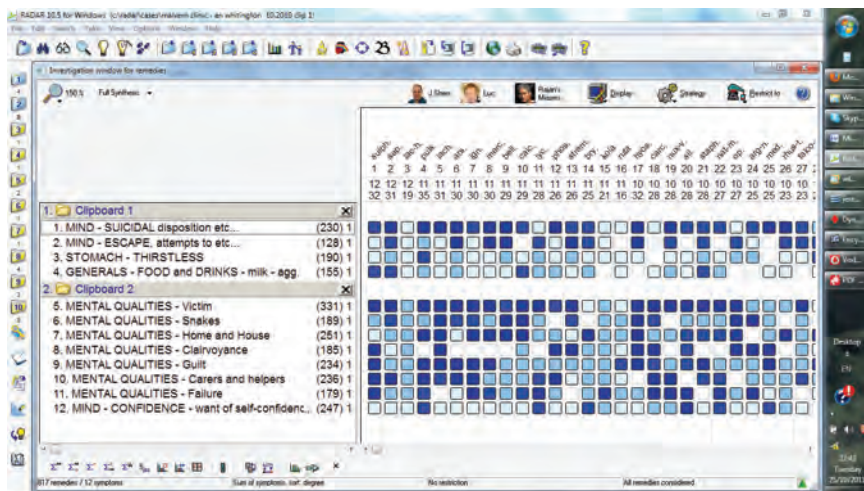
Sulphur appears first. None of the first 30 remedies fits the essence of the case. Here is the repertorisation using the Q-rep, the Repertory of Mental Qualities.



You notice that there are two milks running through – Lac-H and Lac-f. This immediately makes sense. The essence of this case is no love from parents,

grief for the mother, yearning for old cosy homes, the need to care for other, the attachment to family, desire to eat like a pig, aggravation from milk. Lac humanum becomes the obvious choice.

Let's add some generals and more conventional rubrics to check if the remedy truly fits.



In the Q-rep there is no need to make difficult choice of rubrics. Should you take sympathetic or anxiety for others? Dreams snakes or fear snakes? Clairvoyant or dreams clairvoyant? Desire to go home? Perhaps delusion persecuted or failure he is. None of these would yield the right remedy. The Q- rep works on the KISSS principle: Keep it simple, stay safe.

I use this repertory in almost every case, including many of my African AIDS cases. It has been of huge benefit here as many of the cases are one-sided. This repertory is based on the old and trusty Bonninghausen method, but it consists of mental themes only, the Qualities. The main idea is that every appropriate remedy will be included in the rubrics which cover broad themes, so that once you chose a rubric you know the right remedy is in there with 98% certainty. Even if the rubrics have many remedies in them, once you put a few together it will come down to a small number of remedies.

The rubrics include all the very latest provings, which often take a long time to get into conventional repertories. Each remedy has been checked and re-

checked back to the source for best reliability.

Rx: Lac humanum LM2 daily

08.09.2009

Indigestion is improving

“Nausea like when I was a child. I used to have it all the time as a child.”

Pain in left breast, OS had an abscess years ago and cysts.

Pain in broken ankle OS from three years ago.

Pain in jaws and knees much better.

“I had very severe depression on the first few days. But now I feel much less suicidal and have no compulsion to die any more. I still want to escape, but it is different, and I can cope better. I am making changes to the house, rearranging it. I feel more creative and less inclined to put up with things I don't like. I feel like less of a victim.”

Less grief for mother. The patient was able to remove a photo of her mother from her room.

“I still think about her and my old house but not connected to that so much. Generally I feel much more positive, less guilty about my mother's death. Dreams are different. I dreamt that my husband agreed with a neighbour on a dispute.”

Rx: Lac-humanum LM2

11.10.2009

Many OS returning. An old asthma from teenage years suddenly came back. Depression and sleepiness immediate after remedy but feel better soon after that.

Rx Lac-humanum LM4 every three days

11.09

Overall better. Makes more decisions, more assertive and creative. Writing a book. Much less feeling of trapped. Less fear of snakes. Some depression but

much less than before. More positive thoughts.
"I appreciate things more."

Stomach is feeling better, not agitated.
Pain in extremities less severe.
Pain in side is gone.
No nausea or indigestion. Back and neuropathy better.
The patient says, "I feel the remedy hit the spot!"

She has continued with Lac-hum in ascending potencies and is doing very well. She has stopped all medication.

Jeremy Sherr was born April 2, 1955, in South Africa, and grew up in Israel. He can be reached at Malvern Hills Homoeopathic Clinic, 39 Wells Road, Great Malvern, Worcs, WR14 4RJ. Tel: +44 (0) 1905 828272. His email is dynamis@dynamis.edu. His website is www.dynamis.edu

Homoeopathy found him 23 years ago, and Jeremy began formal studies at the College of Homoeopathy, London, in 1980. He completed a degree simultaneously in Acupuncture at the International College of Oriental Medicine. Though he has practiced homoeopathy exclusively since 1982, his knowledge of Chinese Medicine shines through his homoeopathic thinking.

