

THE SYSTEM OF HOMEOPATHY

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Note

1. This book is meant for all serious students of Homoeopathy. However, it is preferable that the reader familiarize himself with my early works, "The Spirit of Homoeopathy" and "The Substance of Homoeopathy" to be able to fully comprehend what I intend to convey here.

2. Abbreviations used in the case interviews.

D : Doctor

P: Patient

Mo: Patient's mother

Fa: Patient's father

Sis: Patient's sister

H: Patient's husband

W: Patient's wife

3. All the dates mentioned in the interviews are in the format: dd. mm. yy.

4. There are footnotes along each case interview. These footnotes have been inserted so that the reader can understand my thinking process at every step in the case. However, the reader could also ignore the footnotes in the first reading and can try, actively, to understand the case for himself. He can later corroborate his understanding with what has been given in the footnotes.

William Cowper

"Knowledge and wisdom far from being one, Have oft-times no connexion. Knowledge dwells in heads replete with thoughts of other men; Wisdom in minds attentive to their own. Knowledge, a rude unprofitable mass, the mere materials with which wisdom builds, till smooth'd and squar'd and fitted to its place, does but encumber whom it seems to enrich. Knowledge is proud that he has learn'd so much, Wisdom is humble that he knows no more."

William Cowper (1731-1800)

Cowper Poetical Works

Introduction

"The Spirit of Homoeopathy" and "The Substance of Homoeopathy" have served to make my ideas on the subject accessible to all of the profession, which before these books were published I had only been able to convey and teach to my students and to the participants at my seminars and courses. I have, since then, been receiving an enthusiastic response conveying an appreciation of my concepts, especially of my understanding of the central disturbance, mental state, delusions and dreams, as well as of miasms and the kingdom classification.

There has been a keenness on the part of my students, readers of my books and participants at my seminars and courses to learn to better apply these ideas in practice. I have tried over the years to demonstrate how I use these concepts when actually taking and understanding a case, through video taped cases and live case taking at my seminars. To convey an art, however, is not the easiest of things, and through interacting with my students I realize that many of them still face some difficulty when attempting to implement these concepts. One of the reasons for confusion is that the case taking techniques seem to vary from one case to another. Also, as is the case with other concepts, there seems to exist a tendency to theorize and sometimes there is even a misunderstanding of what I intend to convey; this is especially true of the kingdom classification and the use of physical characteristic symptoms. The result has been that while my students seem to have grasped the concepts most of them have, as yet, been unable to use these to their full potential.

At the back of my mind, however, there is a definite process based on the firm foundation of a philosophical understanding of disease. Added onto this foundation is a certain artistic technique. Every question that I put to the patient, therefore, has a purpose, a relevance. And while I follow this process in all my cases there is room for variation in each case. A science that has as one of its cardinal principles individualization, demands this sort of variation no matter what method we may adopt. Every attempt at taking a case is after all aimed at perceiving the disturbance within. This being unique to the individual, every case should be looked at without prejudice, as something entirely new and different from what one has seen before. Understanding the patient by perceiving the individual disturbance is an art, though with a scientific base. And in an attempt to emulate this art we may tend to theorize and abstract, sometimes forgetting at the same time to be scientific.

When I realized this I tried to observe and understand what I had been subconsciously doing so far while taking and analysing each case. Though I was aware that all along I had been following a process, I had not actually formulated any definite system of case taking and case analysis. I thought that if I was to indeed put down such a system in black and white it would be of help not only to my students and colleagues but also to me. Mostly the processes of case taking and analysis happen simultaneously in my mind, and so the task was not such a simple one. I studied a lot of my successful cases, and also tried to consciously perceive my method through all the new cases I was taking. And over sometime a system did emerge which I was able to put down on paper.

While this system is as comprehensive as I have been able to make it on paper, I am aware that it is not yet entire. A large part of it is based on my own ideas of central disturbance, dreams, delusions, miasms and kingdoms. Yet the system that I actually follow in practice is essentially based upon the basic tenets of case taking, repertorization, characteristic symptoms (both mental and physical), on constitution and expression. At the same time it is also broad enough to allow for the ideas and methods of others, as well as their clinical experiences and new provings. None of us can boast of

success in every one of our cases, and a lot remains to be discovered. Our repertoire or data base is one that has to be made broader and broader, more and more comprehensive, ever expanding, ever open. No one is complete in himself, and even if the entire knowledge was put together we would have access only to a fraction of the truth. Yet we strive to achieve the best possible results with what we know. The problem is more often not that we do not have a remedy for the patient, but rather that we have not been able to fully or correctly perceive the case. This is also true of our understanding of the our remedies. However, when we are able to correctly apply the knowledge that we have the results are gratifying.

The writing of this book fulfils the need of mine to systematize and standardize knowledge and experience. I would recommend to readers that it be used in a way such that it will serve merely as a foundation for the processes of case taking and analysis, so that there is always room for variation in each individual case. The processes of case taking and analysis remain individual, spontaneous and artistic, and yet they need to be founded on a definite system in order that any vagueness and theorizing diminish, and we are able to be certain of the remedy selected in an increasing percentage of cases.

This book has been constructed in a way to allow for the readers to derive the concept of the system themselves. For this purpose a number of cases which are illustrative of my thought process are given before the system itself is explained. In this way notions picked up from the reading of the cases will be verified as concrete ideas from the reading of the system. This is then topped up by more cases where these ideas will be even more clear.

The appendix contains some notes on miasms and the kingdom classification. Since I wrote "The Substance of Homoeopathy" my ideas on both these subjects have evolved some more and have been of some help to me in my practice. Rather than publish them in a second volume or edition of "The Substance of Homoeopathy" I take this opportunity to share them with the profession, especially my work on the typhoid and leprosy miasms. Here, as well, I have made the process of arriving at and understanding miasms obvious to the reader before actually explaining it. Also included is some further understanding of the animal kingdom and some of its subclasses. Apart from practice these advances in my understanding have helped me in the study of drugs from our *Materia Medica*.

I hope this book helps in the process of systematizing all that we currently know of our science, and I hope that the reading of it is of benefit to you as the writing of it has been to me.

Evolution of the system

In the early part of my practice I used to repertorize cases mechanically. I would select a few characteristic symptoms because these made the repertorial work simpler. I did have success in some of my cases using this approach, but I was also faced with failure in many cases. So I began to search for a method which would prove successful in each and every case.

Potentized remedies have dynamic effect only

I realized, when I studied my successful cases, that these were the ones where I had selected the remedy on the basis of mental and general symptoms. There were some cases where the selected remedy did not even cover the pathology. I began to question how this was possible. Then it struck me that when remedy is potentized beyond 12C it does not contain any of the original substance, but only energy. Since there was no material substance in the remedy it could not directly cause any material changes, only dynamic changes.

This realization that potentized remedies can only have a dynamic effect completely changed my outlook. I wanted to understand what this dynamic disturbance was.

The central disturbance

In most patients I found that their mental and general symptoms matched those of the remedy. The particular symptoms varied from person to person. So I understood that disease first affects the mental and general plane, and the organ systems were the last to get affected. This disturbance of the general and mental plane I called the central disturbance. I realized that if the central disturbance is removed the peripheral symptoms would definitely cease to exist. So what we are treating with homoeopathic remedies is the central disturbance.

Expressions and feelings

I studied the mental symptoms of remedies using the Repertory and Materia Medica. There was a large but little used section on "Delusions". As I studied this chapter from Kent's Repertory I found that under the rubric: "Delusion, unfortunate he is" were listed the same remedies that were also listed under the rubric: "Unfortunate feeling". This led me to think that the two were one and the same, that the delusion of being unfortunate was nothing but an unfortunate feeling. I started to study the delusions of various remedies, and understood that mental symptoms could be divided into what the patient felt, i.e. his feelings or delusion, and what the patient did, i.e. his expressions. In practice we tended to give more importance to the expressions.

Mental state and not mental symptoms

Hahnemann wrote in Aphorism 211:

"... the state of disposition of the patient often chiefly determines the selection of the homoeopathic remedy, as being a decidedly characteristic symptom which can least of all remain concealed from the accurately observing physician."

This means that in the selection of a remedy the symptoms of the mind take precedence over the general and particular symptoms, and are also easier to elicit. The very first thing one notices about a patient, even when he talks to you on the phone, is his state of disposition rather than the general symptoms.

I started to ask the question, "What is meant by mental state?" The trend in practice was to list all the mental symptoms of the patient and find a remedy that covered all or most of them. I then got a clue that the mental state was different from listing discrete mental symptoms. Initially I tried to understand the mental state of patients and remedies in terms of essences and cores but found that these did not cover the remedy in its entirety. As I was studying the Materia Medica I came to understand remedies as a characteristic combination of components. I began to ask if these components were in any way connected.

My question was answered as I continued to study remedies. Take for example the remedy *Fluoricum acidum*. It has components like: "Indifference to loved ones, yet talks pleasantly to strangers", "Increased sexual desire", "Lack of moral feeling". At first sight these components seemed unconnected. But my search for a background that connected these components prodded me to conceive of the idea of situational Materia Medica. In a situation where a man has married someone totally unsuited to him and needs to break off his marriage, he would need to become indifferent to his family, become irresponsible, sociable and have an increased sexual desire. And then I found in the Repertory the rubric: "Delusion, marriage must dissolve" and the only remedy listed under it was *Fluoricum acidum*! I postulated that the various components were connected,

and the connection was that all of them were needed in one particular situation. A corollary to this is that each remedy represents a particular situation, and that each patient's state also comes from a particular situation in his past in which the components of his present state were necessary. From this I also understood disease as being a survival mechanism in a particular situation.

Disease is a posture

I understood that the disease state is a posture adopted by the organism for survival in a particular situation. As long as the situation exists the posture is appropriate and in proportion to the situation. As I started to study my cases I observed that the mental symptoms of patients all fit into patterns; each pattern is a posture that suits a particular situation. I understood that the mental state is an attitude in which each of the discrete mental symptoms falls into place.

But I also observed that in many of the cases there did not exist any situation in the life of the patient where this posture was needed. I understood then that postures could be appropriate or inappropriate. Appropriate postures were those that came on in response to a particular situation and remained so long as that situation existed. So long as the posture is appropriate and in proportion to the situation it does not need to be treated. In cases where there is no situation to warrant the existence of a posture it is unsuitable. Disease is an unsuitable posture.

Roots of disease

As I continued to think along these lines I realized that children, who had no particular past situation, also had states, and adults too had states that could not be explained from their past situations. I concluded that these states must have been inherited from earlier generations. As I looked at my cases in this new light I found a striking resemblance between the state of the mother during pregnancy and the state of the infant. I also found similarities between the state of the parents at the time of conception and the state of the child. The idea of roots of disease was born in my mind. Roots are impressions from situations in the past of the patient or from previous generations, that make a person adopt a posture as if he is still in that situation. Such a reaction is out of proportion to the patient's present situation. A person may have more than one root, but at a given time only one root is predominant while the others are silent. When roots are excited they manifest as specific states of disease.

Disease is delusion

I have already explained that I understood disease to be an unsuitable posture. This means that it is a reaction to a situation that does not exist, or it is a reaction that is out of proportion to the patient's present situation.

I found confirmation of this in my cases and understood that disease is a false perception of reality. I will explain with the help of a simple example. If a man is being chased by a lion he would be running very fast, would be scared for his life, etc. In this case his entire state, i.e. running very fast and intense fear are appropriate since his survival depends on it. He does not need any medicine or treatment. But if he is in the same state when there is no lion chasing him or if he sees a small pet dog, then his reaction is far in excess of what is needed, it is completely out of proportion. His state will require treatment.

Going back to the above example the man, when he sees a pet dog, reacts as if he sees a lion. This means that the dog appears to him to be as threatening as a lion. He cannot see that a small pet dog cannot endanger his life. He is not able to see the real situation before him (dog); he imagines it to be something else (lion). His state does not allow him to see reality for what it is. His view of reality

is restricted by his state. This is his disease. It is a false perception of reality. Delusion is also nothing but a false perception of reality. Then I understood that disease is a delusion.

I understood then that the state can arise from a situation or from a delusion. The state restricts the patient's view of reality. To remove the state we would have to remove the delusion, or get the patient to see reality. Then he would be no longer restricted, he would be free. Awareness (of the reality around him) is cure and health is freedom.

Case taking in a new light

So far I had come to understand that:

- In treating disease it is the central disturbance (which consisted of the mental and general symptoms) that needs to be tackled. When the central disturbance is treated the peripheral disturbance ceases to exist.
- The mental symptoms are more important than the general symptoms.
- The mental symptoms are not discrete but are connected by a situation, and what we are looking at is the mental state rather than mental symptoms. The organism adopts a posture in response to the situation and the mental state is part of this posture.
- The posture (or state) of a person can exist even without the situation existing in the present. In this case the situation could have existed in the past of the patient or could have been inherited from past generations. The posture that exists without a corresponding situation in the present is unsuitable.
- Unsuitable postures are a result of a false perception of reality or delusion and need to be treated. Disease is delusion and it restricts a person's view of reality. Awareness is cure and health is a state of freedom.

The realization of these concepts was revolutionary for me. It completely changed the way I looked at my cases. Instead of listing symptoms I was now trying to understand the feeling or the delusion of the patient. But it was not easy to elicit feelings; patients were not aware of them. Had they been aware of them they would not be requiring treatment. So I began to work on a technique of case taking that would help to elicit the feelings or delusion of the patient.

