

R A J A N S A N K A R A N



THE SOUL OF
REMEDIES

THE SOUL OF REMEDIES

by

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ACONITUM

Aconitum napellus is a plant. The remedy prepared from it belongs to the acute miasm and is, in fact, the most acute of all our remedies.

The main feeling of *Aconitum* is of a sudden, intense threat from outside that comes suddenly and goes suddenly. For that moment the person, who is otherwise calm becomes intensely restless, panicky and nervous. This feeling of a sudden threat is seen in the fear of walking across a busy street, fear of accidents, of suffocation, in presentiment of death and in the delusion that he is about to die. Mentally this is expressed as a fear of death, anxiety and restlessness etc., while in the physical sphere, we find a racing pulse, palpitation and flushing of face alternating with paleness, etc.

Aconitum is excitable. The patient can flare up suddenly, can get frightened very easily. Pain can drive him beside himself and again this excitement will be manifested suddenly and violently, with great restlessness – an acute panic reaction.

Great nervous excitability is the most important component of *Aconitum*. We must look for an excitable person and not a calm one, if we are to prescribe *Aconitum* – one who cannot take anything easy; everything excites him. Here it comes close to *Nux vomica*, *Chamomilla*, *Staphysagria*, *Coffea* and *Graphites*. But *Aconitum* is also very very restless. There is anxious restlessness. Pierre Schmidt feels it is the most important remedy for anxious restlessness. *Nux vomica*, *Staphysagria*, *Coffea* or *Ignatia* are not so restless. *Aconitum* just can't sit still. He tosses about. This is similar to *Arsenicum* and *Rhus toxicodendron*, it is only much more intense, vigorous, sudden and acute. It is a sudden burst of excitement, fear or anxiety with great restlessness. He doesn't know where to go or what to do, his mind is ruled over by tremendous anxiety and fear. Then this whole state disappears as suddenly as it had come without leaving a trace.

Aconitum avoids crowds, crossing the street, indeed any other situation that would cause excitement of mind. The proving reads: "Fear to go where there is any excitement". Sudden, intense fear from trivial causes is characteristic. It is not the insecure feeling of *Calcarea* or the terror of *Stramonium* nor the anxiety about health of *Arsenicum*, *Nitric acid* or *Kali arsenicosum*. It is an intense, sudden, panic state – something severe – the end, death! The rubric "Predicts the time of death" is a combination of "Clairvoyance" with "Intense fear of death". But as I said earlier, this is not the permanent state of *Aconitum*. Soon the excited state passes off and the normal state re-emerges.

But even in his normal state, *Aconitum* is hurried. As the proving reads: "He does everything in a hurry, runs about the house". His speech is hasty, jerky and excited: "Great impatience", "Wants things at once", "On attempting to think of one thing, another thought intrudes, this is soon supplanted by another one and so on".

ALUMINA

Alumina is the oxide of the metal Aluminium. In the Periodic Table, Aluminium belongs to group III-A and is associated with Boron (from which the remedy *Borax* is made). *Alumina* is one of the greatest anti-syphilitic remedies along with *Syphilinum*, *Aurum* and *Mercurius*. In *Syphilinum*, there is a total absence of hope which is one of the most essential things to the life of a human being. Phatak mentions: "Hopeless despair of recovery" – total hopelessness. Therefore *Syphilinum* is a remedy of death and destruction, he can be suicidal or homicidal. In *Mercurius*, the person's independence, another thing essential for life, has been taken away, and so he becomes revolutionary, defiant, homicidal or suicidal. Then you have a need for acceptance in society, some religious feelings; you take this away from man and you have *Aurum* – suicide again. In *Alumina*, the person's identity or individuality has been taken away, and there is confusion.

The *Alumina* person's identity has been so much suppressed that he doesn't know who he is anymore. He is so confused because someone has tried to shape him into something that he is not. It is one of the most important remedies for confusion of identity in our *Materia Medica*. The situation of *Alumina* may arise as for example from a conflict between parent and child, where the child is not being given an identity. Whatever the child does, they say: "No, not this!" His individuality and identity have been broken down. Whatever the child says is not right – "You are no one, you know nothing!" Then comes despair: "I don't know what to do. I don't know what I am, who I am. I don't even know what I want, what I want to be. I am so small, so timid and completely dependent on the parent."

Alumina is listed under the rubrics: "Irresolution, timidity and fear", "Delusion, head belongs to another". The patient doesn't even know to whom his head belongs. He feels as if somebody else thinks for him, and he can't think for himself. He feels as if someone else heard or said something when it was he who heard or said it. His real identity is being suppressed, is being pushed in, so that he has to mould himself according to what other people want. Sometimes the parental control is so strong that the child loses his identity and becomes impulsive, for example he may grab someone's hand, or has impulsive acts of violence. In failed cases of *Alumina*, there is a tremendous sense of desperation to the extent of suicidal tendencies: "Morbid impulses to shoot himself", "Impulse to cut herself even though she abhors the idea". This shows the impulsiveness, the destructiveness, irresolution, timidity and fear.

Control is a big theme in *Alumina*. A lot of his problems have to do with control – control of the body, of the limbs, impulses, a fear of losing control. As the mental will has been undermined (symptom: "Weak will"), so also the will is taken away from the muscles too, and he can't move properly, he has no balance. At the same time, *Alumina* likes to be in

AMBRA GRISEA

Ambra grisea is an animal remedy. It belongs to the sycotic miasm.

Like other animal remedies it has the quality of divided will. It has two wills and has a kind of contempt for self. It also has traits such as animation, loquacity, sexuality, playfulness, love of animals, etc.

It is a sycotic remedy; an *Ambra grisea* woman feels that something is wrong with her that needs to be covered up. There is an intensely dirty feeling about herself. The expression "I feel like shit" aptly describes the main feeling of *Ambra*. The feeling is that something in her is intensely disgusting and that this part should never be exposed or she will be completely forsaken. *Ambra* feels a tremendous sense of embarrassment. Other remedies like *Silicea*, *Carbo vegetabilis*, *Plumbum*, *Gelsemium*, etc., also have something of this feeling, but *Ambra* feels it intensely and is acutely conscious of the slightest thing she does. This embarrassment is more when it comes to personal habits like passing stool and urine.

The symptom of *Ambra*: "Cannot pass stool in presence of others" describes this feeling exactly as if to say that "this disgusting part in me should never be revealed to others or they will consider me disgusting". This symptom means that the patient cannot even have somebody in the next room when he is passing stool. It means that the sounds that he makes in the toilet embarrass him so much that he cannot bear the thought of somebody standing even in the next room. He would like to clear the whole house before he passes stool, to see that there is nobody around. This is the nature and degree of embarrassment in *Ambra*. Indeed, he cannot even bear the thought of going to somebody else's house, afraid he may get an urge for stool. When he gets the urge for stool, he gets anxious: "Anxiety with ineffectual urging for stool". This is a form of anticipatory anxiety in *Ambra grisea*.

This feeling of embarrassment creates tremendous shyness in company and in the presence of strangers. Because of its symptoms "Bashful" and "Strangers, in presence of" it comes quite close to *Baryta carbonica*. But *Ambra* has this very acute feeling of embarrassment which *Baryta carbonica* doesn't have; *Baryta carbonica* has a tremendous irresolution which represents the feeling of lack of capability, which is not seen in *Ambra*.

Young girls with this *Ambra* feeling, in their embarrassment can talk in a flitting, flighty manner. They can also become mischievous and play pranks that are very much in keeping with this theme of shame and shamelessness. Embarrassment about one's own body is one of the main themes. Also there is a feeling of embarrassment after doing something she considers disgusting or shameful.

ANACARDIUM ORIENTALE

Anacardium Orientale is a plant. The remedy belongs to the cancer miasm.

The situation of *Anacardium* is that of a kind of child abuse. Overstrict parents impose all their desires on the child and do not allow him to think or do anything on his own. He cannot take his own decisions, to the extent that he is not allowed even to decide what clothes he should wear. If he starts taking his own decisions or does not live up to the expectations placed upon him, he will be punished cruelly. So he tries to live up to these expectations by being obedient and angelic in his behaviour, and by being excellent in his work. But he begins to develop a lack of self-confidence, and becomes nervous. He is irresolute, because the outcome of his decisiveness is usually a severe punishment. If the domination persists and he is compelled to put up with it, he starts reacting with cruelty, malice, want of moral feeling, and antisocial behaviour. Here he may also develop a tremendous overconfidence with contempt for others. But *Anacardium* can be very hard and cruel, and at the same time have a lack of self-confidence.

There are thus two sides to *Anacardium*. On the one hand he is good, angelic, obedient from fear of punishment. He is very orderly, fastidious, cannot rest till things are in proper place. The other part of him is hard, malicious, violent, devilish, disgusted with himself. He becomes immoral, develops suicidal or homicidal tendencies, is abusive, stubborn and avoids the company of people. These two sides of *Anacardium* are constantly in opposition to each other: should he be an angel or a devil.

Anacardium could be the wife of a selfish tyrant who rules with an iron fist, and does not allow her to take any decisions. She becomes irresolute, lacks in self-confidence, is confused – always has two wills. She becomes dull and very absent-minded (*Anacardium* has a marked absent-mindedness). She may be childish, idiotic and timid out of lack of self-confidence and fear. The fear can paralyse her thinking as can be seen when appearing for an examination.