Mr. Sherr began teaching while still in college. He taught in most of the British schools, and began his Dynamis School in 1987. It is the longest running post-graduate course in the UK.

Jeremy has taught the Dynamis curriculum throughout Europe and North America, and is a popular lecturer worldwide. He maintains a busy practice in London, Tel Aviv, and New York.

ON THE SUBJECT OF RENAL CALCULI

by Zara Anne Lashkova

On the subject of renal calculi and their amenability with homeopathic medicine. Lithiasis: simply stones or benign tumor growths?

There is a certain group of men who are greatly prone to the segregation and hostage by all types of calculi. In the medical practice such condition of pathological formation of stony concretions in the internal organs is known as lithiasis. There is a broader classification to this term based on the specific location of origin, e.g., Enterolithiasis – the presence of calculi in the intestines, Cholelithiasis – gallbladder stones, Rhinolithiasis – calculi originating in the nasal passages, etc. The scope of this article is focused on the pathological formation of mineral aggregates in the kidneys, for which the medical term nephrolithiasis has been adopted.

The four main types of kidney stones commonly known are:

- Calcium (Phosphate or Oxalate) stones: A combination of calcium with either phosphate or oxalate to form those two types of renal calculi. Calcium is a very important element, a building block for bones and muscles, and essential part of a healthy diet. However, the improper utilization and absorption of calcium will eventually result in the elimination of excess quantities in the urine and the residual that is retained in the kidneys will combine with other waste products to consolidate into a calcium kidney stone.
- Struvite stones: These types of renal stones usually occur as a result of infection in the urinary system. Their main ingredients are mineral magnesium and ammonia waste products.
- Uric acid stones: These kinds of kidney stones originate when there is a persistently high level of acidity in the urine. They are very typical for the gouty diathesis and meat-rich diet.
- Cystine stones: These types of stones are rarer and show a strong inheritance pattern. They result from excess build-up of cysteine in the urine.

Although lithiasis is a pathological condition experienced by both genders, statistics demonstrates that it is more common in men, who comprise

80 % of all cases. Men will typically have their first episode of renal colic between the age of 30-40 years, while women – sometime later in life.

Kidney stones usually leave the body with the urine stream without being noticed. However, when a significant size (at least 3 mm or more) is reached they may cause obstruction of the urinary passages and cause spasms and pain. The symptoms of renal colic include, but are not limited to, sudden onset of severe pain in the flank or the abdomen radiating to the lower abdomen and groin area. There also might be nausea and vomiting as well as fever where infection and obstruction are present. Frequent urination, constant urge to urinate, difficulty in urination, as well as various changes and the finding of blood and pus in the urine, can be part of the picture.

The diagnosis of kidney stones is based on history and physical examination, as well as a number of laboratory tests and radiologic evaluation. Urinalysis will determine the presence of blood in the urine; urine culture will confirm the possibility of infection, and blood tests will determine the kidney function, blood count, concentration of calcium, phosphates and uric acid.

Radiologic techniques employed in the diagnosis of renal calculi include CT Scan (Computed Tomography Scan), Sonography (Ultrasound), IVP (Intravenous Pyelogram) and X-ray.

The modes of treatment used by the allopathic school of medicine include conservative therapies, such as hydration (e.g. drinking 2-3 quarts of water to help flush the stones out of the system), dietary modification (e.g. diet low in animal protein, sodium, oxalate-rich foods may reduce the risk of calcium oxalate stones), pain relievers (e.g. Ibuprofen – Advil, Motrin, etc.; Acetaminophen – Tylenol or Naproxen sodium – Aleve), corticosteroids as well as oral antibiotic therapy is used in patients with infection stones.

Alternative modes of treatment to which the allopathic school resorts are surgical therapies, such as ESWL (Extracorporeal Shock Wave Lithotripsy), Ureteropyeloscopy and Laser Lithotripsy and PCNL (Percutaneous Nephrostolithotomy). In some cases, linked to an increase in calcium levels due to abnormalities in the parathyroid glands (e.g. overproduction of hormones or benign tumors), surgical removal of the glands may be performed.

The recurrence rate of kidney stone formation is very high and from homeopathic point of view this has a solid explanation, because experience has taught us that removing the final product of disease and curing the disease are not the same.