Compensation

The idea of compensation first occurred to me when using the remedy *Aurum metallicum*. This was a remedy that I had studied well from the *Materia Medica*. But I found that of the cases in which the remedy had worked well, there were many in which the traditional picture of *Aurum* (as has been described in the *Materia Medica*) was absent. *Aurum* had been described as a depressed, melancholic, suicidal personality. The feeling was one of intense, hopeless depression and disgust for life. But in these patients I found no suicidal tendency or depression. Yet when I repertorized their symptoms or looked them up in the *Materia Medica* the remedy that came through was *Aurum*. And the remedy worked in these cases. From these cases I was able to derive a clinical picture of *Aurum*, which seemed quite different from the proving picture. In the clinical picture what stood out was an increased sense of responsibility and heightened conscientiousness.

I started to study the proving pictures of *Aurum* and realized that underlying the depression and suicidal feeling was a feeling of having neglected his duty and of having committed a crime. These feelings also explained the clinical picture. Both, the proving picture and the clinical picture, could be explained on the basis of this underlying feeling and they were both different aspects of the remedy. So why was it that one aspect emerged stronger in the proving and the other in patients?

The answer came to me when I realized that provings were done on healthy persons. A normal

healthy person (the prover), when he suddenly sees life from the Aurum perspective, with his increased scruples of conscience, feels he has totally neglected his duty. He becomes totally depressed, thinks he has done wrong, that he has lost the affection of his friends and deserves reproach, that there is no way out but death. On the other hand, the chronic Aurum patient would never neglect his duty because he is by nature highly conscientious. So he does not need to be depressed or suicidal. Certain aspects of his own nature, like the high responsibility and conscientiousness had made up for or compensated for the suicidal disposition. In provings there was no time for compensation.

This thought made me aware that many of our symptoms may be in the compensated form. Compensation involves covering up, by an act of will, some elements in our nature. We need to find the symptoms of the uncompensated state or true symptoms to understand the state of the patient and prescribe for him.

Dreams reveal uncompensated feelings

I started to look for ways and means of eliciting uncompensated symptoms. I had been asking myself the question what the difference is between a dream and the waking state. After dwelling on this question for a long time, I reached the conclusion that most of our feelings and actions in dreams are uncompensated. Compensation involves an act of will. When in the waking state we are able to exercise this will. But in the state of sleep this is not possible. In the waking state also there is a barrier between the conscious and the subconscious mind which censors these feelings. In the state of sleep this barrier is absent. Hence dreams are often the key to understanding the delusion of the patient.

The kingdom classification

I wondered, while I was studying remedies if there was any pattern of behaviour typical to remedies from the same kingdom. A study of the symptoms of remedies of the same kingdom revealed that there were indeed common symptoms amongst them. From a perusal of these symptoms I was able to identify the main issue with each kingdom. Among plant remedies the fundamental issue is sensitivity. With remedies of the animal kingdom it is competition and survival. And common to the remedies of the mineral kingdom are the themes of structure, relationships and performance.

From my understanding that we are treating the state and not the symptoms, I also understood that each patient is a state of being. This meant that each remedy, too, is a state of being. Our remedies are derived from different sources and the state of being of each remedy is connected to its source.

The four stages of disease

While I was studying the salts I realized that from the entire gamut of symptoms more than one pattern emerges. Any remedy can present in more than one way. These presentations always represent the basic theme of the drug, only at a different stage in its evolution. I was able to identify four stages in each remedy.

Let me illustrate the stages using the remedy *Calcarea sulphurica* as an example. The main feeling of this remedy is of not being appreciated by the person on whom he depends for his security and protection. This can be seen from the symptom: "Lamenting because he is not appreciated". The action in response to this feeling can be seen in symptoms like: "Quarrelsome", "Jealousy", "Hatred of persons who disagree", "Sits and meditates over imaginary misfortunes". From the feeling and these actions I understood that the *Calcarea sulphurica* person feels unappreciated, and his action will be first to try and win the appreciation of others. If he does not succeed then he will become

quarrelsome, jealous of others and hate those who do not agree with him. If even his quarrels fail then he just gives up and becomes frozen and numb.

These four stages represent the reaction of a person as the intensity of the delusion increases. So, the four stages are:

- Stage 1: The delusion or the main feeling ("Lamenting because he is not appreciated");
- Stage 2: Coping mechanism as the intensity of the delusion increases. (He tries to gain appreciation);
- Stage 3: Failed stage, when the person is unable to cope because the delusion is very intense but is trying his best to do so ("Hatred", "Quarrelling", "Jealous");
- Stage 4: Given up stage, where the person makes no effort to cope ("Sits and meditates over imaginary misfortunes").

In Stage 1 the feelings are uncompensated.

Miasms

I understood diseases and remedies to be states of being, each with their own delusion. I wondered if it was possible to classify delusions in some way. There was already the miasmatic classification of diseases by Hahnemann. I thought I could apply the same classification to the delusion theory.

I was able to see that with antisyphilitic remedies the common feeling was destruction, both in their pathology and in the mind. Among the syphilitic remedies there were fixed ideas. While predominant among some of the main psoric remedies was the feeling of hopefulness and optimism. So, we could study miasms in terms of feelings and reactions.

More miasms

I studied the subject of miasms in a lot of depth. I found that there could exist miasms in between the already existing miasms. I added the following new miasms to the list:

- Acute miasm;
- Typhoid or subacute miasm;
- Ringworm miasm;
- Malaria miasm;
- Cancer miasm;
- Leprosy miasm.

The need for a system

Having incorporated all these ideas into practice I evolved a method of case taking and analysis. I was following this method subconsciously and sometimes it became difficult to convey my line of thinking to my students. I also realized that Homoeopathy was one of the very few disciplines where we did not follow a system in practice. I thought it would be very useful, both to me and my students, if I could put down this system on paper.

The system has made me realize what the points of confusion in a lot of cases are, how not to confuse kingdoms, how to be more sure of the miasm, how to be sure which are the uncompensated feelings in a case. This has been of a lot of help to me in my practice, and this is what I would like to share through this book.

Cases

Bronchitis

Bacillinum Burnett

Case 1

A twenty-eight year old male, Mr. R.A. consulted me in January 1996 for a recurring cold and bronchitis. His interview follows:

D: Please tell me your problems at first, and then something about yourself. Both are important in Homoeopathy: to know your problem and to understand you as a person.

P: I never had any major disease or any kind of attacks as far as I can remember. The only problem I have been having frequently in the last four years is a constant throat infection. It was so frequent that I could guess it's going to come. Within three months I would have a throat irritation, would start sneezing regularly for two days, then body ache and then fever. It was a very fixed pattern. It was known in the office that every three months I will take leave for this kind of problem. I always went to the doctor, and was told that I have a bronchitis problem, and it was attributed to cigarettes. At that time it was one or two cigarettes a day. Today, I do not even smoke. I left smoking due to that but it still continues. Today the problem is aggravated to such an extent that it comes every three months. Now I have a lung problem. What I mean by lung problem is that I cannot breathe, I start wheezing. So, when I sleep this throat infection becomes heavy with a cold and I have a breathing problem. There is a dry sound when I breathe. Two weeks ago I had a similar bronchitis when I got up in the morning. That's when I got worried about this bronchitis. I could not breathe at all, just could not walk ten steps, and was wheezing. I was taken to a doctor who said that I had a spasm of the bronchi. He injected me for ten minutes. I was not in Bombay at the time; I was travelling. I travel quite frequently. After I returned to Bombay the same day, I could not walk on the station. I had to climb four steps and stop: it was that bad. This is the first time that it has occurred in such a way.

As such I have had no other disease. I have had chicken pox, but no major illness. I fell on hot oil at five years of age and I had to have an operation to make my arm straight again. That was a major illness I had.

Otherwise this has been my constant problem.

D: Anything more?

P: As far as physical activity goes, I have done my share in school. Now, I have a feeling of tiredness. Even in the morning I am just tired and the feeling carries through the day. I have started taking vitamins. Psychologically I feel better; it perks me up. But there is a constant feeling of tiredness throughout the day. 1

As far as my profession goes, I am into computer software. I am always in an air-conditioned room, and I have no problem with the cold. About myself: I extend and am an extrovert, but go back to my shell when I want to in a kind of depression and it worries me when I think about it. This is a regular event and it has occurred to me at times also.

D: Tell a bit more.

P: About myself? My line is sales and communication. I am into meeting people. I love meeting people and I love meeting friends. I selected this profession because it is innovative; every day there is something new. I got into it because it is not monotonous. Otherwise I would have got into textiles. I am an outgoing person and I love to travel. I travel quite a lot. I have travelled all over India. 2 [DCE1]

I love to take up challenges. I have done nights together. I am up four or five nights together without going home, without changing clothes, just sitting at the PC and working a problem. But now I feel tired, I do not know why. It's not to do with age. It's a very burnt out feeling, very tired. I cannot concentrate at times. The kind of effort I have given is sixteen to eighteen hours regular. I

have a very good career growth at the moment. I have hit about twelve to fourteen hours a day, regular, seven days a week. Number of leaves taken: none. The first time I took leave was one and a half months back for my wedding. Kind of possessed. 3

D: How many days leave did you take for your wedding?

P: I took twelve days. I shortened my honeymoon and came back.

D: Why?

P: I just wanted to get back to my table. Just that feeling that you want to do something more, something new. This is not the end, you want to go on with something new. 4

But now that feeling... I do not know why. It is something in the mind that makes me tired. My body feels heavy.

I go regularly to the gym; my body will not show it. If I sit on the PC it is continuous, no lunch or dinner. I have a lanky body because of my irregular meals.

D: Tell more.

P: My occupation I love talking about... communication networks. Personally I have never given any importance to my body and looking after it. It is now that I have started getting worried because of this problem that occurs frequently. 5

D: So what do you like about your work?

P: I like coming up with new ideas, ideas better than the people around me. I take up challenges. If something has to be done within two weeks I have been able to do it within four days. 6 As a result I have not learned to say no. That is really putting me back. That is where the strain has come from. That is where I feel the strain in my office. Today I have four bosses on my back and I cannot refuse any of them, just because I have never said no to them. They come up with a problem, I always have an answer. I have always got myself to volunteer thinking that I have the time, I can shell out two hours. I do not mind sitting late. I will come on a Saturday or a Sunday. 7

Now it is not possible to keep this strain and the responsibilities up. Some months back I used to go blank. Suddenly there were so many jobs on my head. I have eight people but I do not delegate work to them; it keeps coming back to me. The strain has taken its toll on me. I feel the strain. I am now reading a book, How not to say yes when you want to say no. 8

D: Did it work?

P: I have not started reading it as yet. I do not want to get into the habit. I want to take up jobs; I used to volunteer. I even joined agencies. I joined the Rotary Club just to get to know people and do something socially. I somehow always thought that I had time, but I never have time outside my work. I travel two and a half hours each way to the office. That leaves me so tired. So the first target my wife had when we were engaged was to make sure that I am eating because I never bother whether I have eaten my lunch or dinner. I am always between sixty-four and sixty-five kilos.

D: How does your wife cope with you?

P: It is terrible. I know people suffer because of me. I never devote time to my parents. They are left alone because I am always occupied with my work. I have always given it a first priority though I feel bad about that. But given a choice I would always go back to work. But suddenly now I do not know why I feel tired travelling, and burnt out. I have started taking vitamins to perk me up.

D: What motivates you?

P: I have this dream of having my own software unit. But that is not my sole motivation. My motivation is that I have to come up with ideas. 9 If there is a problem you have to come up with ten ideas. If something is not possible through Route A then you have to try a second or a third route. There is always an opening. It is not possible that I come up with only one idea. 10 That is

what landed me in trouble. I gave people ideas and so they always said: "You do it. It is your idea, let's see you do it." Yes, but I did not have so many hours. 11

D: So what would you feel?

P: That would depress me. People would explain to me that I am not a superman but it would still depress me. I would feel: "Why am I not able to do it? I thought I could do the job but I was not able to. If I had given it a little more effort I would have been able to do it."

Now I have become lazy. I give up. I just say: "I do not want to do it." I care a damn. That feeling I do not want to live with. That is where I hit myself. I do not want to get into the slot of not wanting to do it anymore. I do not want to be the guy who says: "I do not have the time."

I have been told by people that I have no time for organization.

D: You do not?

P: No. I keep taking jobs. My desk is a mess and I cannot find the papers. It is anybody's paradise but my own. I come on Sundays to straighten my desk. The security personnel know me as the only guy who comes to the office on Sunday. How far can I run? 12 I have given this to two companies. It has been appreciated; I have grown because of that. But the idea is to satisfy yourself, and I love doing it.

My major ambition is also to gain as much knowledge on communication and networking as I can. I love reading, but now I do not even feel like reading books. The collection I have in my library is the best. Every month I spend three to four thousand rupees on books. But now I do not feel like reading; I am so tired. My dream is to write a thesis on networks where I can stand alone without arguments. But it is a bit disorganized at the moment. 13

D: Any other interests and hobbies?

P: Driving. 14

D: Where?

P: Just driving. Give me a car and I can go.

D: Fast or slow?

P: I love fast. I can just go on.

D: What else?