Whereas *Anacardium* is known for its hard-heartedness, cruelty, want of moral feeling, a compensated *Anacardium* cannot be cruel even when the situation demands. He will, perhaps, be unable to kill even an irritating mosquito.

Thus, *Anacardium* has the feeling of an angel sitting on one shoulder, and a devil on the other.

Kent:

- Will, contradiction of, two wills, feels, as if he had.
- Delusion, that he is separated from the world.

ANHALONIUM

Anhalonium is a “drug” remedy. It is prepared from Peyoti the cactus from which mescaline is extracted. It belongs to the cancer miasm.

The experience of mescaline is often one of merging with one’s surroundings or the feeling of being one with the whole of existence, seeing oneself without any boundaries. This is close to the highest spiritual experience as described in Hindu or Buddhist philosophy as oneness or non-duality of Spirit. This experience implies immortality – what dies is the body; as the Self is continuous with the whole of existence, it cannot be mortal.

The need for such an experience arises from the feeling of having no roots, of having no identity, of feeling totally isolated and separated from other human beings, so that one sees one’s ego as being separate and being totally mortal. This can create immense fear of losing one’s very existence which is much more than the mere fear of death.

The easiest way to experience this loss of existence is for a person to ask himself the question: “Who am I, if I remove my name?” Just imagine that you don’t have a name and you are not allowed to invent a name for yourself and ask: “Who am I?” There is a tremendous blankness, a void, an emptiness which is very scary. A void which the patient tries to bridge by connecting himself to not only his name, but also to some group or society, his family, etc., so that he extends himself beyond body and his larger group identity does not die so easily.

Anhalonium comes from a situation where people experience a total solitude and feel they could lose their identity. In such a situation the only solution is being in the *Anhalonium* state, where they can identify themselves with not only a group or family but with the whole of existence.

I believe that many a well-known spiritual leader/teacher could have had a background of isolation and an absence of roots, which could be a powerful impetus to seek one’s spiritual identity.

Anhalonium belongs to the cancer miasm, where the person has to stretch much beyond himself or he will lose his existence. He starts living inside a bubble, isolated from the rest of the world but inside it, he creates his own universe.

Anhalonium people speak in terms of universe, space, etc. They have the most fantastic experiences which are often spiritual, and have no fear of losing their ego, identity or losing a dear person.

ANTIMONIUM CRUDUM

Antimony is a metal which lies in the periodic table, between Arsenic and Bismuth. The remedies of the group *Phosphorus*, *Arsenicum*, *Antimonium* and *Bismuthum* shut out or exclude others and isolate themselves.

Phosphorus feels that he is not getting enough attention and feels secure only when amongst a lot of friends, receiving a lot of attention and love. *Arsenicum* views the world as threatening and feels isolated and insecure; he feels secure in the company of only a few. *Antimonium* feels that he has been disappointed and needs to isolate himself; he feels secure in the company of still fewer people. *Bismuth* feels very alone and will be secure in the company of only one person, i.e. the mother.

Antimonium crudum is the sulphide of antimony. In it, we see the *Antimonium* feeling of being let down and disappointed by others, and therefore the need to narrow one's circle, to isolate oneself. Also present are the *Sulphur* symptoms of theorizing and fantasizing. These combine to make *Antimonium crudum* a person who has narrowed himself down, and who starts fantasizing.

The patient finds the world around him so disappointing that he simply shuts it out, and conjures up an illusionary, ideal world that he starts living in. He longs for that which he misses or has been disappointed by: he becomes nostalgic and longs for the past, for his native land, for the ideal woman – the woman of his dreams. He becomes poetic and sentimental. Poetry often expresses his inner wishes. He is lost in this idealization. It differs from *Cannabis indica* or other drug remedies, because he does not create a fantasy, but only longs for and creates his ideal and becomes very sentimental. Whereas *Cannabis indica* fantasizes, *Antimonium crudum* idealizes. *Antimonium crudum*'s idea is a perfection of the real, perhaps practically impossible, but fundamentally reality based. The fantasies of the "drug group" of remedies, on the other hand, are fundamentally not of this world to begin with. For example he may be disappointed in love and then projects all his idealizations onto another woman, she becomes his dream girl. He does not want to face the reality of things because reality is so disappointing that he could become suicidal. He becomes dull, does not want to be touched or approached, does not want to be looked at or spoken to, does not like any attention. He is fond of solitude, and especially likes to be by himself in the moonlight.

The physical symptoms are the desire to overeat, and the aggravation from the same. It also has ailments from vaccination.

Rubrics:

-- Ailments from love, disappointed.

ARGENTUM METALLICUM

Argentum (Silver) belongs to the second line of metals in the Periodic Table, where it lies between copper and gold. Like other metal remedies, *Argentum metallicum* sees his survival in performance and defence.

The metals of the second line are concerned with show. Silver is a showy metal, a shiny metal, a showpiece of human society. A good orator is called silver-tongued. Funnily enough *Argentum metallicum* has the symptom: "Tongue has a silver coating". It is said "Silence is golden, speech is silver". Silver is not the noble one but always the showy one.

There is a strong intellectual component in *Argentum metallicum*. Kent says it singles out mainly the intellectual faculty, it scarcely affects the emotion.

The *Argentum metallicum* situation is one where the person has to perform intellectually and express himself through speech, singing, writing, etc., and also has to defend himself by intellect, speech and words. In *Argentum metallicum* one of the most important symptoms is aggravation from using voice, aggravation from speaking, singing, mental exertion.

He can argue and fight very strongly and hard, not only for himself but also for others. He has the ability to convince others and win over the opposition with intellect; hence, the *Argentum metallicum* person would make a very good lawyer or salesman.

He sees himself as a weak person internally who will be attacked and finished unless he defends himself strongly, often intellectually.

The situational Materia Medica of *Argentum metallicum* is that he has been forced by his parents to perform, to be a performer, to demonstrate his intellect, his skill, his talents, his brain power. The parent expects the child to show the world how talented he is and the child feels this as the condition for acceptance by his parents. Given this kind of expectation, the person tries his best – talks, sings, preaches. But at a point, he cannot do it any longer and collapses: the voice is lost, power is gone, he can't live up to the expectation any longer. So he alternates (like *Aurum* alternates between "I am highly moral" and "I am highly immoral and have sinned away the day of grace") between "I am a high performer" and "I am not good enough, I can't perform anymore, I am useless". Either his intellect is highly developed or he can't remember, is confused, has loss of mental power. Everything in *Argentum metallicum* is about mental power. The child is expected to have high mental power and to demonstrate it, show it, express it. Constant need to show by using his mental power, and by speech.

When he feels forced to perform, there is both anger and fright; it shares this with *Argentum nitricum* which has anxiety before performance. In anger there is rage and when

ARGENTUM NITRICUM

It is a mineral remedy belonging to sycotic, tubercular and cancer miasms. It is a compound silver (Ag), of *Argentum* whose main theme is performance and Nitrate whose main theme is the feeling of sudden danger. The two come together in *Argentum nitricum*, whose main theme as “Performance in sudden danger or crisis”.

There is a feeling as if the person will be accepted only if he can perform at the time of crisis. There is a feeling of being neglected and despised if he does not perform at the time of crisis. I call them “Crisis Managers”. They are troubleshooters of the highest degree and see their role as that, feeling very much neglected or isolated, and feeling failure if they can’t perform in a crisis.

The situational Materia Medica of *Argentum nitricum* is a situation in which he himself has to struggle and nobody is going to help him; he is trying but not succeeding.

This situation arose from being trapped alone in some circumstance, and trying desperately to find a way out, in which case *Argentum nitricum* would be a psoric remedy. But by examining a little deeper we find the basis of all these fears. He has a tremendous sense of fault within, which he is trying to cover up and hence has several sycotic traits such as compulsion about time, about planning things, about doing things in a particular way and such as obsessions with fixed ideas that he cannot pass a certain place. So we see fixed ideas and fixed actions.

It is important for him to keep control in a critical situation and find his way out of the problem. This is shown in rubric “Fear of losing self-control”, which I consider one of the leading rubrics of this remedy. In whichever situation self-control is needed, he becomes highly nervous, as he lacks it; for example at the time of performance during crisis as is seen in the rubrics:

- Fear of high places.
- Fear of narrow places.
- Fear when anticipating an engagement.
- Hurry, time, to arrive at appointed.
- Anticipation.
- Fear of failure.
- Diarrhoea from anxiety.
- Fear of falling, etc.

ARSENICUM ALBUM

The mineral Arsenic lies between Phosphorus and Bismuth in the Periodic Table. I found that in this group, which also includes Antimony, there is a feeling of insecurity, of loneliness, of being isolated, and of not belonging. *Phosphorus* tries to make up for this feeling by excessive friendliness and sympathy. In *Arsenicum*, it manifests as fear and insecurity.

The *Arsenicum* patient sees the world as threatening, chaotic. He feels that he is old, weak and defenseless, and that there are thieves all around him, ready to take advantage of his weakness. He needs people and is dependent on them because of his weakness, yet feels that they cannot be trusted, that they are interested only in his money. However he cannot do without them, and hence is very careful that he should not offend them, lest they leave him and go away. He is mistrustful and suspicious, cautious and anxious in all matters: money, relationships, even health.