I have observed in my practice that kidney stones find a very favorable soil in individuals of the carbo-nitrogenoid constitutional type of Von Grauvogl, characterized by insufficient oxygenation and the ailments it produces. There are referred to as diseases of retarded nutrition. The pathological picture includes pseudo-albuminaria, phosphaturia, acetone-mia, urinary troubles, excessive levels of uric acid and oxalates in the urine, gouty swellings, epitaxis, constipation, diarrhoea, flatulence, hypochondriasis, cerebral fatigue, unhealthy skin, eczema, urticarial, foul and acid perspiration, restlessness and irritable disposition.

The following factors cause aggravations in the carbo-nitrogenoid constitution:

- Hindered oxygenation
- Increase in hydrocarbons and albuminoids
- Decrease in the alkalinity of the bodily fluids
- Loss of blood
- Cerebro-spinal or sympathetic nervous system irritations
- Sexual excesses
- Food excess and increased intake of Sodium salts, such as sea salt (NaCl)
- Respiratory insufficiency, shortness and shallowness of breath
- Chagrin

The main idea with the carbo-nitrogenoid constitution is lack of oxygen and excess of carbon and nitrogen, hence this type will greatly benefit from ozone and ozonated water as well as all remedies that are capable of facilitating the process of tissue oxygenation (e.g. Sulphur, Hepar sulfur, Mercurius, Aurum, Plumbum, Platinum, Chamomilla, Lycopodium, Bovista, Belladonna, Hyosciamus, Apis, etc.). I have observed that the skin complexion of those patients suggests the lack of proper oxygenation, resulting in dull, earthy, grey and blue discoloration.

I allow myself to claim that lithiasis being the pathological condition of producing lithic aggregates anywhere in the inner parts of the living domain is of cancerous diathesis and the calculi resulting thereby can be very well referred to as benign growths or tumor excrescences composed of mineral tissue fabric. They have very similar pattern of occurrence, growth and symptomatology like other tumors of various kind found in the body and regardless of their cytological, organic and functional etiology they all result from the cancer miasm. The late Dr. Burnett extensively speaks about successful treatment of bone spurs and bony tumors (osteoma), one of the chief remedies for which is Hecla lava. In a similar way the affinity of certain internal organs to segregate stony matter resembles tumor formation and this final product of pathology I call lithioma.

By definition, a tumor is an abnormal benign or malignant new growth

of tissue (neoplasm) that possesses no physiological function and arises from uncontrolled rapid cellular proliferation.

Such is the nature of the calculi as they are morbid products, which do belong neither organically nor functionally to the inner part they occupy, but disturb the proper execution of vital operation of the organs causing distress in the entire organism by setting up alarming symptoms.

Calculi are alien to the body as they are not part of the ultimate and harmonious balance in the living entity, but may be regarded as a relative temporary state of balance, a compensatory mechanism of the body in the attempt to vent out and rid itself from the morbid thing that has produced the malady in the first place. Therefore, it is clear logic to anyone who is adept in those matters, in the art and science of homeopathy and the laws and principles of Nature, that the forceful premature surgical removal of such pathological products of disease is not only unwise, but can prove an extremely dangerous business and in great number of cases, will lead to all sort of serious complications and inevitable perils.

I maintain that kidney stones are benign tumor growths as they originate, but do not belong to the kidney itself. They cause great disturbance and much trouble in the whole facility and require immediate attention with proper homeopathic treatment. I once again discourage against the folly of any invasive procedures in attempt to remove such foreign bodies and rightfully defend the wisest and most radical yet gentle mode of treatment of this malady, namely with the aid of homeopathic medicines.

The root of disease is of dynamic origin and by no other means but dynamically it can be most surely and permanently removed. This requires great mastery and profound knowledge of the subject to be treated, the nature of disease and the homeopathic remedies to be employed in order to result a perfect cure.

The following two cases of kidney calculi will be presented for sole purpose of demonstrating the above claims:

Case # 1:

A gentleman, 40 years of age, has been a chronic patient of mine for number of complaints and for many years has been troubled with kidney stones, always right sided, with repetitive episodes of severe renal colic. He has a history of suppressive treatment. He is thin, has fine features, a narrow rib cage, well developed lower extremities, disturbed nutrition, and is of tubercular diathesis. The onset of episodes was sudden, the pain dull to sharp originating in the flank and radiating towards the groin and the right testicle. Oftentimes the pain would render him deadly sick, with shallow breathing, and nausea; restless while at the same time the slightest movement was a challenge. There were no changes in the urine. Warm applications ameliorated.

After several months of repetitive renal colic episodes, the patient was sent to a specialist for CT Scan in May 2011, which confirmed the presence of an 8 mm right-sided kidney stone. The patient was recommended to undergo Laser lithotripsy, but he turned it down and resorted to homeopathic treatment instead, although at times with slight uncertainty.