P: I am glued to TV; anything to do with a screen. I am a very slow eater, take forty-five minutes over dinner. That is why I skip my dinner: I do not have forty-five minutes to eat.

D: What do you like in food and drink?

P: I like non spicy boiled food, simple, nothing spicy. Russian salad. Soups. Fruits. I eat six to eight bananas in the morning because I know I won't be able to eat my lunch. For four years, regularly I have been eating this breakfast of porridge. It has been four years, and my mother is fed up of cooking it. 15

D: What weather do you tolerate better?

P: I love sun, the morning sun. I have this habit: I used to stand on the beach for hours, simply feel it filling me with energy. The idea was to be so energized all the time that you are ready to go. (Clicks his fingers.) It really worked wonders with me. I exercise regularly for twenty-five minutes.

D: Does it make a difference to you if the weather is hot or cold?

P: I prefer hot weather. The cold worries me because of this constant bronchitis. All I have to do is sleep without a shirt on under the fan and I will get a cold. I cannot leave my chest open. If I have nothing I keep a pillow on my chest.

D: Does it make any difference to you if the windows of your room are open or shut? 16

P: No.

D: What do you prefer?

P: I prefer to have the windows open.

D: Why?

P: I feel the fresh breeze or else I feel suffocated. I have a nightmare never to get stuck in a small hole where the ceiling is short, where I cannot stand up to my full height, where something is making me bend all the time. 17

D: You get that feeling?

P: Yes.

D: Just when?

P: Someone tries to bend me and I cannot, I bounce back.

D: Give one example.

P: Send me to a room where I have to bend constantly for five minutes. I cannot be there for more than five minutes before I have to break away, get out.

D: What is the feeling?

P: Get out. The biggest nightmare is that the wall is short, I cannot stand, cannot reach up to my height, cannot move.

D: Do you get any dreams?

P: I do not dream. It is funny. I am so tired at the end of the day. I wait for the day I dream. 18

I have an allergy. I have red marks on my body and boils on my back very frequently. Otherwise I am a healthy boy and I can go further.

Comments: I said to him that he was an easy case and he said that he was sorry to have disappointed me. His reports showed that his eosinophils and serum IgE were drastically raised.

Case analysis

What is most apparent is the need for very intense, rapid and constantly new or changing activity. The word that describes this aptly, although he has not used it himself, is: "hectic". His pace is almost palpable: too much has to be packed in into too little time. Work that would require two whole weeks, he manages to finish in just four days. He was able to keep up this intensity and pace before, but now it is no longer possible for him. He feels burnt out, and becomes breathless, and he has to take breaks from his work.

He comes in the failed stage. Earlier he could cope successfully, but at some point the pressure that he was putting on himself got too much and it began to burn him out.

This need for tremendous activity and innovation or finding various ways out of a problem are reactions to his inner feeling. Glimpses of this inner feeling can be appreciated in some areas of the case, viz. too much work being compressed into too little time, and the need to find an opening. But the exact feeling is only expressed by him in the description of his worst situation: being stuck in a small hole where he cannot stand up to his full height. This is akin to a dream, though he is very conscious of it.

The other features of the case, like the need for travelling, the love for fast driving, the intolerance of closed places can all be explained by his main feeling.

So, his main feeling is of being cramped in too narrow a place or being oppressed. His reaction is to want to break out of this narrow space and he has to find the various possible routes out of there. This can be achieved by tremendous and rapid activity. But this intense activity ultimately results in exhaustion. This feeling is seen, as well, in his physical complaint which is an inability to breathe.

The remedy from the Materia Medica that has this hectic pace is Bacillinum (or Tuberculinum), and it fits the case perfectly. The symptoms on the physical sphere that confirm this selection are the

tendency to take on a cold easily and the desire for bananas. Bacillinum (Tuberculinum) is known to affect the lungs and cause difficulty in breathing.

Rubrics:

- Change, desire for;
- Travel, desire to;
- Escape, attempts to;
- Food, bananas, desire for;
- Air, cold, aggravates;
- Air, open, ameliorates.

I had conducted a proving of Bacillinum and many of the provers used the word "hectic" to describe their dreams. The dreams also involved situations that the provers described as being "dangerous, risky and fast". The theme of oppression also came up in dreams and in the physical symptoms of the provers. The proving of Bacillinum is published in greater detail in "The Substance of Homoeopathy", and my understanding of the remedy is included in the same book as well as in my later work, "The Soul of Remedies".

The main feeling in Tuberculinum and Bacillinum is oppression. When you are oppressed you have to make a way out, desperately break away and get out. This is not an acute miasm, it is the slow narrowing of things as if four people are sitting on your head and bending you down, and you need to break away. This is done through hectic activity, taking risks, fearlessness and change. His pathology is that he is unable to breathe, the chest feels oppressed and he is burned out from hectic work.

In this case the patient does not have any dreams in the sleep state. But he can describe his worst situation quite easily and vividly. So, he seems quite in touch with himself and for such a case the preference is for a moderate potency like 200C to a higher one.

He received a single dose of Bacillinum 200C on 08.01.96.

Follow up

18.01.96

He reported feeling more active and had started running around. Earlier he used to have a heavy feeling in the legs which was now better. He complained of irritation in the throat and constipation. He had once again begun to work late hours and this gave him a thrill.

He was given placebo and was asked to report again a fortnight later.

He continued to come at fortnightly intervals and a month and a half later came down with wheezing. A dose of the remedy was repeated in the 200C potency which helped, but three weeks later he again came down with the same problem, and again it was quite intense. It was too soon for the problem to have recurred, and also the intensity of the state was not any less. So, once again the remedy was repeated, but this time in the 1M potency. This seemed to help him, although slowly and he did not have a recurrence in quite a while.

04.05.96

D: What are the changes since you started with the treatment?

P: I am back to normal, am no longer tired. No sore throat until last week, and even then it did not last long. I am working harder than ever before. Now I can work sixteen hours a day again thanks to your remedy. My wheezing is less also; I get it when lying down at night, but it is less. 19

I am more pleasant in my moods. My heaviness feels gone. I am more relaxed and am in higher position at work and do not have to get my hands dirty. Earlier, I needed to run but could not; now I can. I want to start my own business. If I work like this I could make my first million faster. Now, I will

have to ask my boss to make me a manager.

Comments: Although he feels successful, this is not a stage of health. To see this there has to be a change in the hectic pace which is still very apparent even now. So, the remedy was repeated in the 1M potency again.

He returned in June the same year and reported feeling better, and after that had to be called in October to evaluate how he was doing.

05.10.96

D: What are the changes since when you first consulted me?

P: Now, there are no bad throats, fevers. I used to get wheezing which has now totally stopped. One week ago I got up and suddenly had a burning sensation in my chest and wheezing for ten minutes and then green phlegm came up. Every morning I sneeze and cough, but it is okay once I go out.

My energy is good today, but still not as good as I want it to be. Heaviness of the eyelids has always been there and still persists. The lids feel heavy as if made of lead, and it feels as if my eyes will close.

D: Do you find any change in your nature?

P: My nature has cooled down. I used to be edgy about everything.

D: What do you mean by edgy?

P: I used to get angry. I used to burst on my team, even backanswer my seniors. I got my promotions. My temper is better.

I could not bear to be free. I have to be doing something. Being free and not doing anything new and creative with my computer would make me jumpy. I am able to do something new now. I am free now. I have started meeting new people. I am able to attend seminars on networking, being more organized. I am busy but am not into it all the time now. I am a bit more organized. The pace is the same, fast. Even now I work from morning to night. I am the youngest manager in my office today. But I will move somewhere else. I feel now is the time to move. I do not like being monotonous. Once some activity of creativity is over I like to go to a newer area. I need to do new things. 20

I do not relax at any time except when I am sleeping. I need my sleep at night. I cannot get up in the mornings and always reach the office late.

My nightmare is if someone tells me that I have to be in a hole and have to stay bent. Even in the office my nightmare is if someone is pushing me in a corner, trying to bog me down where I cannot move. This feeling is not so strong now, maybe because I was married nine months ago. I am much more relaxed now. I take Sundays off, it is only the new things to read that day. I have to get more and more new knowledge, otherwise I feel incomplete. I am more comfortable now; I do not get irritated and offended as easily as before. If someone shows me a finger while driving I would not follow him. I was not at ease with my own self, now I am. Earlier if anyone wanted to provoke me, I would do it.

Believe it or not I have started reading books on philosophy now. I am reading the Gita. 21 I even pick up joke books. It is probably because of my better health; I have more energy and my appetite has improved. I am much more at ease with my work and with my health, and so I am at ease with my own self. I am much more peaceful. I was even reading the Gita to my wife who is pregnant, and to our baby. 22

My aim for 1997 is to make a million rupees, fast but legally.

D: What dreams do you get?

P: I do not get any dreams. I have developed a small patch of itching on the skin.

Comments: His state was still intense, the pace still hectic. And although his energy was better he was still tired and waking unrefreshed. So, the remedy was again repeated in the 1M potency. He stopped following up for very long and again had to be called to evaluate his progress.

05.06.99

D: How are you doing?

P: The wheezing has totally disappeared. The second thing was that I was getting regular colds within intervals of two and three weeks. The colds also have totally disappeared since almost a year. And after we had that last discussion about cooling off when you feel you have taken too much or your immune system goes down, I have started relaxing myself a little. That has helped me, doctor.

D: When you say that you have started relaxing, what do you mean?

P: What I do is that I breathe very deeply, and sit down for sometime, and have a thought about what exactly is happening around, and why is it happening around. That has helped me a lot.

D: In what way?

P: Let me tell you: there were two factors involved in this. One was the extremely high mobility that I used to have, the running around and a lot of activity throughout the day. That has never gone down. So, the best way that I could tackle it was on a Saturday or a Sunday I would take a break and just relax. The moment I would feel extra tired I would sit down, relax for half an hour to one hour, cool myself off, do something odd and work out. That has helped me. I would simply sit and do nothing, do deep breathing, and probably write something. That is all. 23

D: I did not follow you.

P: Few days back we had a project, and I would sit in the room, pick up a book and keep writing something. Or do nothing, just sit down and breathe in and just relax, just relax thinking nothing. I would just take off myself totally. And all alone. It is not possible at home. So I would just take half an hour off, and just go somewhere, and just take an easy drive. That half an hour helps me out.

D: In what way does it help you?

P: In just relaxing. I am ready to take up the same things again. I have to do the same things again. I have to run around all day and do a lot of activities. I am still doing the same things. But it just eases myself up a little where I am feeling weak. I do not get those bad throats or the sneezing and cough anymore. But the moment I feel that I am too tired, now this happens two or three weeks down the line. Because of this I take a day off.

D: What do you do on that day off?

P: Nothing. Only my office calls and nothing else. I am sitting home and just relaxing. My family is surprised at what I have started doing, taking the day off and relaxing.

I never used to do that. This is midweek now. Because on Sunday you still have to be running around for the family, you have to take your family out; that chore is still there. So I take a midweek off and I go out. I have started going for movies again, and started relaxing. My relaxation is helping me.

D: You go for a movie, and what else?

P: That's it. No drinking, no going to a bar, absolutely nothing. Just sit down at home and see what ever work I have. I started loading games on my PC now which I never did. I have started taking time off for myself, basically.

D: And you are able to do that?

P: I am able to do that?

D: Previously were you able to?

P: Never. I was never able to do this.

D: So, what changed?

P: First, the need for a break. I just can't go on like this, just can't go on like this.

D: You cannot?

P: Yes, I cannot. That I have started realizing now. That is the reason that this break for me is my own personal vacation, one day. Because I feel that if I take a one day trip to a hill station that is more hectic for me. This one day really helps you out. And nothing goes haywire, I have started realizing that.

D: What does not go haywire?

P: Previously that was the fear, that if I did not go for a day to the office and miss meeting someone I would not feel right. But nothing happens. You take a day off and that is it. You have taken a day off and you deserve it. That is a major difference. In fact I have left my job also. It was a very drastic decision and my family was surprised when I did that. To the extent that I have started my own work as a consultant, and we have some good export jobs now.

D: So, what made you leave the job?

P: Very relaxed thinking now. I am able to think better. My process with my thinking has improved. I am able to think logically. I am not taking those running and fast, emotional decisions. I am able to decide what I want to do now. That has helped me, that cooling off. I have been able to help myself because that job I would have never left under any circumstances. In fact after I left the job I am eating the cake and the cream too, because I go to my old company as a consultant now.

D: So, what prompted your decision to leave that job?

P: That extreme running. Of course, it was a career move.

D: That extreme running, meaning?

P: Two hours a day I would spend driving up to work, and two hours a day driving down. That meant that four hours a day I was in the car. And that was really taking me off, that you wake up in the morning and you are driving. That I had to get out of. All these years I was never really able to decide clearly what I wanted to do. In fact I had got my options with two or three other companies as a manager, and that is where I picked it up. The moment I started sending my papers out it did help me.

D: So, when you say that earlier you were not able to...?

P: I was not able to decide. If I look back at it now I feel that I used to be involved in that whole action itself. I was busy into that. I was in that rut. If I had to take a holiday I would say that I had to submit a paper so let me do that today itself, let me try to be fast at that. Of course it did help me in my career. That activity at that age was fine. Now at thirty I think I would rather use my brains than kind of running at the moment. And I am a little more relaxed. 24

D: What difference has this change in attitude made with your family?