The *Arsenicum* person has a hypochondriacal anxiety; he fears that he will lose his health unless he exercises regularly and will avoid many things which he feels are harmful. He will not eat out in restaurants, etc., and will impose many restrictions on himself in diet and other matters. His life is full of anxiety. He is extremely fearful that he will lose what he has, unless he is extremely cautious. This makes him both restless and conscientious. The restlessness drives him from place to place, he cannot rest till things are in place; anything that seems out of place troubles him. The patient will show you his hands and ask you to look at both of them. "Doctor, he will ask, do you see that the veins on my left hand are more prominent than those on the right hand? Why is this so?" The conscientiousness and carefulness is manifest as an almost compulsive need for order, making *Arsenicum* extremely fastidious and hence a remedy of the cancer miasm. I have also seen that the *Arsenicum* concern for health and security can extend to others, so that these patients can be caring for the health and security of others as well. I have found that they write very precisely in very small writing, fitting in much as possible in a very small space.

Rubrics:

- Delusion, sees thieves at night.
- Delusion, that the house and space under the bed are full of thieves.
- Delusion, about criminals.
- Delusion, others conspire to murder him.
- Delusion, is about to receive injury.
- Delusion, that she is being watched.

AURUM METALLICUM

Aurum is a syphilitic remedy. It is one of the heavy metals of the 6th period. In *Aurum* the feeling is that the person must perform tasks which are impossible or much beyond his capacity. He demands of himself industry and responsibility, conscientiousness and duty of the highest degree, uncompromising principles or goals that are beyond the possible.

He almost destroys himself in trying to achieve these goals, because if he does not achieve them, he gets the feeling of failure, guilt and despair of salvation. It is as if his very survival depended on his ability to take on these huge responsibilities. He is afraid of losing the confidence of others and of himself. He has a feeling that he may fall down from this high position. This can make him suicidal. When *Aurum* gets suicidal thoughts, he does not have to fight with himself as *Natrum sulphuricum* does. *Aurum* will make a decision and act. He asks himself: "Do I jump or not?"; if the answer is: "I jump", he just jumps.

Aurum people are highly moralistic, principled and orthodox. However, sometimes it can work the other way round, i.e. finding the task too high; *Aurum* becomes then irresponsible and immoral. *Aurum* therefore, has the polarity between high morality and extreme guilt and suicidal tendencies. He alternates between "I am highly moral" and "I am highly immoral and have sinned away the day of grace".

They are usually relieved tremendously by music. One of my early observations was that *Aurum* patients like to hear Bhajans. Bhajans are Indian religious songs, which are sung with exact meter and with a lot of devotion. The three components:

- Religiousness.
- Music ameliorates.
- Exactness.

are found in combination only in *Aurum*, and *Aurum* persons are almost the only people I have found to be markedly ameliorated from hearing Bhajans.

I was told by a musician that Tansen had composed Raga Darbari at the request of the Emperor Akbar, who wanted a raga to alleviate the feeling of tremendous responsibility he faced and the despair it brought about in him at the end of the day. The raga has tremendous depth, a feeling of great responsibility and hopelessness, which comes very close to *Aurum*.

The situational *Materia Medica* of *Aurum* is a situation in which his survival is dependent on his fulfilling his duty. *Aurum* is the eldest child of the family and his father is no more. Society will blame him if he does not take charge of his siblings. He raises the family. He is the duty-bound son, his views are very moral and conscientious. *Aurum* is concerned about

BARYTA ARSENICOSA

Baryta arsenicosa is a mineral remedy of the syphilitic miasm. The feeling of *Baryta* is that of complete dependence due to personal incapacity. The feeling of *Arsenicum* is of being isolated and hence insecure. The *Arsenicum* person sees the world as threatening and chaotic. He feels lonely yet feels threatened by people, so he cannot trust people though he needs them. The main feeling of *Baryta arsenicosa* is: "I cannot trust the person on whom I am totally dependent".

In the compensated state *Baryta arsenicosa* can be very conscientious, independent and responsible. The patient is fastidious, methodical, highly organized, efficient and industrious. He is very caring for others, very friendly and will not offend anyone. He is very careful about his own health and also the health of others.

In an uncompensated state the *Baryta arsenicosa* person can be shy, bashful and nervous, extremely anxious about the smallest thing, especially with respect to health. He can get panicky, frightened and restless. He does not trust anyone including the physician and often changes doctors: irresolute, very dependent, yet mistrustful.

Physical symptoms:

- Chilly patient.
- Early senility: very deep seated, chronic, progressive disorders. Diabetes, ulcers, hypertension, etc., coming on at an early age.
- Sudden acute manifestations may be found.

BARYTA CARBONICA

Barium is a mineral belonging to the group IIA of the Periodic Table. The main feeling of remedies from this group is one of dependence, and *Baryta carbonica* is the most dependent of them all.

Baryta carbonica is totally dependent on others, almost like a cripple or an imbecile. "Delusion that he walks on his knees" and "Delusion that a beloved friend is sick and dying" show the crippled, dependent feeling of *Baryta carbonica* and his fear of losing this support.

There is a feeling of total incapacity to take on responsibilities or do one's own work. *Baryta carbonica* has anticipatory anxiety because of this feeling of incapacity. The patients are totally irresolute and depend completely on someone else to take decisions for them. This can work both ways. I have seen also that *Baryta carbonica* people can be very independent, even supportive of other people. They can be very responsible especially about family affairs: "Anxious about domestic affairs", "Cares about domestic affairs", "Anxiety about friends at home", "Anxiety for others". They can be extremely hard-working (industrious), very organized, conscientious, and they take pains to make sure of everything (carefulness). They consequently occupy quite responsible, dependable positions in their work and society. They are very methodical and reliable but lack imagination, art and creativity. Occasionally however, even such coped up *Baryta* can have bouts of irresolution and self-doubt. There is "Fear of strangers" which extends to the fear of facing any new situation and anything that is out of the routine, especially the kind of situation that forces them to make choices or take decisions. They can be resistant to any changes in their lives, for example they would try and avoid any changes in job or residence. They don't like being noticed or brought into prominence, and would hesitate to wear anything that stands out, for example a shiny shoe. They are the last people to accept new fashions and are quite conservative in their way of dressing, living, etc. They avoid giving their views or opinions easily for fear of being criticized.

I have seen that *Baryta carbonica* patients like to confirm every single detail during a consultation, e.g. where and how to take the medicine, what are the food or other restrictions, etc., to the last detail, often provoking irritation and laughter from others.

They are so dependent, it is childish. Phatak writes: "Children are late coming into usefulness, to take on their responsibilities and do their work". The *Baryta carbonica* patient is very much afraid that he will lose (or something will happen to) those on whom he is dependent – seen in the delusion that "A beloved friend is sick and dying".

I have mentioned in "The Spirit of Homoeopathy" a case of a 35 year old married woman who developed arthritic problems after the death of her neighbour, on whom she was

BARYTA PHOSPHORICA

Baryta phosphorica is a mineral remedy. The main feeling of *Barium* is that of a person who is totally dependent on others, almost like a cripple or an imbecile. In *Phosphorus* the feeling is of being unloved and uncared for, to which the patient reacts by being affectionate, friendly and sympathetic in the hope that this love and care will be reciprocated. So the main feeling of *Baryta phosphorica* would be: "I am unloved and uncared for, or I am treated indifferently by the person I am totally dependent on (because of my incapacity to stand on my own feet)".

So we may see a person who is independent, friendly and sympathetic; or one who becomes very much dependent and anxious, more anxious than *Baryta carbonica*.

BARYTA SULPHURICA

Baryta sulphurica is a mineral remedy. The main feeling of *Baryta sulphurica* is: "I am scorned/insulted by the person I am so totally dependent on (since I am handicapped)".

The compensated *Baryta sulphurica* person is self-dependent and makes a lot of effort to be respected. It is a combination of dependability and dignity. The patients are industrious, dependable and dignified people. A man with these qualities will reach a high position.

The problem starts when *Baryta sulphurica* comes into a new environment with new people around him. There is a tremendous fear of being alone or going out alone. He cannot mix easily. He feels that people will laugh at him, and since he is easily offended or insulted he cannot form deep friendships. He feels that others avoid him, he feels neglected and weeps and broods about it. His memory is weak. There is also aversion to work, loss of will and weeping. The dreams are anxious and frightful.

Physical symptoms:

- Cannot bear hunger.
- Craving: salt, sour, pickles.

Rubrics:

- Anxiety.
- Cowardice.
- Fear, conversation of.
- Fear, people of, anthropophobia.
- Timidity, bashful.
- Will, loss of.

BELLADONNA

Belladonna is a plant remedy of the acute miasm. The main feeling of a *Belladonna* person is of a sudden threat from outside from which he has to escape in order to survive.

The suddenness is one of the main characteristics of *Belladonna*. Everything comes in paroxysms with suddenness, and goes with equal suddenness. But while it lasts, there seems to be a very intense and life threatening situation; the person is beside himself and wants to escape. Also, there is a certain degree of violence in his sensations and actions.

Belladonna can be quite cheerful. In fact, he can be dancing, laughing, singing and can have a generally light-hearted feeling and exuberance. But when the attack comes, he becomes crazy with fear and anxiety, with excitement, with throbbing of the carotids, palpitation of the heart and a feeling of imminent threat or danger.