A number of remedies had been employed, but the chief remedy that has proven most effective in eradicating his kidney malady was *Berberis vulgaris* in 10 M potency.

During the period October – December the episodic attacks became more frequent, which to me was a sign that the body is making great effort to evacuate the kidney stone and 5 granules of *Berberis 10 M* in a teaspoon of lukewarm water was a handy tool in hand, which usually brought fast relief within 20-30 minutes of intake.

In a phone call with the patient in January of this year he reported that the CT scan showed no evidence of renal stones.

Case # 2:

A young male, 35 years of age has been my patient for number of troubles since 2008, of which I will particularly refer here to the renal colic attacks. The man is of slender built, thin, and nearly emaciated. Poor nutrition was evident, his skin was grey and at times bluish, and he had a restless mind with much anxiety. He informed me that he passed a 8 mm kidney stone in 2000 (see pic. 1) and has been in much pain on and off since 2010 from a newly formed kidney stone on the left side.

He has been in great distress on account of the stone, with severe cutting pain extending from the flank to the groin and left testicle; burning in urethra, frequent ineffectual urging to urinate with burning and pain. Urine dark, turbid, at times mixed with blood. Nausea and vomiting were often-times part of the pathological picture.

Administration of *Berberis vulgaris 10 M* in 5 granule doses quickly restored the patient to ease at the time of the acute attacks. In January 2012, he wrote that he had passed a 6 mm kidney stone, of which he also was very kind to provide me with a nice photograph, made alongside his old renal stone for the sake of comparing(see pic.1).

In conclusion, I will once again affirm my thesis that kidney stones are no less than foreign bodies and hence should be rightfully referred to as benign growths. The formation of kidney stones occurs in certain constitutional terrain and predisposition. They are a final product of a disease producing power deeply rooted within the living domain. Their dynamic origin must have permanent annihilation by dynamic means only, or else they will never be entirely eradicated.



Pic. 1. On the left: 6 mm renal calculi from January 2012; on the right: 8 mm kidney stone from 2000.

Berberis vulgaris has proven a very precious medicine as it has never failed me in alleviating the patient in his misery. I have occasionally employed it in 1M potency, although with very little success, but the 10M potency worked miraculously. Being primarily a right-sided remedy, Berberis has most certainly demonstrated its curative powers with equal success in left-sided cases, which comes to show once again that regardless of such peculiarities the Law of Similars is all valid and cure has been delivered in the most excellent and gentle way each and every time when indicated.

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**BOOK REVIEW:
HOMEOPATHY
FOR FARM AND GARDEN
Vaikunthanath Das Kaviraj**

Reviewed by Melanie Grimes

Hardbound 316 pages
ISBN 978-3-941706-47-7

This fascinating book outlines the use of homeopathic remedies to treat plants and plant diseases. The author describes the process of “taking the case” of the plant. He discovered this process by observing the rust rings on an apple tree, and because the apples had dark red lines (redness) and needed more water (increased thirst), he successfully prescribed Belladonna. Materia medica of various remedies is discussed, including well known remedies, such as Silica and Phosphorus. The author also suggests the use of various plants as “companion plants”, to be used as a homeopathic treatment for the neighboring plants, the soil and the general habitat. Plants such as *Tropaeolum majus* (Nasturium) and *Ocimum* (Basil) are included in this section. The book also covers viral and bacterial diseases, remedies for weeds, as well as the common, and uncommon diseases of plants. Homeopathic philosophy, such as the use of the totality in prescribing, is also discussed. The book has an extensive bibliography covering 20 pages, and a useful index.

This book is a treasure for farmers, plant lovers and homeopaths looking for further insight into spreading homeopathic treatment to the world of vegetation. It's unique approach stimulated my mind to wonder where else the healing power of Like Cures Like could be applied.

**BOOK REVIEW:
HOMEOPATHY AND
MENTAL HEALTH CARE**
**Christopher Johannes and
Harry van der Zee, editors**

Reviewed by Melanie Grimes

329 pages with index

ISBN 978-94-90453-01-5

This elegant book is a collection of chapters authored by a variety of homeopaths worldwide, and edited by Johannes and van der Zee. The authors include Iris Bell, Phillip Bailey, Ian Townsend, to name a few. The topic of homeopathy and its relationship to psychology is covered from quite a few perspectives. Subjects addressed include ethics, research, the role of homeopathy in psychotherapy, along with cases. Dr. Rozencwaig of New Zealand presents an interesting chapter on using Chinese medicines to diagnose homeopathically in cases of mental illness, while Dr. Bhatia of India addresses the use of homeopathy in reducing the global mental health burden. This book is a thorough look at the groundbreaking work going on in the field of homeopathy and mental health. Following in the footsteps of Hahnemann's seminal work in this field, this book provides a tremendous asset and tool for clinical practice.

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