P: Spending time with my family has gone up. I do not know how they take it. But it is a revelation for myself, just the easing up. I feel that if this has to happen it has to happen; that kind of attitude has started coming in. I do not have to run behind it to make it turn around. 25

D: You have to run behind it...?

P: I used to do that. I used to try to go against it and say: "Let me change it. I will give it my effort." Those things did work out for me, for my benefit most of the time. For corporates it does help when they find someone very enthusiastic, a horse running most of the time. But how long could I do that? That is the reason I had to step out.

D: Do you have any dreams?

P: In between I have very relaxed dreams; I go on holidays. For the first time in my life I want to go

to Europe. It was never in my mind, basically. For the first time I want to go to Europe; Scotland and Ireland are where I want to go.

D: Why?

P: Just that green, and that relaxation.

D: What kind of holiday do you want?

P: You also want to enjoy the money you make. That I want to do now. I do not want to be old to do it.

D: What kind of holiday do you fancy?

P: Just with two or three people, just go out and just see things, in which I was never interested earlier. I would say: "Why go?" People in software would rush to do a course abroad, but I never wanted to do it because I wanted to do it here. I wanted to make it here. But now I feel that it is nice to go for two or three weeks. I have even started calling friends. I think I would take this trip. That has changed, and that is what has surprised me; how could this happen? My family is also surprised as to how I am thinking of taking a holiday and that too abroad. Earlier, at most I would have spent on going to North India. But now I want to do it. I want to enjoy myself a little. I think that I was just going on and on.

D: So, the dreams are also relaxed?

P: Yes, relaxed.

D: In what way?

P: Till today if you ask me I do not remember any dreams. I do not remember if I have ever had one. But when I shut my eyes I do want to go to those places and see things, basically.

I want to see the new things and the other things that exist. Here I have been around and I want to see the other things that exist now. Again that second cycle has started to try to make more money to travel. (Laughs.) But even that I have started realizing now that the moment I see that I will make sure that I start running again. So, it always goes on like this.

D: So, some awareness has come?

P: Some awareness is there, definitely. Definitely. And my thinking process is relaxed a little. I am not agitated with people. I do not bother. If I have to walk off from a conversation that I do not like I am able to do that. That was a major thing I wanted to do.

D: You had earlier mentioned this vision of being in a room that gets narrow?

P: No, I do not have that now.

D: When would you get that before?

P: I was always trying to escape. It was paranoia. I was always trying to run out of my own fear that I am getting stuck here and I want to do something and let me run out of here and do it now. It did help me in my career definitely. My effort did not go waste. Today I have a name in the corporate market; all that has been achieved. All that is there. So, today I would like to take a different plane and move. That fear was there, having started from very low. So, that fear was always eating me up that I would go back and get stuck there again. I would become a small man again. But when you go to corporate seminars you meet people and they know you by your name. So, that helps you. That level is over. Now you have got to build the next one. That is why being on my own as a consultant was a major decision. Now I have been able to set up my office near my home, just a fifteen minute drive away. And I am always at home now. (Laughs.) And because my marketing people are in the U.S. my conversation with them starts on an ICQ chat at night. So, we start at midnight and go on all night. Those are working hours. So, it has become a different culture of working as well.

He was given the name of the remedy he had been receiving so far in case he ever needed it again.

Comments: He has moved from failure to success, and from success to a state nearer to health. His state still does exist, no doubt about that. But he is very much aware of it and is at a stage where he is able to keep in good physical and mental health without needing the remedy.

Counselling would not have helped him. He would not have been able to stop. Had he been told to stop working at his pace he would have felt oppressed and suffocated. He had to come to it on his own with the help of the homoeopathic remedy.

Auto immune vasculitis

Carcinosinum

Case 2

This is the case that I had taken at a seminar in Munich before an audience of students and practitioners.

The patient was a young German woman who was suffering from auto immune vasculitis. Her limbs, especially the feet would get blue and cold, and gangrene had set in in two of her toes. She was on medication, but was not improving. Doctors had tried and tried to find the cause but could not. There was very little hope, and the patient was willing to take any chance to get well. She was desperate, and had agreed to come and speak about herself at a seminar because this was her only chance. 1

D: Tell me about yourself.

P: My father was a soldier. My parents met at a dance. They had separated when I was five years old.

D: How old are you now?

P: Twenty-seven.

D: How long before you were born did your parents meet?

P: I do not know.

D: Why did they separate?

P: My father was drinking. This had started three weeks after their marriage. My mother was standing all alone with four little kids. She had to look how to get the money and how to care for the family. My grandmother was supporting her. My father chose to enjoy himself.

D: For yourself, how was your childhood?

P: I first found it was disordered around me. I can remember that concerning my abilities I always tried to put order into the whole story. From the age of three onwards, that is when my memory begins, I was always with my mother. She was lying in bed. She was depressed and I was always trying to get her out of bed. And my father too, trying to get him out of bed and to make him go to work. 2

D: Can you remember any feelings from this time?

P: No.

D: Say more about your memories in childhood.

P: Another picture I remember is that my parents were struggling, but they were hitting one another. And I can remember one situation where they were struggling and fighting and hitting one another, and I was standing in the doorway and I could not do anything but just cry because I was just too little to do anything, to change anything about the situation. And there was this disorder and I was not able to change anything. 3

My mother remarried. My stepfather had no attachment to us. He was a stranger in the family. On one side I was glad that my mother married again because he brought stability to the family. On the other hand he was unapproachable. I see this now, I felt he could not stand me.

My relationship with my eldest sister was distant. My second sister was introverted, that was the most intensive relationship with remarkable fights, but we also got along.

D: What moved you emotionally?

P: I was anxious in new situations. I was afraid so I slept between my grandparents. Then one day, the husband of my grandmother ⁴ touched me while I was in bed. I felt the whole world was collapsing. ⁵ I was shocked, immovable and stiff. I felt his breath on my back. I could not do anything. Then I summoned all that I had and said: "Stop." ⁶

D: What was your feeling?

P: The feeling was that that hand was holding onto me, and I could not get rid of it. The next day I told my grandmother, but she did not trust me. She forbade me to tell anyone. ⁷ So, I forgot the whole story. Then years later I remembered it. I am unsure if it is reality.

D: What did you feel about your grandfather?

P: I felt that he was observing me. I told the story to a girlfriend. I had to get rid of it. When I talk about it I feel I am losing my shape. If there were not so many people here I would cry. ⁸ It was one night, but still this hand grabs my back and holds me. I cannot find the turning point and get rid of it. He is disgusting; he has a power over me. It holds me tight. I do not want it any longer. ⁹

D: What dreams do you get?

P: I have the repeated dream that I am lying alone in a flat and am trying to hide. There are huge figures with large eyes that are approaching me, and I wake up before they touch me. ¹⁰ I dream of being in a labyrinth. I am scared but if I go slowly and think every step I will find the way out. ¹¹

Another dream is of a swimming pool. Normally I am afraid of water, but in the dream I am calm. There is no fear and I am swimming and am glad to have overcome the fear. ¹²

D: What work do you do?

P: I work as a nurse in a psychiatric ward. ¹³ Before, I worked in an acute ward for women. Now I work in the rehabilitation ward.

D: What are your hobbies?

P: I like to watch movies.

D: Can you tell us any movie that you enjoyed watching?

P: I have two favourite movies. One is about an autistic child. ¹⁴ The other is "Out of Africa"; I like the character of the woman, she was so independent and courageous. ¹⁵

Case analysis

Right from the way she presents one gets a feeling of desperation about the situation. She is suffering from auto-immune vasculitis with gangrene. She has been to many doctors and Homoeopathy seems to be her last hope. She is desperate because amputation seems imminent. But she still seeks the last chance; she is making this last ditch effort to salvage her foot. So, though the situation is desperate it is not entirely hopeless. There is still a glimmer of hope that her foot could still be saved. One can understand the miasm in this case to be nearly syphilitic, though there is not the complete hopelessness of syphilis. This theme of making a last ditch effort or a superhuman effort where one's survival depends on stretching oneself beyond one's capacity is a theme of the cancer miasm.

This being apparent at the outset it has to be confirmed subsequently in the case. The major incidences in her life are her childhood impressions. Her feeling in childhood was that she had to take on the huge task of bringing in order into her chaotic surroundings, tiny and helpless as she was. Objectively speaking she was taking on the impossible. With the incident involving her

grandfather there is a similar feeling: that she was too small and she had to put in everything she had to say: "Stop!" The same sort of desperation is confirmed here in one big effort for survival.

Presently, she still feels controlled by the hand of her grandfather. And she wants not to be controlled, but to gain control over her emotions. This is similar to her childhood where she wanted to control the chaos in her surroundings. This compulsion to gain control over a situation that is totally out of control is a theme of the cancer miasm. And it will take a desperate, almost superhuman effort to come out of such a situation. Also, we see that the feelings that were strong in childhood are still present. This is further confirmed in her choice of movies and in her dreams. She enjoys the movie of the autistic child, and this resonates with her feeling about herself: incapable of handling the situation, immobile, stiff, fearful, dependent. And on the other side is the woman from "Out of Africa" who is courageous, independent, in control, and this is what she would like to be. These are her negative and positive feelings.

She has dreams of being in a labyrinth, and the feeling is that the way will be clear if she goes step by step. A labyrinth is complex and tortuous, and it is difficult to find a way out of it. This feeling of being in a labyrinth is similar to her feeling of being in a chaotic and disordered surroundings. So, this is the most significant dream, because not only does it connect with her main feeling, but it also reveals that there is some hope of getting out of the situation. Her other dream of being alone and scared against huge, frightful figures can be easily understood in the context of the rest of the case, while her dream of being able to swim once again speaks of her hopefulness, and is a positive dream.

In her present situation there is no chaos. And so to fulfil this compulsion of hers to bring things under control, to bring in order in the place of disorder, she chooses a job at first in an acute ward, and later in a psychiatric ward. Imagine the chaos in either of these situations! One would envisage a psychiatric ward, especially, to be a place where things can go out of control quite easily. She would have to once again stretch beyond her limits to control such a situation. In this way she pushes herself too hard, almost to the point of destruction and develops auto-immune vasculitis.

So, it is a full circle from the pathology itself to the feeling in the pathology to why she developed it. And running right through the case are features of the cancer miasm. These themes of needing to perform tasks that are beyond one's capacity, and of having to maintain control and order are undifferentiated in this case; they are not directed in any specific area. So, she needs the nosode *Carcinosinum*, which is the centre point of the cancer miasm.

If the problem of this patient, i.e. the need to make a superhuman effort and to maintain control were directed in the area of performance, she would probably have required *Argentum nitricum*. In *Argentum nitricum* the person feels that he will be accepted only if he can achieve the almost impossible feat of performing during a crisis. In such a situation there is the danger of losing his self control, and he has to make the effort to maintain it. Or if the problem involved her sense of dignity and honour, she might have needed *Staphysagria*. Here the person has set himself the huge task of maintaining their dignity and honour despite being insulted and humiliated. Or if it had to do with living up to the tremendous expectations of others and keeping her violent and cruel side under control she might have required *Anacardium*.

Rubrics:

The rubrics for the case are not many, the prescription being based on an understanding of the cancer miasm.

- Ailments, from responsibility, too early;
- Fastidious;

- Rest cannot, when things are not in proper place;
- Precocity.

Her prognosis was good. I expected first to see an increase in the fears, dependency and insecurity as the physical pathology would improve. I felt that if after this there was a plateau then I would repeat the dose, and expect the pathology to decrease even further.

I advised that she taper off the cortisone and immurant, and decrease the painkillers. I gave her a single dose of Carcininum 200C.

Follow up

I received the report that her pain was better within ten to twelve days. Then she was given a dose of the remedy in the 30C potency once every month and there was a remarkable improvement in the pain. In September of the same year there was an aggravation of her symptoms and the remedy was repeated in 200C. This was followed by relief, but the pains increased a month later when she was given 200C again, and once again two months later when the potency was raised to 1M. This was followed by strong pains and increased fatigue, and she needed low doses of analgesics. By March of the next year the gangrene had become dry and she was given one dose of LM1; this was followed by emotional and physical aggravation, and she needed low doses of analgesics again.

One year later I had the opportunity to interview her again. Here is how it proceeded:

D: What dreams have you had?

P: A dream that really touched me was in September or October last year. I dreamt repeatedly about catastrophe; there were little children who were drowned right next to me and the grown-ups cut off their heads right next to me. And I stood there and was stiff, unmovable and I had no influence on the situation. And these dreams came repeatedly.

The last dream I can remember I was in a labyrinth. I was not so scared somehow. I was confident that I will be able to find the exit if I go step by step and take each step carefully.

The physician she was following up with reported an experience that she did not want to narrate herself:

During an exercise of relaxation she saw herself as a little girl. She took that little girl up on her arm and went with her to her father, stepfather and the husband of her grandmother. She showed these people to the little girl, called them by a bad name and said that they cannot do you any harm any longer. All that time she really kept that little girl tight in her arms then she went and swam with that little girl in a river. There was a beautiful riverside in the country, which was flowering and they come to that spot where nothing flowed any longer and nothing flourished any longer and this was her toe. And together with the little girl she started digging up that part and started cleaning it up so that something could grow there.

D: What was your feeling in this experience?