One of the *Belladonna* patients that I had disappeared from treatment suddenly and after months suddenly called me up from some part of the world and then disappeared for months again. For *Belladonna* Dr. M.L. Sehgal points to the rubric: "Unconsciousness interrupted by screaming". His interpretation is that the *Belladonna* patient remains unconscious of his problems and they come up suddenly to his consciousness and make him very excited.

The delusions, dreams and fears of *Belladonna* have to do with sudden threat, for example:

- Delusion, bulls, of.
- Fear, imaginary things, of.
- Fear, animals, of.
- Fear, impending death, of.
- Delusion, gallows with fear of, vision of.

And he reacts with violence, impulse to set things on fire, attempts to escape and run away.

There is a need to escape, to run away. There is a feeling that he will be pursued, killed. Therefore he runs, escapes, rages.

The difference between *Belladonna* and *Stramonium* is that in *Belladonna*, the specific situation is like that of one who is about to be taken to the gallows, while in *Stramonium* it is like that of a person lost in a jungle. *Stramonium* looks for somebody to cling on to, seeking

BRYONIA

Bryonia is a plant remedy. It belongs to the typhoid miasm, which lies between the acute and the psoric. In my experience, the main feeling of *Bryonia* is the feeling of a loss, which has to be made up very fast. One of the commonest ways of making up a loss is by business. Here you invest what you have, take risks and try to increase your wealth. The concentration is totally on business, so much so that the *Bryonia* person talks and dreams of business, and in delirium will mention what money has to be put where and what business transaction has to be completed.

The *Bryonia* person is very industrious, busy and determined, and works at a feverish pace. He becomes dry, insensitive to the emotions and feelings of others. He talks little and doesn't like to be disturbed. He reads things concerned with his business, converses with business people, and his attitude in the clinic will also be rather business-like.

As a result, one could mistake *Bryonia* for *Calcarea fluorica*, but the theme of *Calcarea fluorica* is to preserve what one already has, and therefore *Calcarea fluorica* does not take any risks. *Bryonia* however does take risks. Again, the complaints of *Bryonia* are more acute and will impede movement, whereas *Calcarea fluorica* will develop a slow, chronic illness which can make one dependent.

One may also compare *Bryonia* with *Veratrum album*, but *Veratrum* is concerned more with the loss of position than with the loss of money. So egotism, extravagance and show become the theme in *Veratrum*, but are not so much seen in *Bryonia*.

Rubrics:

- Fear of poverty.
- Talks of business.
- Busy.
- Delirium, busy.
- Delusions, fancies, is doing business.
- Industrious.
- Disturbed, averse to being.
- Talk indisposed to, desires to be silent, taciturn.
- Dreams: business.
- Dreams: being busy.

BUFO RANA

Bufo is a remedy of the animal kingdom. It is prepared from the toad.

Bufo has symptoms of *Baryta carbonica* and *Hyoscyamus* put together. Like *Baryta carbonica* it has a childish and naive behaviour, is foolish and underdeveloped mentally. Like *Hyoscyamus*, it has shamelessness, high sexuality, loquacity and malice. Like other remedies of the animal kingdom it has an animated nature, a fear of animals and a certain mischievousness. It resembles some of the remedies of the spider group, as it is sensitive to music, deceitful and destructive, and also has attractive behaviour. All these elements combine to give *Bufo* a unique character.

When you consider the childishness, the lack of maturity and control, and the high sexuality, you have the idea that the adult control over his instincts is absent. Therefore whenever he has any urge, whether it be an urge to eat or a sexual impulse, he has to gratify it at once. He cannot postpone pleasure. If he has a sexual impulse, it has to be fulfilled, and so he goes off alone and masturbates. Hence we have the classic symptom: "Desires solitude for masturbation".

In my experience, one of the main things you can note about a *Bufo* person is the combination of good physical development and a childish mind. Added to these is the shamelessness and the sexuality. These persons can become very violently angry sometimes, and at other times you will see foolish giggling. There can be quite a bit of egotism in their talk, but this will appear foolish.

Among the physical symptoms I have seen a strong desire for sweets and a crack in the centre of the tongue. There is also a tendency towards obesity and there are convulsions which are connected with the sexual sphere.

It is a near syphilitic remedy, with a lot of destructive pathology which includes paralysis and carbuncles.

Phatak mentions, aptly that the patient is "low minded". He also says: "It arouses the lowest passions" and "It is a remedy for depravities".

Like *Baryta carbonica* and some other syphilitic remedies, it also has early senility. In the *Materia Medica* we find that *Baryta muriatica* has some similarity to *Bufo* with high sexuality and childishness.

Rubrics:

- Childish behaviour.

CALCAREA ARSENICOSA

Calcarea arsenicosa is a mineral remedy of the cancer miasm. In *Arsenicum* there is a feeling: "I need people but I cannot trust them – they may rob me". The patient cannot trust anyone. In *Calcium* there is a need for security and support. So we see in *Calcarea arsenicosa* a person who feels insecure as well as mistrustful. In *Calcarea arsenicosa* the need for people is almost a dependence, and this along with the mistrust, makes him highly anxious and insecure. He feels: "I may be cheated, let down (mistrustful –*Arsenicum*) by the people on whom I depend for protection (*Calcium*)".

Calcarea arsenicosa is full of anxiety, extremely insecure. I had a case of a menopausal woman who came with the complaint of severe palpitation, which came on from the least anxiety, fright or bad news. She had a son and a daughter. The son went abroad and she got the feeling that he might never come back. All her complaints were worse when he left, especially after her husband fell ill. She felt that her future source of support (in case her husband died) had become untrustworthy. This created extreme anxiety in her, and she would call her son over the phone every week. I gave her *Calcarea arsenicosa* on these features of mistrust and insecurity. Also Phatak's *Materia Medica* gives: "Complaints of fat women around the climacteric, when the least emotion causes palpitation". Later, they may become extremely sad (Kent's Lesser Writings).

In the compensated state, *Calcarea arsenicosa* may be very careful and cautious. He is very independent.

Physical symptoms:

- Chilly patient.
- Palpitation from least emotion.
- Breathlessness on ascending.
- Desires soup.

Rubrics:

- Ailments from excitement, emotional.
- Anxiety, future, about.
- Anxiety, health, about.

Phatak:

- Heart, palpitations, emotions, slight, aggravates.

CALCAREA BROMATA

Calcarea bromata is a mineral remedy. It is formed from the elements Calcium (group IIA) and Bromine which is of the Halogen group. The main feeling of the patient *Calcarea bromata* is he be pounced upon or punished by the very person on whom he depends for his security. He should not do anything that is incorrect. If ever his fault is detected, he is in the danger of losing his security, protection. This feeling shows *Calcarea bromata* to be a sycotic remedy.

Calcarea bromata persons are constantly seeking a position of security, are inclined towards financial security. They do not however want to be secure at the cost of honesty. I have found these people to be very correct, moralistic and honest, trying always to please everyone. At the same time, they can feel blamed, falsely accused, pounced upon for no fault of their own. This can result in violent explosions or outbursts of temper on their part, to the extent of striking, or even cutting. They have dreams of being attacked, of being late for an examination, of being found in an embarrassing position in public, of being naked.

I have found *Calcarea bromata* to be indicated frequently in India, where children remain dependent on parents for very long, sometimes even until they are in their thirties. They are very much afraid of going against the moral values taught by their parents for fear of losing their security.

Suggested rubrics:

(Clinically seen by me, not found in Repertory).

- Ailments from, embarrassment.
- Ailments from, anger.
- Ailments from, falsely accused, being.
- Delusion, attacked, of being.
- Delusion, crime, he has committed.
- Anger, violent.
- Anger, paroxysmal.
- Dreams: embarrassment.

CALCAREA CARBONICA

Calcarea carbonica is a mineral remedy belonging to the psoric miasm. It also has some sycotic traits. The main feeling of *Calcarea* is the need for stability and security. Calcium offers protection not only to humans in the form of bone but also in earlier forms of life in the form of shell, exoskeleton, etc. The central theme of the Carbonates is of a vital reaction.

Thus the main theme of *Calcarea carbonica* is a need for protection. But in order to get this protection the person does not need to make any effort – all he has to do is show a vital reaction. There is a feeling of being too weak to face the cruelty and roughness of the world. So we have the rubrics: “Delusion, that he is weak” and “Delusion, that he is small”, as the main delusions.

So *Calcarea carbonica* tries to build a protective wall of defence around himself which will ensure that he is safe, secure and covered like a developing embryo within an egg.

He seeks the protection he needs by expressing a lot of fears. He surrounds himself by a lot of people who protect him. The *Calcarea carbonica* persons are people who don't go out much, don't want any adventure in life. Rather they choose for themselves friends and partners who are protective and on whom they can depend. This protection may be in the form of money, and the dependence causes the “Fear of poverty”. There is a desire to be magnetized, that is to allow one's will to be taken over by another person: “Doctor, tell me what to do, I will do exactly as you say.” A *Calcarea carbonica* patient relies completely on another person. I have seen this especially in children and young people who are usually accompanied by their parents for the consultation and, never answer a question directly but whisper the answer to their parents. Even a coped up *Calcarea* is usually accompanied by some relative. I have seen them use the expression: “I am happy when everybody is around me”. This represents the need to have people around them for protection and security.