P: In this experience I first had to cry. It touches me a lot even now. It was a very important experience to me and I was very happy about it, and since that day I felt much more strength, much more relaxed, have much more courage. And in further exercises of relaxation I tried to relive that experience without success, but I still live from it and feel stronger.

D: How did that change the way you relate?

P: I opened up much more and went out of myself and made more contact. In the beginning I was really irritated and aggressive and the remedy made me nasty. I now had a more realistic evaluation of the situation and could react more appropriately, and I found my sense of humour.

I was much more honest with the people, much more straight and I could stay with what I was giving to the people. That was roughly the feeling to the outside. It was like I had got my self back. I

was no longer outside myself, I was within myself. And besides that experience with the little girl, I found back my feelings, the positive and the negative ones. I found back the dualism of feelings, both had place and I got more contact with my wishes and my needs, and I could express them to the outside and I could really live them. I was aware of them and I could express them to the outside and I could live them. And I did not only live up to the expectations of the outside but I could stay with my own wishes and needs.

D: Last year you spoke about the feelings towards your grandfather. Was there any change in those feelings?

P: Yes, because in this year there was one situation where I felt exactly like the little girl. I was completely vulnerable in this time with this feeling of helplessness. But I could put it out by talking to my grandmother about the situation and then once again with my mother. The reaction of my mother was a bit strange but that of my grandmother did me good, because she was a bit understanding. And as a little girl I was helpless, but as a grown-up I was able to express myself and I really wanted the people to know how I felt inside of me about all that. I mean you cannot make the thing not have happened, but reliving all that and feeling all that, I could then leave it alone.

(Weeps.) And with my everyday life now it does not have that power anymore. It does not dominate me anymore and I am very happy about that.

D: How has been your physical problem in the last year?

P: I have a lot to do with pains and I was not aware that I had to take so many pain killers. Now the pain is much less at night and during the day I do not really feel anything.

Even at the emotional plane it was pretty painful and stony. I am now very content and concerning the physical plane. First of all my legs look completely normal. And the feet themselves except for the two toes are rosy again, not bluish like they were. And since September I realized consciously for the first time that I have warm feet again which I have not had for years. Even in the summer I used to have icy cold feet and I had to sleep with socks on.

D: What is the overall change in yourself in the last year?

P: The difference is that last year I had all the things going through my mind, through my thoughts, through my reasoning, and in comparison to that I have a lot of feelings coming up over which I have no control.

D: And how does that feel?

P: I am happy with it because this is part of me and I am going to get whole again.

Comments: In this follow up one can see that her state is still very intense. Her repeated dreams of catastrophe show this; a desperate situation where she can only stand and do nothing, she is helpless. But in her other dreams as well as in her experience during the relaxation exercise one can see a definite amelioration in her state as compared to a year ago. Her fears are less and apart from an actual improvement in the pains and the condition of her toes, there is also a feeling of hope. She does not feel her childhood experiences, especially the one with her grandfather, controlling her anymore. Nor does she feel so much the need to keep control and for the first time she shares her feelings with her family and a friend. She no longer had to be the little girl who had to take up the entire burden or responsibility of things upon herself, and she could approach her parents and tell them what she was feeling and share that burden with them.

Catarrh

Platinum metallicum

Case 3

Mst. D.F. , a fifteen year old Muslim boy was brought to me by his mother for recurrent colds and

coughs. They first consulted me at the out patient clinic of the hospital where I attend. I had taken the boy's case and prescribed the remedy *Cannabis indica* for him. But in the course of one of the follow ups his mother described some very strange behaviour that I did not understand in the context of the remedy I had prescribed. So I called them to my clinic, there being far too many patients at the hospital, and sat down once again with him on 20.12.94 to understand his problem.

This is how the interview proceeded:

D: Tell me your problem. Later, your mother can supplement.

P: My problem is that the cold and cough is as usual. That problem with my concentration is more. I cannot concentrate on anything. Something or another comes in my mind. Only when I am doing algebra or a part of science is the time I can really concentrate. And nowadays I lose my temper very, very, very fast on very, very small things, on really very small things, and only on small things.

Mo: The obsession that I told you about is still there.

D: Tell me about it.

Mo: He has to go frequently to the toilet, two or three times, sometimes more. Sometimes if he is not in a good mood he goes into the toilet and takes twenty to twenty-five minutes. We have to call him: "Come on! It's over!" It happens if he is taking a bath also. And it seems to me that to the toilet he only goes with the stick I had told you about. He moves it. And the temper is getting bad day by day. He is losing it each and every minute. He has to work hard for his studies and though he knows this I do not think he puts in that much effort. There are frequent fights just because of that.

P: Sometimes I really feel depressed and I do not know what to do with that. If I do not want to show it to my mother I try and hide it. And at that point of time if someone calls me or something of that sort, even if I get a bit irritated it can get the worst out of me. I can really get angry like anything. And nowadays I do not even feel like laughing, even on things that are meant to be laughed at. I am more serious than I should be, serious from inside. I have really become very serious. I really cannot... if I want to laugh I have to force myself. I really cannot laugh, laugh a bit heartily. And nowadays for every small thing I feel bad and even start crying. I start crying about small things, not big things. Though I do not show it I cry like anything. 1

Mo: Actually he had this from childhood; he would start crying and we had a joke when some day nothing had happened that he would start crying. Any damn thing would make him start crying. Since the last two or three years he has stopped crying like a baby, but again he has started to develop the same thing.

P: I even feel that there is some sadness in me, and I really cannot find the cause. I feel very sad from inside. Therefore I act very serious. And nowadays I get engrossed in a kind of thing that I cannot really get myself out of. I live in that part of it. For example, I used to watch cartoons I really liked. If I missed even a part of it I would feel I have missed something. That was very much major to me. I really used to get engrossed in that. 2 It would become a part of me. I would really start thinking in that track only, though it is only animation and not really possible. I would think: "If I would be this way, if I would be that...", etc. Now also if I see something thrilling I get very much engrossed in it and it is tough for me to get out of that part. I really think about that only. Whenever I am studying it suddenly strikes in my mind, and I just think about that only. Maybe in school my teachers think I am studying, but actually I do not study. I just go on thinking about that, about that itself. From a small thing I can extend anything, make a real big thing out of it. In my imagination I can extend a single thing I may have seen to a limit even I may have never thought.

D: For example?

P: Like I watched an episode of *Ninja Turtles*, and then I had a whole movie of three or four hours

going on inside of my mind. It seemed that three to four hours just went on extending, extending, extending... like after this thing that will happen, then this, then that... To enjoy myself I just go on adding incidents. In my thinking only I go on enjoying myself. Because of this, my obsession, I would make sticks out of paper, out of ball point pen refills, things that can be moulded. Then I just start shaking it and really go mad in my imagination. There is no limit to my imagination; I can really do any, any, any damn thing in that. 3

D: For example?

P: For example I can, myself, become a robot. I can change my whole physical state. I can become anything; animals, cars, anything. Or I can participate in something, or I can be another person.

D: Give me one example.

P: If I see something thrilling I think about it, and then I just shake that stick, I just go on shaking it, and then my imagination goes on working. And then if I have seen a movie or a cartoon of a robot, then I can become the commander of the robot. I have my own robot... I can control it and try to destroy many people, and anything can happen. 4

D: How does the shaking of the refill help?

P: In my imagination, in my mind I can see pictures by just shaking that.

Mo: He has had this habit since the age of four or five years. If he saw something exciting, he used to shake the refill. Then he used to do it very openly and he used to get engrossed in that. He would do it in front of everybody. We used to tell him not to do it, but he would not stop. But nowadays because we do not nag him he does not do it openly.

D: What would he do before?

Mo: He used to do it openly. He would be holding it in his hand, the refill or whatever he had, and he used to stare at it. He used to shake one of his hands and make faces.

D: Please show me what it was you used to do?

P: I cannot do it in front of everyone, I have lost the habit because I know there are people sitting in front of me. I feel: "What will they think of me?" They might wonder if I am mad, or something of that sort. I look mad when I do that, I look really mad.

Mo: If he did not get a stick he would make one out of it and shake it.

D: Show me.

(He rolls a piece of paper into a stick bent at one end.)

D: Is this the shape you always make?

P: One of them.

D: Then what do you do?

P: I just go on shaking it and then... gone! I am gone into another world. My other hand keeps moving any way when I am engrossed, only it does not hit anything. Only no one should interrupt me.

D: What happens then?

P: I hit them. I go mad. Actually, I do not go mad, just become very angry.

Mo: He has a very bad temper. 5

D: What do you feel when interrupted?

P: I get very angry. I am in my own fantasy world, where anything is possible for me only. I can do anything. I am the boss. So, when someone interrupts me I get really angry as to why someone is bringing me back into this world where I cannot do anything of my own. 6

D: You cannot do anything here?

P: That is what I think at that moment. Actually, I am allowed to do many things that I like. But there

are many things which I like and which I am not allowed to do.

D: Like what?

P: Like if I want to take my own decision about something. Like if I want to go to a friend's party, I will tell my mother I want to go. She will ask me: "Why do you want to go? You must not go." Nowadays she has stopped that, but mostly she used to do this. She would say: "You go to parties at night, you might fall into bad company, acquire bad habits." And I would say: "What bad habits are you talking about? I can look after myself, I can resist anything." I used to like going to my friend's parties. Then if I was allowed she would ask me to return at 8:30, sometimes even 7:30 in the evening. So, she fixes the time for me to return. Mostly, I listen to her. But sometimes, I may have some work, like I may be talking to a friend. Then I say: "Mother, not today. I have got some work." But she refuses, saying that I am in the tenth class and I have to study. She knows that I do not study at night, no way. And she calls me at 7:30 and herself comes at 8:00 o'clock. What should I do till then? I do not have the keys. So actually I am free. But when there is something that I really want to do, I am obstructed by my mother; sometimes by my father, too, but very less. 7

D: (To the mother) What do you feel?

Mo: His father is not at home, so I have to look after him. I have to tell him that he should not be coming home that late. But he thinks I am nagging all the while. If I do not tell him, for example, if he is watching TV during his meal, he will take ages to finish. Only if I repeatedly ask him to hurry up does he reach in time for class, for his tuition, etc. Nowadays, he has learned to be responsible, otherwise he is very careless about everything: keeping clothes, books, time.

D: (To the patient) What do you have to say now?

(He gives no reply.)

D: What are your interests and hobbies?

P: Living in my fantasy world is my interest, because I do not like this... going to school, coming home, then tuition, then home, then prayers, then come home and sleep... it is like a routine. That I do not like. So my interest is to live in a fantasy world. Scholastically, my interest is in engineering because I like to make things.

D: What things?

P: Anything, provided I am taught to make things. If I am a civil engineer I can make bridges. If I am an electrical engineer I can work on computers, make different things. My mind goes that way. 8

D: Tell me what are the various things that happen in this fantasy world.

P: That is really tough because I cannot remember things in that. It is like a dream; for sometime I am there, but I do not remember once I come out of it.

D: Tell me what are the things that happen, from whatever you remember.

P: I do not really remember the appropriate things. It is like a movie I watched and liked very much, and I want to exaggerate that movie.

D: What are the movies you liked?

P: Fights; all types of movies with fights. For example: "Terminator" and "Rocky". I really like guns and weapons.

Mo: He likes all sharp objects. He used to keep a small knife in his pocket. 9

D: So, your fantasies usually involve fights?

P: Yes, fights and intellect. I am a very intelligent person. I am an advisor of someone, and without me they cannot do this or that thing. I can use my intelligence to save them. Everything is me, everything is about me. 10

D: For example?

P: For example, I am a very muscular man, so I fight. I know martial arts, I fight. I am a very intellectual person; I work on computers, make something that is very drastic and use it.

D: What do you mean by "very drastic"?

P: Like something very big, very devastating, very, very unusual. Like making a robot, getting a dead man to life. It is impossible, but in my dreams I can do it. 11

D: What is happening in these fights? Suppose you see "Terminator" or "Rocky" what will happen?

P: Instead of the hero being someone, I become the hero. Then I fight, and the opponent is much tougher than me. Then too, I defeat him. I know that he is not going to be defeated by me, yet I try, try, try, try and get him.

D: These are the usual ones?

P: Yes, mostly fights only. I want to get someone's secret, I go and get it. Then I run from here to there to save my life. I save my life, I reach my destination. There are people following me. I go on... chasing them, kill the leader. It is like the movie itself. 12

D: Then what happens?

P: Then it is over.

D: Then you come out of it?

P: Yes. Actually this kind of a dream has never come to an end till now.

D: Meaning?

P: Like I told you I reach the destination, there are people still following me, I kill the leader. Then that is ended. But it is not over because something or another comes out and involves me much more, so that none of my imaginations has come to an end with the mould I make, not a single one of them.

D: How do you come out of it?

P: Someone shouts at me.

D: So, if someone does not shout, you would not come out of it?

P: Probably, if I get bored. If the same things are happening and happening, and I am going on chasing and chasing and nothing more, I get bored. Then okay, I am back in this world. Then again something strikes my mind, and again I shake the refill and again I am in my fantasy world. So, none of them have really come to an end.

D: So, do you want to keep those fantasy worlds, or you do not want them? What is your feeling about that?

P: I want to be in the fantasy world because I like being in that situation all the time, very, very, very active, which I am not.

D: What do you mean by "very, very, very active"?

P: Like if I am fighting, I have to be very, very active. I do what I really want to do. I am free. 13 13

D: But are you not fighting there?

P: Yes, I can kill people, make them alive, I can do so many things. So, I am free to do anything.

D: (To the mother) Can you tell me a bit more about him, his temper and his childhood?

Mo: Actually, he is a very emotional child. If he sees a beggar on the road he gets hurt about it. He feels this should not happen to the other person. Or if I am not well, he is very caring. 14

D: What else about him? Say something about his temper.

Mo: When he is in a good mood he can bear anything.

P: I am never in a good mood.

Mo: But he is always in his own world, never wants to come out. You have to push him to meet people. If I push him to talk to someone he will say: "Hi. How are you?" That is all. He likes to talk to

only a few selected people. He sits alone, watches TV, does his work alone.

D: What about his temper?

Mo: Very bad. My God, whenever he gets his temper he does not know what he speaks, how he behaves. He could say anything in front of anyone which could hurt others, and he would feel sorry for it later. And nowadays he gets along better with his sister who is four years younger than him. But usually, they are always fighting. He hits her, shouts at her angrily. Whenever he shouts, his eyes get red and he does not know how to behave. He starts shouting, and nowadays when he is watching a movie he starts behaving like the hero who hits the wall. He starts banging the wall. If I am in front of him and he knows I am not going to react, he starts banging. He has to let out his anger. 15

P: I do not like to keep my anger to myself. It might be a small mistake. If I remove the whole anger it will be really bad for that person. And if I think my sister won't tolerate any more I keep silent, I sulk sometimes, sometimes I hit the wall.

D: Do you get any dreams when you are sleeping?

P: Yes, but I do not remember them.

D: Are there any that you do remember?

P: Real frightening ones earlier.

D: Tell me about them.

P: Frightening. I would be alone in the dark and someone used to come. I do not know what it was, but I used to shout and wake up with a jerk. But now I am not afraid of anything. 16

Mo: When he was small, he was afraid of the dark, of being alone, of ghosts. He would never leave me alone, would always tail me.

D: What used to come in the dark?

P: I do not remember what, but something very frightening used to come to me. I was really frightened, I never used to stay alone or go in the dark.

D: Stay alone meaning?

P: For example, now I can be alone in the house when it is empty and the lights are on only in one room and the rest of the house is dark. Earlier, even if there was everyone with me and there was some darkness besides me, I would be afraid though I was sitting in light. Or I would also be afraid if there was darkness outside the house. But nowadays I like darkness, I like being alone. I like to think about things, about myself and everyone. Sometimes I get depressed and then I feel I should be alone.

D: (To the mother) Anything more about him as a child? You said he used to be afraid; of what was he afraid?

Mo: Of any damn thing. He never used to leave me. If I had to go to the bathroom I had to keep someone with him. I could never leave him, he used to start crying. He never used to stay in the dark. 17

D: What illnesses has he suffered since childhood?

Mo: When he was eight days old he had jaundice. When he was eight months old I had severe jaundice, and I was breast feeding him. Then again at the age of five years he suffered from jaundice, and it recurred four years ago.

D: Since when did the cold and cough start?

Mo: Since childhood. I think it is due to me. When I was pregnant with him I had a severe cold and cough. I used to take medicine from a general practitioner. I also used nasal drops, I became habituated to them.

D: What was the type of cold and cough during pregnancy?

Mo: Very severe. I had a running nose, mucus from the nose. There was always a nose block. All this was because I did not understand, there was no one to teach me anything. The climate did not suit me. I used many nasal drops frequently. If I did not use them I felt I would choke while sleeping. Even during labour I had my nasal drops with me. During pregnancy I had watched these movies, "Omen", "Exorcist", all horror movies. 18

D: Why?

Mo: I do not know, I just liked that. And I thought that my child would come out to be a strong person. (Laughs.)

D: (To the patient) Do you like horror movies?

P: Now I like them. Earlier, never.

D: (To the mother) What was your state of mind during pregnancy?

Mo: Do I have to relate all that? Actually I am from a very large joint family. We had shifted out of Bombay due to the business. My husband and me cannot communicate at a certain level because what I think as right is wrong for him. I am very free in my thoughts and he is very orthodox. There were business problems when I was pregnant. I am very extrovert, and I had to stay alone. I like being with people, joking, talking, laughing, but at that time I was always alone. There was only the servant with me. If I had to go to the market or to a movie I had to go with the maid. My husband never accompanied me. I was taking the pregnancy for granted; it was just for the heck of it. It was not planned but I wanted a child. I did not think I could take the responsibility. I, too, have a bad temper at times, and when he was born and he used to cry at night, I used to hit him. 19 I did not understand that it was only a phase for me. I had a very early marriage and a child very early as well.

D: How old were you?

Mo: Fifteen and a half when I was married, and nineteen and a half when I had a child. In my mum's family we are very free to talk about everything, but here there were restrictions. 20 And though I took it all it might have affected me subconsciously. But nowadays sometimes I feel depressed. I feel I have wasted my life for nothing because I was a very good student. I wanted to study. That is the problem with me; because I have not studied

I always insist that he should study well to take him to the top. 21 He has good brains but he does not make the effort; that is what irritates me.

D: So, what were your feelings during pregnancy?

Mo: I do not really remember. I think that was a phase when I had a fight with my husband, and I had said that I would go to my mother's place because I could not tolerate anymore. My husband has a very short temper and a very suspicious nature. He has his own complexes which he has not sorted out till date.

D: So, what were your feelings?

Mo: Actually I felt that my mum and dad have done the wrong thing for me, and that this was not the right place for me. I felt that I should run away from here, do something else. 22

D: Do what?

Mo: I am not clear about that. But I have this feeling that I have to do something before I die, I have to make a name for myself, to reach somewhere. I think that every human has the aim and goal. But now I think I have lost my likes and dislikes, everything.

D: What was your aim and goal?

Mo: I wanted to be a pilot or a doctor. 23 At my parent's house I did not even get the opportunity

to see my talents. My grandfather used to dominate the house, though he was humble, mild, and we respected him. My father, too, wanted me to be a doctor, but we were not very clear. I was in the ninth class when I got engaged, and after I finished the tenth I was married. But I always have the urge that I have to do something. I do a lot of social work in the community, but I have the feeling that I am very much behind other people. 24 And I have the feeling that I have to be whatever I hear from other people about myself, that I have good brains and abilities, and that I am wasting. My son also knows that I have a good brain and encourages me a lot. So I feel I have to do something, though I do not know what.

D: What would you like to do if you had the choice?

Mo: Adventurous things, to be a pilot. To help others. The first priority for me is to make my children good human beings in a sense that they should be well educated, well mannered, well behaved, on their own.

D: What dreams do you have?

Mo: I do not remember. About day to day things, nothing specific. If I forget something I remember it in my dreams.

D: What are your interests and hobbies?

Mo: Reading.

D: What?

Mo: Any kind of good literature. I read the newspaper daily. I read novels and stories, any damn thing which could hold me. I like religious reading also.

D: What about movies?

Mo: Nowadays they do not interest me.

D: What about earlier?

Mo: Anything with a good storyline, emotional or revolutionary. Not those that show the same code of conduct of society, happy families, that all good things happen. For example a movie out of the commercial route, an art film. But I can also watch a commercial movie.

D: Why did you want to watch horror movies during your pregnancy?

Mo: I do not know, it was a passing phase. Someone had told me as a joke that I would have a child like Ali Baba if I did. But it was just a coincidence then that when I was shopping with my brother we saw such a movie running and we went for it.

D: What was the movie?

Mo: "Omen", "Exorcist", "Black Magic".

D: Tell me about your husband's nature?

Mo: He is very short tempered.

D: What is his occupation?

Mo: He has many businesses together with other members of the family. We are a joint family. Actually he cannot take things practically, he gets very tense about trivial things. When he is angry he starts abusing.

D: Which of you does your son resemble in nature?

Mo: His anger is like his father's.

P: I am more like my mum.

D: How?

P: I understand things faster than my dad. I matured faster.

Mo: That is because of me. My son and I, we have a very cool relationship, we are more like friends. I can talk to him about all my personal problems, though he cannot take it often. But he does

understand and he is supportive.

D: Tell me about your likings in food and drink.

P: Spicy, sweet, fried.

Mo: He is obsessed with food, he loves to eat. He likes Chinese food. He does not like milk, cheese, butter, oil and fat. 25

D: How much do you perspire?

P: Quite a lot, even in winter. I perspire on the face, neck, underarms, palms and soles.

D: What position do you take in sleep?

P: On the chest.

D: Which weather do you tolerate better?

P: Winter. Nowadays I feel weak, mentally as well as physically, though I took part in the tug-of-war and won. But I feel weak in myself, like I have been weakened by something.

D: By what?

P: I do not know what. Nowadays I get tense also. This was never there before.

D: When do you get tense?

P: I am tense regarding my studies. I have a lump on the side of the neck.

I wanted to look over his case and examine a few things before prescribing, so I asked them both to wait outside for a while. The patient came in by himself a couple of minutes later, and hesitatingly confessed to having the "problem of masturbation". He felt it was wrong yet persisted with it.

I then spoke to his mother alone and again asked her about her state of mind during pregnancy. 26

D: What was your main feeling during the pregnancy? It does not seem like you were happy then.

Mo: Maybe... I do not know. Actually during pregnancy one would think that the husband should be caring. But my husband was always involved in business, always, and he never thought twice before giving me any work or asking me about my health. I wanted that someone should be considerate. At that time one of my nephews was very considerate. We had a very good, friendly relationship. My husband was suspicious, he did not like that and made a scene about it. I thought: "Enough! I will go to my parent's house." But my mum made me understand that it was not right and made me go back. Till date I feel that going back was a mistake. I feel about my husband that I have not got what I deserve. Then I went back and life was the same, as usual.

D: What were your feelings when he suspected you?

Mo: I am extrovert, very free, can talk about anything with anybody. I used to talk to him. This was an arranged marriage, and I was not happy from the beginning. I did not want it. I always told him that I did not love him and that I only adjusted.

D: Why did not you want it?

Mo: My husband is seventeen years older than me, and he is not educated although neither am I. I had a picture like any other girl, that I would get a very handsome husband and he is just the opposite. For every trivial thing he overreacts and I do not like that. He does not talk like a mature person. If he is angry he will curse; maybe it is in the family background. 27 For every small thing...

D: What feeling comes up in you?

Mo: Twice I attempted suicide, once early in the marriage, soon after we were married. 28 I always thought... (Weeps.)

D: You always thought...?

Mo: I am sorry. I always thought that my parents did injustice to me; I still have that feeling. There was no question of my choice or opinion. I was married into a family that felt that the daughters-in-law are only for work, that they should cover their heads, keep busy in any situation.

D: What was your feeling in that situation?

Mo: I have been made a scapegoat because of tradition. My father thought I am getting a good spouse, house, rich family (we were middle class). My husband's family must have thought that they were getting a beautiful bride for their ill-tempered son. My feelings were just strangled. 29 But I still keep adjusting, I am never rude. I do not like talking about my feelings to others, not even to my mother; I keep them to myself.

D: What were your feelings when your husband suspected you?

Mo: I felt like going back to my mother's house, but she sent me back to my husband. I thought that I could not end my life because I had to think of my child.

D: When was your first suicide attempt?

Mo: Early in marriage. My nephews are all older to me. They get along very well with me, that my husband does not like. Others in the family talk about this, show their feelings about it, which makes me suffocate.

D: What do they do?

Mo: They show feelings like they are so close and they all love each other, but inside they fight about everything.

D: What do you feel?

Mo: I feel very let down. I do not deserve this. My mind does not work like theirs. I start crying alone. I do not like crying in the presence of others. 30

D: Why?

Mo: I do not know.

D: What incident led to the first suicide attempt?

Mo: One of my nephews was appearing for his first postgraduate exams. He and me get along very well. I used to care for him. My husband would be gone all day, and I used to live with my in-laws. I am friendly to them but not to my husband. I used to make tea for my nephew, I used to oil his hair. My husband used to feel that I was doing things for my nephew but not for him. Now I feel I do not go beyond limits, show more care. Then, I was naive. These things would be taboo. He would bang the door and shout. I used to feel that if he was angry he should just slap me, say whatever he wanted to me, but not in front of everyone.

It made me feel insulted. I took twenty antihistaminics. My sister-in-law suspected something and made me vomit. 31

D: And the second attempt?

Mo: Similar to this one. We had had a feast, and something similar to this incident had happened. I had had enough. I was not allowed to go to see my mother, and there was no one to talk to other than my nephews who were very close to me, and my nieces.

D: Do you remember any dreams?

Mo: No.

Case analysis

The most peculiar feature of the case is the patient's habit of fantasizing. While fantasies in themselves, especially at his age are not so uncommon, it is the nature of his fantasies that is unusual. While in his real life he feels that he is not allowed to do many of the things he wants, in his fantasies he can do what he wants and much more. He can do the impossible; he can create, destroy, can control and command, can make things, can bring the dead to life, can kill. He enjoys absolute power in his dream world.