The situational *Materia Medica* of the uncompensated *Calcarea carbonica* is that of a woman completely protected first by her parents during childhood and now by her husband. The need to cope up does not arise. I have seen girls, cozy in the protective environment of their parents' homes, hesitate and fear to get married, unable to trust that they will find the same security elsewhere. They remain unmarried as long as is possible, till they suddenly realize that their parents are getting old too, and will not be always there to protect them. The same can be seen in young men much dependent on their parents, who remain bachelors till late and then try to find a mother substitute for a wife. In the coped-up state, *Calcarea carbonica* is a home-builder. Home represents the protective shell he needs around him. He has to cope when he has to face responsibilities and there is no protection.

CALCAREA FLUORICA

Calcarea fluorica is a remedy of the mineral kingdom. The compound Calcium fluoride is made from the elements Calcium (Group II A), and Fluorine (Halogen). In my understanding, *Calcarea* represents the need for stability and security, while *Fluor* represents the fear of being let down and deserted.

Fluoride is contained in tooth enamel, the hardest substance in the human body. The function of enamel is to provide maximum security to the teeth by its hard, resistant quality.

The main feeling of *Calcarea fluorica* is that the person's source of security or support is unstable and unreliable. Hence there is a need to be totally protected and secure by being hard and resistant. He feels as if there is a gradual erosion of his security; this is noted even in the pathology of *Calcarea fluorica*, e.g. carious teeth.

"Fear of poverty" is the main rubric of *Calcarea fluorica*. The *Calcarea fluorica* person is very insecure about his financial situation. He feels that he can go into a loss, that his business can fail, that something can happen whereby he can lose all his money. Money provides him security, and he makes up for all his fears by saving up as much money as is possible, taking the least amount of risks, and taking lots of insurance.

This feeling that his source of security is unstable and cannot be relied upon can be seen even in the sphere of relationships. *Calcarea fluorica* feels that his relationships are not stable, and fears that the relationship on which he is dependent (*Calcarea*) will be broken (*Fluor*); consequently he feels the need to be independent.

I have observed *Calcarea fluorica* persons to be quite independent, strong individuals, and while they have many friends and contacts with a lot of people (thus securing themselves against calamities), they depend on themselves. They make themselves self-reliant by industriousness, and secure a strong base for themselves financially. But they always fear that this security that they have built up for themselves is getting eroded, and that a calamity will leave them bankrupt.

They are hard-working, quite resolute, firm and strong people. They seem very tough – can withstand a lot. For example one of my patients who is doing well on *Calcarea fluorica* has an ulcerating carcinoma of the breast, but she has not told her family and friends about it, and bears the pain without showing it.

They are quite organized, and as is shown in "The Substance of Homocopathy", their notes are very systematic, the matter being arranged point-wise, complete with exact numerical

CALCAREA IODATA

Calcarea iodata is a mineral remedy. It belongs to the tubercular miasm. The main feeling in *Calcarea iodata* is that he may be terribly disappointed, betrayed, hurt or even starved (*Iodum*) by the person on whom he is dependent (*Calcarea*). There is the dependence and need for security of *Calcarea* (group IIA), but at the same time there is the need to be very hard and strong, prepared for this betrayal (*Iodum* – halogen group).

Calcarea iodata persons are a very pleasant company, always very cheerful, making people laugh and feel happy in their presence, always smiling and being agreeable, gay and mirthful. At the same time they can be quite diplomatic. They rarely contradict or go against anyone. They are very tactful, and have no clashes. I had a case of a doctor who had affairs with eighty women at the same period of his life. Each woman knew about the others but he was so nice and diplomatic that there was never any problem. He did well on *Calcarea iodata*.

Calcarea iodata has a marked tubercular element and these people show changeability, desire for change and activity, and love of travel, as is seen with other remedies of this miasm.

Calcarea iodata persons can be very aggressive, yet they are full of fears. They get angry very rapidly and are very impulsive, though this aspect may not be seen often.

Physical symptoms:

- Very hot patient.
- Usually emaciated but can be very obese. I have found that when prescribed correctly, obese *Calcarea iodata* patients lose weight.
- Enlarged, hard glands.
- Thyroid affections, palpitation, increased appetite.
- Sudden violent pains.

Rubrics:

- Cheerful, gay, mirthful.

CALCAREA PHOSPHORICA

Calcarea phosphorica is a tubercular remedy and belongs to the mineral kingdom. The main feeling of *Calcarea phosphorica* is: "I am not loved at the place of security (home), so I should seek love elsewhere (outside of home), and come home for security". This is seen in the rubric:

— Home, desires to go and when there to go out.

Calcarea persons need to have people around, they want to be protected as they feel insecure. The feeling of *Phosphorus* is: "I must prepare to be alone, to be able to live on a distant island". Thus *Calcarea phosphorica* has the need for security, but ability to live alone if the need arises.

The ability to make new connections also comes from the *Phosphorus* element of *Calcarea phosphorica*. *Calcarea phosphorica* people are friendly and make friends easily. They love to travel. *Calcarea phosphorica* persons tend to make a new home wherever they go. The friend's home becomes their home. They care even for strangers in such a way that they soon become part of that family. This may seem like *Phosphorus* but the difference is that *Phosphorus* persons do not make a home wherever they go – this additional element is found in *Calcarea phosphorica* because of the *Calcarea* element, with its need for stability and security.

Calcarea phosphorica is a chief mineral component of bone which not only provides security and stability to the body but also facilitates its mobility. The *Calcarea phosphorica* people are active physically as well as mentally, and are very sensitive. They are often found to be sportsmen. This is probably due to the fact that sports involve friendliness activity and mobility.

The *Calcarea phosphorica* persons are often of an athletic build – tall, muscular, of rigid fibres. They tend to be lean, have white spots on nails, and sweaty palms.

There is craving for meat, fish, spices, potato and potato chips.

Rubrics:

- Anxiety in children when lifted from the cradle.
- House, desires to go, and when there to go out.
- Travel, desire to.
- Violent, when hearing another reproached.
- Jealousy.

CANNABIS

Cannabis is a sycotic remedy . It is a remedy of the plant kingdom and belongs to the addictive group of “drug” remedies.

As in other sycotic remedies, we see a cover up for a feeling of inadequacy. Like other plant remedies *Cannabis* has oversensitivity. It also has a sense of isolation and other symptoms common to the group of “drug” remedies.

The perceived weakness is actually an inadequacy in facing the threats, dangers and risks of the outside world. The *Cannabis* person feels unequipped to face them directly and hence observes the world from within the safe confines of a “glass cage”.

Cannabis indica is the one who is locked inside the house. This is not an ordinary house but a palace. Thus although he is very well provided materially, he is lonely. There is a total lack of any kind of stimulus within the confines of this house, but he fears to step out of it, since he feels it is risky to do so. So he stays within this house, fearful of the dangers outside, and he makes up for the lack of stimulus by building fantasies and viewing things in a far more exaggerated form that they appear in reality – his sense of perception becomes exaggerated.

Colours appear brighter, sounds sweeter, distances are exaggerated and life becomes extremely peaceful and beautiful. One of my patients had a dream that he is alone in a huge, palace-like house, and is looking out of a window. Outside there is a beautiful garden and a very beautiful lady wearing a blue coloured dress is walking. The thing that impressed him the most in the entire dream was the blue colour of her dress: “It was the most fascinating shade of blue”, he said. He did very well on *Cannabis indica*. From this dream we can understand that stimulation is sought by looking out of the window, the source being present outside of his house (because he is afraid to step outside). Also, all impressions and perceptions are very much increased.

But behind these pleasant fantasies lie fears. *Cannabis indica* has never gone out of his glass house into the outside world. Hence when he goes out, it is terrifying for him since the outside world is too harsh for him, especially with his heightened sensitivity and perception. There is fear of threatening danger.

The inside bores him while the outside terrifies him, therefore he takes Cannabis inside the house to keep himself stimulated.

Cannabis is a social drug, i.e. it is taken in groups. Its intake removes any sense of isolation that a person may feel. It is the drug of the Hippies – they are well off materially,

DROSERA

Drosera is a tubercular remedy. I am not sure if it should be classified as belonging to the plant or animal kingdom, because *Drosera* has not only the sensitivity and reactivity common to remedies of the plant kingdom, but also the persecuted feeling, violence and aggression of animal remedies. *Drosera* is a carnivorous plant – a plant behaving almost like an animal. I think it is difficult to obtain this plant without an insect trapped inside it, and this may be a part of the remedy prepared.

The main feeling of *Drosera* is that of being persecuted, deceived, trapped, choked and killed. The reaction is to be aggressive, violent, trying to get out, which is often not possible. The expression of *Drosera* is that even a small irritation can get the patients into a tremendous outburst of rage and the inner feeling is of being harassed, cheated, deceived.

They are suspicious. Phatak's *Materia Medica* mentions: "Fears being alone and is suspicious of friends. Imagines being deceived by spiteful, envious people". In Phatak's *Repertory* *Drosera* is mentioned under "Delusion, being deceived" along with *Ruta*.

Hahnemann's *Materia Medica Pura* shows the following symptoms under *Drosera*:

- All day long, uneasiness of disposition and anxiety, full of mistrust, as if he had to do with none but false people.
- Silent and reserved, with anxiety, he always feared he was about to learn something disagreeable.
- Anxiety as if his enemies would not leave him quiet, envied and persecuted him.
- He is sad and dejected about the ills of life, which people cause one another and himself, respecting which he is anxious and concerned; at the same time, want of appetite.