The other striking aspect of his nature is his anger, where he becomes almost mad: abusive, out of control, violent, striking, banging the wall. He has a fascination for violence, fights, guns, knives. But on the other hand there is the fear that something would come out of the dark to get him. This was especially apparent in his childhood when he would cling to his mother, but it is not so prominent now being inappropriate at his age. The fear in the dark and the fascination with weapons, as also the ability to destroy and kill and do drastic things in his fantasies are two sides of the same coin. The feeling or fear is of being killed and the corresponding action is an impulse to destroy or kill.

From the mother's history one can see that she is a very ambitious woman: she had wanted to be a pilot or a doctor, both professions, and especially so the former were not things that women ordinarily opted for in her day. But her ambitions not being realized she wants that her son should study and be at the top. And she yet has the feeling that she wants to make a name for herself before she dies. Also, the boy fantasises that he is someone really great, the ultimate power. The rubric one can select is: "Ambition much" in the Complete Repertory, or "Ailments from ambition deceived".

Also, in the mother's history you see the repeated attempts at suicide as she felt trapped in her situation. There is a kind of desperation here; seeing no way out she wants to end her life. This is the syphilitic miasm. There seems to be this kind of desperation also in the boy's anger; he bangs himself against the wall in anger. Also, note the way in which he talks: he uses expressions like "very, very, very angry" often, implying that everything is in an extreme degree. This is also a feature of the same miasm. The suicidal attempt of the mother is also an extreme stand. In the boy's fantasies he is both the creator and the destroyer. The fear of being killed and the corresponding action of wanting to kill are also features of the syphilitic miasm. *Mercurius solubilis*, which is the main remedy of this miasm, has the feeling of being dominated or suppressed, of not being allowed to do what he wants and so he reacts with violence.

Also, both in the mother and the son, there is the fascination with horror. At the same time in the case of the boy you see the fears. Further in the mother you also find the feeling that she deserves much more, that she does not fit in with her husband's family, that she is in some way apart from them or not like the rest of them. There is in her an egotism, and some amount of contempt for others.

So, the main symptoms of the case are: a feeling of absolute power; a feeling of being someone great who can create and destroy anything or anyone at will; very ambitious or deceived ambition; a fear of being killed and a desire to kill; violent anger; a fear and fascination with ghosts; suicidal disposition; and egotism.

The remedy that I gave to the boy, and later also to his mother was Platinum.

Rubrics:

- Delusion, great person, is;
- Delusion, superiority;
- Ailments, from ambition deceived;
- Fear, murdered, of being;
- Kill, impulse to, at the sight of a knife;
- Suicidal disposition;
- Egotism;
- Contemptuous;
- Delusion, illusions of fancy;
- Destructiveness;

- Fear, of ghosts;
- Unfriendly humour;
- Contradiction aggravates.

He was given one dose of Platinum 1M on 20.12.94.

Follow up

12.01.95

His cough and cold are better. His concentration is improved. Previously when trying to concentrate the thoughts would come to him. But his temper is still very bad. He loses his temper at trifles, does not realize what he says at the time, but apologizes later. He has no control on his temper.

He has "funny" dreams of his friends joking about him, and he is laughing in tum. He used to feel very bad and get very angry if anyone actually did that. Now he feels okay about it, but in the dream he is laughing. 32

His habit of fantasizing still remains.

Placebo was given.

28.02.95

Fantasies are less. He spends five hours a day with his fantasies. Earlier it was ten hours a day. The content of the fantasies is the same.

He is not able to concentrate and gets distracted easily.

He has pleasant dreams.

His temper is less.

Placebo given.

25.03.95

Mo: He has become very lazy in a way that he detests exercise. His irritability and anger have reduced. He is more sensible; he thinks and answers or he controls his anger. It is not like earlier where he used to widen his eyes and bang things. He does not do any of that anymore. But that thing is the same: once he is in the toilet he remains there. Let it be half an hour or forty-five minutes, he will just be there. We have to remind him to come out. Now because he knows that he has got his exams he is quick. But if he knows that he has time he will just sit there.

(While she is talking the boy laughs and makes expressions as if to imply that he is ignoring her.)

Mo: He is better in his anger. And he concentrates better in his studies. I do not have to push him around. Earlier I always had to push him. And he has become a bit cool. He does not retaliate or shout.

D: (To the patient) What is the change in your mood?

P: The irritability has reduced a lot. I do not get irritated at small things. Unless my head is paining, and then if somebody even says a small thing..

Mo: Yes. If he has a headache you just have to say a small thing and he will blow up.

P: It is okay. Whenever someone teases me I just tease that person back. I do not get angry at that person or shout.

D: When you first came you told me that you had some feeling of sadness inside.

P: Yes. That is not there anymore.

D: What was the sadness?

P: I do not know yet. I do not know.

D: What was the feeling?

P: Something sad. I used to be very serious. All the time I used to be very serious. No laughing, no

nothing of that sort. Sadness, like if I even saw a small thing that was sad, a small thing also, I used to be a thousand times as sad as what that thing used to be. But now I do not feel anything of that sort, only the emotional part. For example if I see a disabled beggar it is something different. But that sadness, that seriousness is gone.

There is one more thing and that is that I have to go to the toilet quite frequently.

D: Are your studies going well?

P: Yes. Much, much better. Now everything has improved. My handwriting is better, the content of my answer is better, the manner of writing is better. First I used to go on writing what I read. Now I can elaborate on things much more better. And whatever is there in my memory I can put to paper very, very well. I can express all the feelings, try to express and most of them are expressed.

D: You said your concentration is better. What used to disturb your concentration?

P: The fantasies. Something or the other used to strike my mind and then I am gone. I have a book in my hand, I know I am reading it but I do not know what I am reading. I just go on reading but I do not know what I have read.

D: And how is that now?

P: It is very, very, very good. What I read is memorized. I do not have to go on memorizing things; I can memorize things faster.

D: Is it that you do not go off into the fantasies as easily as you used to?

P: Yes.

D: How did that change?

P: Maybe because of exams. Consciousness of exams has affected my studies, and that has affected me a lot in my mood. This might be the cause. When I am conscious that I have got to study I have got to study. I cannot do anything else. I am only studying. I can go off into my fantasies but I do not because I know I have to concentrate, and this habit goes on and the concentration time goes on expanding. That might be the reason. 33

D: Was it like this in the previous exam?

P: No. No way like that.

D: Why?

P: Because I knew that after that I have one more chance. But now I know that if I miss the chance I am gone, I am nowhere. That might be the reason that I am more conscious of my studies now than I used to be before.

D: Do you feel less need to go in your fantasies or find less time?

P: Both. The thing is that I have to enjoy myself. Fantasies could easily relax me because I did not have to do anything, except think of something that would appear to me with my eyes open. And plus the time is not there now.

D: What happened to the need for those fantasies?

P: They have decreased now because I am occupied with my studies, and I find the enjoyment in my own studies. So, I do not need something else to relax me. First I used to study twelve to fourteen hours and then I needed a break of one hour to watch a cartoon film. Now I do not need the break and yet I am fresh, not dull. Earlier I used not to study. That has changed.

D: How much, would you say, has the need come down?

P: About thirty to forty percent.

Placebo given.

Comments: The need to fantasize has reduced and he is able to find enjoyment in his work. He is moving towards health.

03.08.95

Fantasies are less.

He has unpleasant dreams of robbers, of being threatened and escaping, of falling.

His temper is still there.

His weight is increasing.

Placebo given.

14.09.95

He has a cold and a cough.

He is very irritable.

His fantasies have increased.

Urge to stool after eating.

Platinum 1M, one dose, repeated.

21.04.97

He had not been taking treatment because he was giving his twelfth class exam and his management entrance exam.

He says that how much ever he exercises he is not able to lose weight.

He gets his fantasies only when he is free; when he is busy they are not there at all.

His fantasies are no longer radical like they used to be. Earlier they would be about destroying the world. No destructive fantasies since the last weeks. No destructive thoughts. Earlier they would be about things that were impossible. Now they are about possible stuff. He still fantasizes about being the hero and getting people out of trouble. He spends at a maximum one hour a day on his fantasies. Earlier it could be five to seven hours, any amount of time.

He is able to rationalize and think, rather than react sensitively or get angry. But since the last two days, once again, he is angry at trifles. The temper is probably because everyone is "eating his head" that he should lose weight. He tries to control his anger, but is unable to. He realizes immediately after it is over.

He no longer gets his cold and cough.

Occasionally he has cramps or catches while playing badminton.

He is cheerful and confident most of the time. He is able to have a good time. He can laugh and make others laugh. He can also appreciate other people's humour. He can tolerate jokes about himself, and can make jokes about himself, too. He can understand that it is only a joke and not get angry because of it.

His aim is to do hotel management and then specialize in catering. He did his exam well, and is satisfied with his career choice. He is sure he will be happy with it.

He is cheerful when everyone is having fun. He is able to enjoy things that he earlier found boring, for example watching documentary films on TV.

Platinum 1M, one dose, repeated.

Comments: He has moved from failure towards success. He still needs to continue the treatment.

24.06.97

Cold, cough, fever from getting wet in the rain.

Short tempered again; trifles aggravate. Wants to do things his way, and gets angry with regard to such issues.

He had attended a personality workshop, where he was told that he was arrogant. Since then he feels that he can relate better.

He has horrifying dreams of someone coming out of the dark, catching him and trying to pull him

into the dark.

One dose of Platinum 1M repeated.

He stopped following up, but I hear from his mother that he is well, and is able to concentrate on his work and perform well.

Diabetes

Platinum metallicum

Case 4

A thirteen year old girl, Ms. G.A. was brought to me in November 1995 with Diabetes (Maturity Onset Diabetes of the Young). Her blood sugar measured 270. She had not been started on insulin as yet. I had prescribed for her Calcarea carbonica, but could see soon in her follow ups that the sugar levels did not come down. In a follow up two months later she spoke of her classmates thus: "I have a difficulty in adjusting to my classmates. I got the award for being the best behaved girl in my class. I am ambitious. They all want to pounce on me, cut me up, tear to pieces. I want to answer frequently in class, the others are jealous of me." These expressions, I could not understand in the context of her case, as I had taken it earlier. So I retook her case, and it went as follows.

P: I told you about the debate that I won. I desperately wanted to go. They finally gave me a chance. I won it. Then the full class started behaving funnily towards me, like they could not accept that I had won the debate. And since then they do not let me answer properly and cut me down. They always comment on what I am saying. The teachers have started liking me now. I am coming first in my class and my classmates had not expected this. I am more confident now, am participating more. I think they are jealous of me. I feel they are very artificial with me. Now I have very few friends, only three. Before I used to be very friendly with the whole class. They do not let me answer properly in class. They are fault finding. I tend to get irritated. Most are jealous, their faces become red! 1

If the prefects change their places, it is okay but if the rest of us do it we get in trouble. There is a lot of favouritism. These girls irritate me. They want to boss over you. I cannot even back answer them or they will give me a bad remark. They misuse their rights. They let their friends do what they want. If you have a badge, do not misuse it. They actually try to boss you and put you under some pressure, like a huge thing fallen on a small thing. 2 If you have a position in the eyes of the teacher, they try to get you down from that position. They try to get you down from it and themselves up. 3 They are trying to spoil your image in front of the teacher, trying to help the teacher and they are trying to put me down and themselves up in the eyes of the teacher.

If I take a stone and put it on a small weak plant, the plant will nearly die out that way. I feel they have put something on me and are trying to make me as small as they can in front of the teacher. 4 They are trying to force me not to do something even if what I am doing is right. A prefect asked me to do something. She said: "You have to do this thing. Do it neatly, okay!" And in the "okay" I felt this force and pressure. She could have said it nicely but this was too strong. I felt like back answering: "Please tell me politely or I will not do it. You are not any great person because you are a prefect." 5 I would like to say: "I have done my duty, you do it now." They are trying to find a mistake, even if there is no mistake. 6

D: Do you want to change your school?

P: No. I like my three friends. I do not think I could go to another school and cooperate with them. These teachers know me well. I would have to see to it that I cooperate with the class, make friends and do my work. 7 I want to see the reaction of the class when I am in the tenth class and I have really worked hard and have broken the school's record, when I do really well. I really want to beat them and do better, get much more than them. I want to score ninety-four percent when the others

would have scored eighty-five. I want to see a change in their manner of talking. If I come first in school, I want to see the reaction on their faces, the change in their moods. 8

I want to see them come to me and say how sorry they are for how they treated me. When I won, they said they should have selected me for debates before. All those who put me down before I want to see their reaction when they say how sorry they are for what they did. Then I will have won my battle. I have fought out all these things and done something to get to this position. 9

D: Why do you want this?

P: I think the teachers are very partial with regard to the exam papers. At the board exam, there can be no partiality. That will show the real capability of each student. It will be a real result.

My ambition used to be to become a prefect. So now my ambition to be a prefect is gone. I wanted to have the feeling that I am someone and hold responsibilities. I am the youngest in the family. I have always been treated just as a child. They say: "She is a kid, she won't be able to do anything." That is why I wanted to be a prefect, to be given real responsibility. 10 I have only one aim: I have to do well in my boards. 11 My second ambition is that I want to remove this thing (Diabetes) by exercise, diet, anyway I can. 12

D: Suppose you do not do well in the boards, what will you feel? 13

P: I will feel a useless person. You are a failure if you have one ambition and you do not complete it. 14

D: What do you want to do in life?

P: I want to be an animation artist. I was influenced from watching the film, "The Lion King". I am good at drawing cartoons.