Thus the theme of *Drosera* is that of being stabbed in the back, of being deceived by one's own friends and yet at the same time there is a great dependence on them.

There is a feeling of weakness, due to which he is dependent, but at the same time, he feels his weakness is being taken advantage of. This is a typical tubercular feeling. *Drosera* feels harassed by others and let down by his own friends.

Drosera reacts to this "oppression" violently. In rage he becomes loud, shrieking and violent. *Drosera* also has a suicidal inclination.

The *Drosera* cough too is described as "harassing" by Phatak and is accompanied by irritation, violent paroxysms.

ELAPS CORALLINUS

Elaps is the coral snake. It has features common to the “snake” group of remedies, like loquacity, jealousy, egotism, deceit, venomous disposition, etc.

I have usually identified *Elaps* by its very strong physical cravings/concomitants, for example the desire for bananas (my observation), oranges, salads, sweetened butter milk (in India, a yoghurt drink called “Lassi”), ice, sweet, sour, milk. Its other symptoms which I have repeatedly confirmed is the burning pain in oesophagus and stomach, commonly described by the patient as “acidity” which is ameliorated by cold drinks – the cold drink can be felt descending from oesophagus down to the stomach, where it feels quite cold. Also the pain is ameliorated by lying on abdomen. This cold sensation descending down the oesophagus and settling in the stomach is unique to *Elaps*.

One of the dreams repeatedly seen in *Elaps* is the dream of falling, sometimes described as falling into an abyss or a pit.

My prescriptions were initially based on these physical symptoms, but from clinical experience I have derived some idea of the mental state of *Elaps*, which is as follows:

I find that the patients have a fear of falling down, losing their position, their image in society. They like to maintain a very good image and value the good opinion of others. One has to differentiate this remedy from *Palladium* or sometimes from *Platinum*.

Their talk is quite animated and egoistic. They are loquacious and have a tendency to put others down, but not in an egoistic way. They often come from respected families and are multi-talented in the areas of leadership, appearance, cooking, etc.

In one patient I observed a tremendous fear about the well-being of her husband and daughter, especially if they were a bit late returning home. The fear of high places is very strong. In this particular case the fears came up mainly when the daughter had gone for rock climbing and the husband was travelling by air.

To conclude, the most important features of *Elaps* are the fear of crashing down from a high place and the anxiety to uphold her image, the fear that her image should stand and not crash down.

Rubrics:

- Stomach, coldness, ice-like, after cold drinks.
- Chest, coldness, internal, as if ice water were rising and descending through a cylindrical tube.

FERRUM METALLICUM

Ferrum (Iron) lies in the 4th period of the Periodic Table along with the metals Manganese, Cobalt, Nickel, Copper and Zinc. This line of metals is concerned with performance, and also with defence.

I have conducted a proving of *Ferrum metallicum* with the help of some students, resident doctors and colleagues. Twelve of us took a single dose in the 30th potency and noted our symptoms. One male and two female provers had dreams with a common theme, that the parent of the prover is introducing him to someone and is compelling him to marry this person, despite very strong objections from the prover. When I mentioned this to one of my colleagues, he said that in two of the three *Ferrum* cases he had cured, he had found the same problem – the patients were being compelled to marry someone they didn't want to marry and they had been opposed to this. Then I understood the meaning of the prover's dreams. They had the following elements:

- Being compelled to do something against one's wishes.
- Fighting against it.
- Guilt of not obeying the parents.

On studying the symptoms of *Ferrum*, I realized that one set of symptoms ("Obstinate" "Contradict, disposition to", etc.) suggested going against the parents. The other symptom was "Anxiety, conscience of, as if guilty of a crime". *Ferrum* also has: "Ailments from anger" and "Ailments from scorn". So one can visualize a situation where the parents are forcing the child into something he does not want to do. In India, one of the things that parents force their children against their wishes into is marriage. The parents say: "You know nothing; you do everything wrong. Let us decide what is right for you." And the child says: "I know what is right for me – who are you to tell me." So he becomes strong-willed, determined, intolerant of any contradiction, fights his own battle. At the same time he feels guilty within himself. Phatak's *Materia Medica* gives the symptom: "Always in the right". He becomes rigid and stiff in his attitude. He sees his parents as intruding into his territory and puts up a strong defence to prevent this. This defence itself becomes a performance. Iron is used in gates, fences, helmets, battle tanks, shields of armour. All these objects are used to protect, to prevent things from the outside from intruding into one's territory. *Ferrum* patients have to protect and defend both themselves and their families. And so they perform by defending. It is as though they are always at war, fighting to defend themselves and their families.

Niccolum is similar to *Ferrum* with only *Cobaltum* coming in between both of them. Both defend themselves and perform to defend their families. This theme of defence and

GELSEMIUM

Gelsemium is a sycotic remedy. It belongs to the plant kingdom.

Gelsemium has "Ailments from anticipation", "Ailments from bad news". The *Gelsemium* persons get apprehensive in the face of ordeals and develop a lack of self-confidence in such situations. The patients tend to lose their control and balance. So the main feeling in *Gelsemium* is: "I have to keep my control when going through ordeals. I have to be able to withstand very difficult, trying situations, I have to be able to withstand shock and bad news without losing my control". So they keep courage when facing ordeals, and are not shaken up even by frightening situations. This courageous *Gelsemium* is exactly the opposite of the picture we read in the books, of the coward who is unable to face any unexpected event. Any exciting or bad news, shock or anticipation can make the person lose his balance and control. He may develop giddiness and a fear of falling. He may lose control over his bowels. He develops a kind of paralytic or cataleptic immobile state. He is shocked and is therefore unable to move. In some patients, I have seen that they give the impression of control on the outside in the face of ordeals, but inside there is a lot of fear, a lot of anxiety, and they panic. They do not like to reveal their inner cowardice.

Gelsemium may sometimes seem to appear like *Stramonium*, with clinging and a desire for support always. But *Stramonium* is far more acute. Also in *Stramonium*, the threat is perceived from outside of him, whereas in *Gelsemium*, it is the lack of confidence which is the main problem.

I remember one case of *Gelsemium* particularly well. The patient, a woman, was a dancer who had developed eczema on her feet. This woman gave me a history that she had been in a very bad accident and had some of her bones broken. In spite of this, she managed to give a dance performance though she had to put up with a lot of pain. She also related that on one occasion her house had been broken into by five men armed with choppers. In this situation too, she managed to keep her cool and salvage a lot of her valuables. With *Gelsemium*, her eczema flared up so that she was unable to move out of bed. This situation caused everyone, including me, to panic, but she went through it, maintaining her control and balance, and improved subsequently.

Rubrics:

- Ailments from anticipation, foreboding, presentiment.
- Ailments from bad news.
- Ailments from excitement, emotional.

HELLEBORUS NIGER

Helleborus is a plant remedy of the typhoid miasm. It is very closely related to “drug” remedies like *Opium* but is more acute in its manifestations.

Curiously, it is a plant remedy with a completely opposite manifestation than the usual plant characteristic of sensitivity. In fact *Helleborus* is the most insensitive of all the remedies in our *Materia Medica*.

The main feeling of the *Helleborus* person is that the outside is so painful, unpleasant, horrifying and shocking that he completely shuts himself from the outside world. He remains completely absorbed. He does not see, even if his eyesight is clear. He can't hear though his ears are intact. He is completely indifferent to both pleasure and pain. He takes a lot of time before answering a question. But in my experience such manifestations represent an extreme stage which may be seen in conditions like encephalitis.

In normal circumstances, *Helleborus* persons live with a tremendous dullness; nothing interests them anymore. They cannot register things in a normal conversation; when they read, it does not register.

One of the “Ailments from” of *Helleborus* is “head injury”. Here it compares with *Arnica*.

Helleborus has many other peculiar mental symptoms and delusions and needs to be studied and understood better.

Rubrics:

- Answers, reflects long.
- Answers, repeats the question.
- Answers, slowly.
- Automatism.
- Indifference, desire, has no, no action of the will.
- Indifference, everything, to.
- Indifference, external impressions, to.
- Will, muscles refuse to obey the will when attention is turned away.

KALI ARSENICOSUM

Kali arsenicosum is a remedy of the mineral kingdom and of the cancer miasm. The main feeling of *Kali arsenicosum* is that the people whose support the patient seeks cannot be trusted – they could even rob him. Like all *Kali* remedies, he seeks the support of the family or the group. Without them he is weak and dependent. Yet he has doubts as to whether this same family or group is trustworthy.

He needs his family, and its harmony and integrity become his chief concern. So he becomes caring for the family and supports them and takes good care of them. He seems confident and independent. This is the coped up stage. But the *Kali arsenicosum* person can be anxious too, so anxious that he can become almost crazy with anxiety. He is very edgy, and the slightest noise will shake him up. He talks, even looks excited, crazy. He needs the support of his family and yet he cannot trust them. He feels as if his family or group is out to cheat him, to rob him. He becomes extremely suspicious. His extreme anxiety makes him highly organized, fastidious, careful and cautious. He is extremely anxious about his health too. So anxious that he cannot trust even his physician. He avoids people as far as possible. He feels lonely and isolated because he cannot trust anyone. If his family members differ in opinion or views, he is upset and feels he can't trust them. He feels: "I have done so much for them, how can they do this to me?" But at the same time, he feels weak and needs their support, he feels he cannot be alone. So he becomes quarrelsome with his family. In the failed state, he becomes desperate to the point of suicide. *Kali arsenicosum* may have dreams of being pursued.

For a case of *Kali arsenicosum* the reader can refer to my book "The Substance of Homocopathy".

Physical symptoms:

- Very chilly, cannot have his legs and feet uncovered.
- Aggravation: 1:00 - 3:00 a.m.
- Develops chronic inveterate skin conditions like psoriasis.
- Ulcers and malignant conditions.
- A sudden noise throws the whole body into a tremor.
- Itching < warmth (though the patient is chilly).

Rubrics:

- Fear, alone, of being.
- Fear, people, of.

LAC CANINUM

Lac caninum is a sycotic remedy. It is prepared from the milk of the dog (bitch). This remedy has in it the nature of the dog, an animal that has been totally controlled and civilized so that it has to suppress its basic animal nature and can only express its controlled, civilized side. It is dependent on its master for food and so it is out to please him. Its survival depends upon keeping its master happy by its performance, its affection, etc. It has to perform or it won't be wanted anymore and its master will kick it out. This need to please is the animal side of *Lac caninum*, but the dog knows that no matter how much it tries to please, it will never be equal to the human. It feels inferior, knows that it is at the bottom of the hierarchy. The animal side is also malicious (if you pull a dog's tail, it will bite you). *Lac caninum* persons are very passionate, very lascivious. They can be quite aggressive and defensive.

The main theme in *Lac caninum* is dominance (the bigger dominating the smaller) and who is going to be on top. *Lac caninum* persons can be irritable and ferocious, but if someone is more irritable and ferocious, they give up, they submit. Then arises the conflict within themselves: "Do I want to be what I am?" They develop a feeling of low self-worth: "I am not good enough. I feel dirty and horrible", and become contemptuous of themselves. This dirty feeling is also common to animal remedies, and it is similar to the feeling of *Ambra grisea* (prepared from the sperm whale). But while *Lac caninum* simply feels: "I am not good enough, I am despised and looked down upon", *Ambra grisea* feels "like shit". *Lac caninum* patients suffer by comparison with others. They try hard to please, to be liked, cared for and accepted because they feel left out and rejected. They can develop malice and hatred because they hold somebody else responsible for their condition. These feelings can sometimes be accompanied by a history of sexual abuse.

The *Lac caninum* situation is that of a dark-skinned girl child in an Indian home. Her sisters are fairer than her. She tries hard to get fair-skinned, but knows she will never be fair-skinned. She is constantly being compared to her "better looking" sisters, and she soon begins to hate herself. People bring clothes only for her sisters. Nobody listens to her; she is just not clever enough - everything she says is stupid and foolish. She feels she is uncared for and neglected because her body looks bad. She starts feeling dirty, and washes herself frequently. People disturb her almost as if they were snakes and vermin ("Delusion snakes in and around her"). She starts lacking in confidence, becomes totally irresolute and believes that all that she says is a lie. She loathes life and goes into tremendous depression, and nothing can be done to make her feel better. She feels worthless and is disgusted with herself, thinks she matters little, feels unimportant, like an untouchable. She is sure she has an incurable disease and she will die. She wants to commit suicide and put an end to her suffering. She blames others for her condition and can get angry with them for treating her the way they do - she

MAGNESIUM CARBONICUM

Magnesium carbonicum is a sycotic remedy. This salt represents the essence of the *Magnesium* group of remedies. The *Magnesium* feeling is that the person doesn't get the care, protection and nourishment that he needs. It is the state of an infant dependent on the mother for nourishment, care, security and support, but who has been abandoned by his parents. It is the feeling of an orphan. Kent's famous example of treating orphaned children without any results, until he discovered *Magnesium carbonicum* should be read from his "Lectures on Homoeopathic Materia Medica".

This feeling like that of an infant, i.e. dependent for care, nourishment, security and support, is very deep in *Magnesium carbonicum*. In the adult, this feeling seems so out of place that it is not expressed at all at a conscious level; it is repressed so that the patient is unaware of what he actually feels. These repressed emotions can be manifest in the form of a tremendous causeless anxiety, especially anxiety or fear that something will happen to the people the patient is close to. This anxiety usually involves the person on whom he is dependent for care and nourishment, and can be so great as to cause sleeplessness. It could be acute enough to be compared with the anxieties of remedies like *Rhus toxicodendron*, *Stramonium*, *Argentum nitricum*, etc. But such an anxiety or fear is found only in some cases of *Magnesium carbonicum*. In most *Magnesium carbonicum* patients there is a total repression – they feel that they should not make any demands on anyone, should not ask anyone for help. In this way, they may seem to be independent. They seem not to need any care from others, and in fact can be quite caring. But they are generally only superficially friendly, and don't make emotional contact.

I have seen such patients to have low emotional experience and to be placid. They speak in a plain, impersonal manner – sometimes almost like a newsreader. Another aspect of *Magnesium carbonicum* patients is that they can become very reserved, indisposed to talk, and develop a very repulsive mood when they avoid people. They usually deny any sort of anxiety or tension but they may have many physical symptoms, or pathology that comes up for no obvious reason. For example, they may have psychosomatic conditions like ulcerative colitis or lichen planus, though there seems to be no major tension in the patient's life.

Their repressed emotions can also be expressed in the form of dreams and these usually give the strongest confirmation of *Magnesium*. *Magnesium* patients have plenty of dreams. Often these dreams are symbolic, i.e. the real meaning of the dream is not clear. There may be dreams of houses, weddings, fruits, etc. Some of the dreams that recur in *Magnesium* patients are those of falling, of water, of dead relatives and of the death of relatives.

NAJA

Naja (prepared from the venom of the Indian cobra) has qualities common to other snake remedies – loquacity, wandering, attractive talk, malice, venom, jealousy, the feeling of two wills, etc. Its unique feature however is its feeling of duty consciousness. In my observation, *Naja* people have a certain quality of nobility about them, of morality, of responsibility. Often this feeling is in conflict with the feeling of having suffered wrong and neglect, with intense feelings of malice and impulse to neglect or harm the offending person. This emotional state is reflected in the following dream that one of the provers had. The prover, a woman, dreamt that she was staying as a paying guest in the house of an old woman. Once, around midnight, the latter asked the prover to vacate her room immediately, without giving her any reason or explanation. In fact she started to pick up the prover's belongings and throw them down the stairs, almost pushing her out in the middle of the night. In doing so, she tumbled down the flight of stairs and broke her leg. She was shouting for help. The prover was then in a conflict between her duty and responsibility as a doctor which prompted her to go to the aid of her landlady, and her impulse to neglect her and make her suffer for the wrong that she had done to her. She woke up from this dream, feeling this "split" in her mind.

The cobra in India is both revered and respected as a God, as well as feared and killed as a poisonous snake. I have found that *Naja* people often threaten to strike, but don't do it unless provoked to the extreme. This is rather like the behaviour of a cobra who raises its hood when approached, but doesn't do anything if only passed by without being disturbed.

Another feature that I have seen in *Naja* people is a brooding and suicidal state, a feeling as if everything had been done wrong and could not be rectified. This could happen in many situations, where there is a split between the feeling of duty and the feeling of having suffered wrong. An example of such a situation could be that of a daughter-in-law and a tyrannical mother-in-law, or even of a woman whose husband is having an extra marital affair. In both situations the feeling is often one of being neglected and wronged, with much anger and malice, but at the same time she may feel dutiful and responsible, and there is a constant conflict about this. This can eventually lead her into a depressive state with suicidal thoughts and impulses.

Among the symptoms found repeatedly in the provers and patients are:

- Dreams of snakes, especially of black snakes, with raised hoods (unaccompanied by fear).
- In life, an intense fear of or fascination with snakes. They often refer to snakes as if talking of humans.
- Dreams, of being pursued.

PALLADIUM

Palladium is a metal. In the Periodic Table it is placed in the second line of metals, and it is next to Argentum. The remedies in this line are concerned with show. Also, it is placed above Platina. It is a sycotic remedy.

The main feeling in *Palladium* is that if she does not earn the good opinion of others, she will be neglected and forsaken. These persons lay a great emphasis on what other persons think of them, and so they always try to get good opinion of others. If they do not succeed in this, they feel insulted (“Delusion, appreciated, he is not”), and neglected. “Delusion, neglected, he is” is a very strong feature of *Palladium* and it reminds one of the *Argentum nitricum* feeling: “Delusion, despised, he is” or “Forsaken feeling, sensation of isolation”. *Palladium* persons feel that if they do not do well enough, they will be neglected, they will not be wanted, and so this deserted, forsaken feeling becomes strong. They therefore always need to do something in order to win the appreciation of other people. On seeing a *Palladium* patient one is inclined to think: “What a nice person she is, how good she looks, how nicely she talks, how well she manages, how well she works...”

In the case of *Palladium* her feeling of well-being is subject to having the good opinion of others, unlike *Silicea* who wants for others to have a *specific, fixed, definite* opinion of himself.

Palladium people sit with an air of tremendous authority, yet there is a niceness even in this. They are strong-willed, yet appear friendly (“Obstinate, tries to appear amiable”). They can be quite egoistic, although they do not show it so directly.

Rubrics:

- Flattery, desires.
- Longing for good opinion of others.
- Delusion, she is not appreciated.
- Delusion, forsaken.
- Haughty, wounded, wishes to be flattered.
- Delusion, insulted, he is.
- Delusion, neglected, he is.
- Delusion, tall, walking, had grown, while.
- Obstinate, amiable, tries to appear.
- Offended, easily.

RHEUM

Rheum is prepared from Rhubarb, a plant. The *Rheum* state in the *Materia Medica* falls between *Magnesium carbonicum* and *Chamomilla*, and alternates between the feeling of *Magnesium carbonicum*, which is that of being an orphan who demands nothing and can do with very little food or sleep, and that of *Chamomilla*, extremely demanding, irritable and violent, seeking immediate attention.

I have seen *Rheum* to be useful for children whose parents leave the child and go to work. While they are away, the child is like an orphan. He is non-demanding and has symptoms like:

- Indifference to everything.
- Aversion to playing in children.
- Weeping in children.

But when the parents are back, he must immediately get what he asks for. Here the symptoms are:

- Asks for things vehemently, shrieks and shrieks till he gets it.
- Shrieking in children.
- Rudeness of naughty children, etc.

Physical concomitants:

The main physical concomitants are:

- Requires very little food and sleep.
- Sweats on mouth, nose, scalp and upper lip.
- Perspiration sour and stains yellow.

Rubrics:

- Asks for nothing.
- Aversion, everything, to.
- Capriciousness.
- Desires impatiently many things, dislikes its favourite playthings, child.
- Impetuous.
- Play, aversion to play in children.

SELENIUM

Selenium is a mineral remedy and is found in group VI A of the Periodic Table, between Sulphur and Tellurium. The physical symptoms of *Selenium* are rather prominent. Premature senility is the main symptom. It has premature falling of hair, sexual weakness, weak memory; the person looks much older than his age. The other strong physical symptom of *Selenium* is its perspiration, which is profuse and leaves a salty sediment that stiffens the linen, a very characteristic feature that is found in three other remedies: *Mercurius*, *Natrum muriaticum* and *Thuja*. The perspiration around the genitals is also profuse, stains the linen yellow and has a bad odour.

The main mental symptom of *Selenium* is anthropophobia or fear of facing people. I have found *Selenium* to have features similar to *Baryta carbonica* and *Staphysagria*. It has shyness, timidity, premature senility and poor memory like *Baryta carbonica*, and it has indignation, insulted feeling, embarrassment, the feeling of injustice, of anger which is suppressed and can come out in violent outbursts – like *Staphysagria*. Also like *Staphysagria* are its lascivious fancies and impotence.

One characteristic symptom of *Selenium* is that the patient remembers forgotten things when half asleep.

I have observed that *Selenium* patients have premature balding, like *Baryta carbonica* and *Silicea*.

Rubrics:

- Aversion to certain persons.
- Company, aversion to, of intimate friends.
- Fear, of a crowd.
- Fear, of people.
- Dullness, sluggishness.
- Imbecility.
- Memory, weakness of, for business.
- Memory, weakness of, for mental labour.
- Concentration difficult.
- Confusion of mind after emissions.

TARENTULA HISPANICA

Tarentula (the Spanish spider) is in a way representative of the spider kingdom in general, being the best proved of the spider remedies. It belongs to the tubercular miasm.

As with the other spider remedies, *Tarentula* is industrious, busy, has high energy, and a love for music, dancing and colours. There is also the fear of being assaulted, injured, and of getting trapped.

But characteristic of *Tarentula* is the feeling of unreciprocated love or affection. The person has the feeling that he is not attractive enough and therefore does not get the attention he craves for. So in *Tarentula* you have many features that have to do with attractiveness. These include the wearing of bright-coloured clothes, singing and dancing, as in a discotheque. Also mischievousness, cunning, hysterical behaviour, lasciviousness, shamelessness, exposing himself and even threatening – all with the intention to attract attention.

The situation of *Tarentula* is that of a person who wants to be noticed but is not, such as could happen when a person tries unsuccessfully to attract the attention of another especially from the opposite sex. This is not a situation of disappointed love, but one of unrequited love. Phatak gives in his *Materia Medica* as the causation of *Tarentula*: "Ill effects of unrequited love".

Another prominent feature of *Tarentula* is haste – hurry and impulsiveness. All this gives *Tarentula* a tubercular dimension and brings it close to *Tuberculinum*. Indeed it is difficult to differentiate *Tarentula* from *Tuberculinum* in a child in whom disobedience, restless behaviour and increased energy are prominent features.

The restless hands of *Tarentula* are often put to creative use, as in painting, which involves colour as well.

Not so well known about *Tarentula* are its intense anxiety states and the fear of being trapped – attacks of suffocation, must have fresh air.

The desire for music is a strong confirmation for *Tarentula* indeed it is mandatory to have it in a very high degree. This love for music can also extend to: "Whistling when passing urine", "Restlessness of extremities ameliorated by music" and "Stares at one place when listening to music" or "Irresistible urge to dancing". The kind of music that *Tarentula* likes is hard, fast and rhythmic.

Sepia comes close to *Tarentula*, since the theme of *Tarentula* is unrequited love and the need to be attractive. The dancing, attractive hysteria and sarcasm are common to both,

VERATRUM ALBUM

Veratrum album is a remedy of the acute miasm. *Veratrum* has the feeling that he has lost his social position which he must regain quickly by any means or he will be finished. He tries to find means for sudden gains, e.g. gambling, lying, fraudulent business, etc. Show of wealth and importance are prominent features seen in *Veratrum* and using these he tries to make up this "lost social position".

Social position is a very important factor in human life, for it ensures security, marital prospects and protection from attacks. A threat to social position therefore is a threat to all these factors. We see in *Belladonna* the fear of being attacked, in *Stramonium* the threat of being alone in the wilderness, and in *Hyoscyamus* the threat of being deserted by his partner. That is why it is said that *Veratrum* has all these three remedies in it. In addition, it has a lot to do with ego.

As a proving, when I took a dose of *Veratrum*, I dreamt:

"I was an employee of an old man who was going to retire very soon. Fearing that the retirement would be a blow to his social position, he wanted to arrange a huge extravaganza to prove that his was still important. So he booked a huge football stadium for his birthday party and filled it up with his guests. We, the employees were to march in the stadium with the stilts on our shoes to exaggerate our heights and at the same time play music. Our boss, the old man, would follow us in the stadium."

This dream typifies the *Veratrum* feeling. This man behaves as if he is reacting to a loss of social position. He is like a king who has suddenly become a pauper. If he is to "survive" he has to tell lies and make a show of wealth. He has to squander money and speak highly of himself. He needs to create about him an aura of grandeur.

In cases that require the remedy, we see that if not the patient himself, somebody in his earlier generations has lost his social position, creating the *Veratrum* state. This state has been subsequently transmitted as a root into this patient. Often such a history can be traced.

Veratrum can be religious but even there, there is usually a very large element of show in it: there is much ostentation in his religiousness. Similarly in his speech, extravagance and his ability to lie without any hesitation, you can see that a *Veratrum* person needs to re-establish his position in society. I believe it can be a remedy for certain showy evangelists.

In my experience I have seen that *Veratrum* people can use any means in order to make quick buck or show their importance, e.g. lying, name dropping, issuing false cheques, doing

ZINCUM METALLICUM

Zinc (Zn) belongs to the first line of metals in the Periodic Table. The remedy has the theme of attack and defence, with an accompanying feeling of having committed a crime. I have found that *Zincum* patients have a tremendous, constant anxiety as if they would be arrested, as if they were pursued by someone.

Zinc is next to Cuprum (Cu) in the Periodic Table, and the two remedies are very similar. The difference is that in *Zincum* the fear of being attacked is constant, and therefore there is a constant excitement of the nervous system. There is a state of ready alertness which is manifest by the constant twitching, jerking or by the constant restlessness of the legs. The patient feels all the while that somebody is after him and this causes the constant restlessness. He is always fidgety, and in severe cases I found that these people may actually have a criminal look on their faces and a feeling as if someone may come from behind them anytime – this keeps them alert, stiff and tense all the time.

In *Cuprum* on the other hand, the perceived threat of attack is not continuous; it is intermittent, sometimes periodical and sometimes due to the exciting cause. But in *Zincum* every stimulus excites the nervous system.

The other feature is the tremendous repression of eruptions which straightaway affects the nervous system, causing tremendous excitability and restlessness, for example non-eruption of exanthemata leads to convulsions and affections of the nervous system. A measles infection would directly affect the nervous system instead of skin or lungs, thus causing severe complications like convulsions or SSPE.

Repressed emotions can cause somnambulism and suppressed anger cause trembling and weakness.

After a period of excitability of the brain and tremendous restlessness, the *Zincum* patient can go to the other extreme, which is tremendous dullness, fagged out feeling such that he cannot even understand a question – he repeats questions before answering them. He is muddled and suffers a brain fatigue; later he passes on into a state of a total collapse and coma.

The *Zincum* person can be egoistic but generally comes down in the face of superior attack. Like *Cuprum*, you have the desire to become a high-ranked person like an officer or a policeman.

I have heard of a remarkable case of Viral Hepatitis B where the patient, himself a doctor, went into delirium that was so violent that he had to be held down by many people