D: Do you have any other ambition?

P: I want to start a play-school. I used to talk to the younger kids and teach them and they used to give me the correct answers. The teacher wrote of me that I had shown great capability in handling children. 15

(Her mother, who was accompanying her, described her nature thus.)

Mo: She is a very loving and warm child. Her teacher has to say that she is a darling in class, is the best behaved girl. She bridges the gap during arguments. She is very contented. When they open their lunch boxes she never makes a bad face at whatever I send for her. She accepts things very fast. I have never seen her fighting with any child.

She wants to shine like her sister. She had long desire to be prefect. She is being considered but the recommendation is that she has to manage her time better. My older child has been given the best student award. To be just toppers in school is not sufficient, you need to address behaviour. My husband was topper, scored ninety-five percent and that was not sufficient, you need to be best at all areas. How do we control our emotions? This is very important.

Now my younger child... you cannot speak everything you want in school.

D: What dreams do you get?

P: Of dogs.

Mo: I made them ambitious and yet you also have to be happy. 16

D: Dreams?

P: After 6:00 am I get some dreams, but I do not recall them.

D: What dreams do you remember?

P: Before the names of the girls who had been appointed as prefects had been announced, I dreamt that we were all in the school auditorium and they announced my name as one of those appointed. I could see myself getting up and running to the stage and I shook hands with the principal of the

school and felt as if I really became a prefect. 17

After the prefect body was announced, I had this dream: I was painting and the Art teacher said: "This is wrong." Then my English teacher came up to me and said: "Everything you do is wrong!" And she tore up my painting and threw it in the garbage and abused me verbally saying that I did not do anything right and do everything wrong. "You are useless, nothing, an idiot, useless bumpkin." Then I changed my school, gave my exams and I became the topmost painter. The art gallery was full only of my paintings. The English teacher walked in and apologized, she said: "I do not believe it. You are so good while earlier you were so bad." I became the most famous painter of that time. 18

I also have this dream that two top Indian film actors take me on a motorcycle to Los Angeles where I see a lot of characters out of the TV serial "Baywatch" and I party with them, enjoy myself and become a lifeguard. 19

I love dogs very much. I carry a picture of a dog in my wallet. The dashboard of our car is full of pictures of dogs.

I had a dream that my cousin gets married to a woman who stays in a small hut and they have a small cuddly dog and I had a huge dog, almost my height which is very fierce. Their dog tells my dog that he is not happy with his masters and that it wants to have me as its master. So I have both dogs and they are really happy with me. I give them the love they want and they give me the love I want. 20

I tell my sister every third day to get married so that I can get a dog. My mother has promised that when my sister gets married I can get a dog. Mummy does not like dogs and my father is particular about neatness. 21

D: Why do you like dogs?

P: It is the only animal... I find animals better than humans. Humans have all these dumb emotions: jealousy and hatred. If you give a dog happiness, it will respond with love. A person jealous of you can harm you anytime. Human beings listen to others and do not follow their own decisions, they do not use their own brains. If an animal is not receiving proper attention from its master it will leave. If another person tells the dog that his master is not good, the dog will not leave or be influenced by that person. A person can instigate two people against each other.

D: Do you have any physical problems at all, any aches and pains?

P: No. Only once when Mummy was away and I had eaten in a restaurant, I felt giddy and vomited, so I ate very little.

(Her sister interjects.)

Sis: I went through the same kind of torture. I turned into a totally different person when I got out of that school. People say I am not the same girl. They suppress a person. I used to be irritated easily because of the pressure. I have become what I am now.

Mo: It is supposed to be the best school and I meet with the principal every weekend. The teachers turn the girls into these types of children.

D: (To the patient) What is your feeling?

P: Even if you have written the same answer as someone else you do not get the same score. The teachers are horrible. I feel I should have taken revenge. If the teacher had been in my position I would have given zero points out of ten instead of seven points out of ten. 22 Even after I have done so much and worked so hard, why have I not got the marks I deserve to get? My feeling is that either you should be at the top or you will be at the bottom and will be nothing. The teachers have set opinions about the children, which do not change no matter how hard you try.

If I have lost some weight and someone notices, my mother says she has to grow even thinner.

Whenever we put in an effort my mother comes in and takes away credit; she says: "I did it." I like to be appreciated, but my mother takes all the credit away.

Case analysis

Her perception of her reality is as if a huge pressure is being put on small thing, and try as hard as you want they still push you down. There is a desperation, and this indicates the syphilitic miasm. She is struggling against impossible standards. Her feeling is that unless you are right at the top they will push you down and humiliate you, and so you must reach the top. The need is for great performance and achievement and the feeling is that if I do not make it to the top, I am nothing.

This great need for performance is usually a feature of the metals. There is also the feeling of being attacked and the need to fight and battle it out. Attack and defence are also features of the metallic group of remedies. In her the aspect of performance is more prominent than the features of attack and defence. Also the remedy is syphilitic. These indicate that the remedy that she needs must be from the third line of metals in the Periodic Table.

How does she react to this huge weight pressing down?

Where there is a sensation there should be a corresponding reaction. The remedy should be found in both, but sometimes is only found in one of them.

She perceives a force crushing her down. This is her sensation. She is being isolated with this pressure. She is being isolated because she did well and because she is better than them. Because she is trying to go on top, they push her down, crush her, put her down. Her reaction is to rise to such dizzying heights that no one can push her down and crush her. It is a desperate situation. Her feeling is: "Okay. You want to crush me, but just wait for two years when I will beat you so badly. I will break the record and will be way above all of you. I want to see the reaction on all your faces then. I want to win." She feels that when she wins people will recognize her real worth.

She feels that others make her appear very small, like rubbish, like she is useless. She has been treated with contempt and she acts contemptuously. The rubric for her feeling is: "Ailments from scorn". And the rubrics for her reaction are: "Ambitious", "Contemptuous", and "Malicious".

She has dreams of dogs, but again in the dream the themes are of big and small and of her being the best master. So it is these themes to which attention must be paid, rather than simply taking the symptom: "Dreams of dogs".

Another observation is that during the case interview the patient's mother is dominating. She is putting a lot of pressure on the child by saying that everyone in their family is the best, she goes to the best school, etc. This must definitely aggravate the girl's state. Further this can be irritating for the physician. If the physician gets angry in the case he has to see what provokes that anger in him. Here the reason may be because the mother is putting so much pressure on the child. One also learns about oneself by examining the feeling it provokes.

Rubrics:

- Ailments, from scorn;
- Ambitious;
- Ailments, from ambition deceived;
- Contemptuous;
- Egotism, self esteem;
- Hatred and malice;
- Forsaken feeling, isolation, sensation of;
- Delusion, enemy, everyone is.

The remedy I prescribed for her was Platinum. I gave it to her in the 1M potency on January 20,

1996.

Follow up

03.02.96

Fasting Blood Sugar has come down to 174 mg/dl.

P: If I have an image of someone I now can see that I can be wrong and am happy.

I gave her placebo.

04.05.96

P: I dreamt that I am the only girl on the cricket team and win the man of the match award.

Platinum 1M repeated.

04.06.96

Fasting Blood Sugar rose to 233 mg/dl. She had been tense about projects at school, whether she would be able to complete them.

P: I dreamt that a group of girls ignored me and acted as if my work was rubbish, but they were in the wrong.

Repeated Platinum 1M.

06.07.96

Fasting Blood Sugar 127 mg/dl.

P: I take things more easily. My attitude has improved, I am taking life in a much better form. I have even forgotten about my diabetes, whereas earlier I used to be very tense. I am concentrating on my studies and really enjoying myself in school.

I feel my friends have started liking me: they have got it into their heads that I am going to become something in the school. 23

Her mother reports that she is able to sleep better, whereas earlier she used to murmur. She also adds that the situation in the family is also better: they are more settled.

Remedy not repeated.

02.10.96

Fasting Blood Sugar 137 mg/dl.

P: I am feeling fine. Now tense for my exams. I watch a little TV to relieve the tension. No health problems apart from a slight cough and cold. I am feeling very nice, feeling good overall and mentally also. I am very happy that I have worked over this problem, I have been able to wipe out this heredity. 24 I have more courage and feel competent now that I have overcome it. I will see to it that it is under control throughout my life.

I dream of my school, of exams.

Since all my friends choose a friend according to who is good with their studies, I want to do well because I feel that they will boycott me otherwise. I know they do like me, but if I do not do well they might not like to stay on with me. 25 They are materialistic, but what can I do? I could tell they are telling me things from their heart now.

If someone goes on and on talking about himself, I get very irritated. I feel like hitting that person. I do not like a person talking too much. 26

I feel many of the girls in my school are dumb: they are crazy about boys and behave stupidly. Those guys will not respect me. 27

I want to become an animator. I did my exam really well. I did my best.

When I do some work I will never look to someone else's work; whatever I am doing is right. I try to make my work the best. My other friends were looking at other people's work.

You have to be unique, there is no one else like you. You cannot reach that top position by copying

someone. The way to success is to have a lot of confidence in yourself and your work, to know your own value. After I had won the debate I had become very bossy and dominating. Now my sister has taught me to become less bossy. 28

I score as many marks as my friend does. I am a hundred and ten percent sure that I will score more than her at the final exam.

I believe in God and know that if I do the right thing God will be with me. Those who try to hurt me get it back instead; it bounces back.

If some girls look at me and laugh I feel they are insulting me. Even now I sometimes feel that but it is much better, I can take it lightly.

I had wanted to become a prefect, but now I am glad I did not because I would have had to do a lot of work. This way I am able to concentrate on my studies.

I used to feel that I must be the best, on the top the best amongst everyone.

D: Why?

P: I feel like I am something different. I want to be on the top in the final exam. The other students think too much of themselves: they think that others are nothing. Those who get the first rank are asked questions.

D: You had wanted to be an artist; is it the same even now?

P: Yes, when I watch cartoon films and they show the credits I want my name there. Under the credits for animation director there are twenty names listed. I want to be the only animation director. My name must be the only one; there should be no one behind and no one in front. 29

The principal of my school really likes me and is a close friend of my mother. After I had helped her out she recognized that maybe I will listen to her and do a lot of work. Once she called me into her office and said to me that I should write "My friends and I", rather than "I and my friends". I felt that those friends I believed in dumped me, so why should I give them preference over myself? I will always put myself first in my own mind, but maybe not in writing.

Some of my friends used to walk away, boycott me. I used to feel insulted, not wanted. If they ask me to join them I feel important, I feel good. My relations with my friends are better, I have started getting better marks.

D: Has there been any change in your attitude in the last one year?

P: In this one year that I have been taking homoeopathic treatment there has been a change in my attitude. I am less dominating and I take things more easily. I have stopped dominating but if the others talk rubbish, I give it back to them. 30

Mo: She is more confident. She loves coming here because she is given a lot of importance. I am now letting her be who she is.

Sis: I was not so close to her earlier as I have been in the last year. I find that she is very balanced. I keep putting this thing into her head that she is different and that she must become something big, because she is always of one extreme.

Platinum 1M repeated.

Comments: The biggest change is that she has become successful. Before, she felt herself a failure. She felt pushed down and then she would show them. Now she has overcome it and is afraid of failure, but feels herself a success. Her state is toned down and she feels able to cope up and become successful so that her goals are within her reach. So now the dose of Platinum 1M was repeated. She has gone from failure to success and her pathology improves. She needs continued treatment to take her to health. This is similar to the Bacillinum case. As the pressure eased, his goals became more realistic and obtainable. He had to have more doses to slow his pace to a

healthier state.

Her mother had received Platinum as her remedy as well, and that her attitude is toned down as well can be seen in the girl's follow up. But her sister still represents a pressure she has to deal with at home. Later, she, too, received Platinum.

She is continuing with the treatment. She scored very well in her board exam, scored eighty-seven percent and was very happy though it was not the top score. Her blood sugar levels are not yet within normal limits but are in control. She will require treatment for still more time for her state to be toned down further and her blood sugar levels to stay within the normal range.

Pneumonia of the right lung

Staphisagria

Case 5

A sixty-eight year old man, Mr. E.C. , consulted me on 05.06.96 for acute bronchitis. An X-ray picture taken later showed consolidation of the entire right lung. The radiologists and physicians were uncertain as to whether the patch was pneumonia, tuberculosis or cancer.

The patient could hardly speak a few words before he was breathless. His lips were cyanosed. He had a baggy swelling below both his lower eyelids.

D: Tell me about your problem.

P: I have severe bronchitis. I have suffered from blood pressure from 1985 onwards. I have no other troubles. The blood pressure I have tried to control with medication so I have never been in trouble. Now I cannot walk, cannot talk much. Bronchitis I had on 10th May. It was diagnosed as severe congestion. My older brother, who is a doctor, has been telling me to leave cigarettes. If someone tells me to give up smoking, from within I know that I won't give up. I had been trying to since the last ten years. Psychologically there was some block somewhere and I did not leave. 1 This is the end result.

Now I have been able to leave completely since May the 16th. Thereafter I have never had the urge to smoke; I am never going to smoke again. This illness has also made me compulsively retire though I have wanted to for some time. I have been a practising chartered accountant since the last forty-two years. Now I have been able to retire once and for all. My immediate concern is to get cured as fast as I can, to come out of this problem as fast as I can. 2 Two things have been decided, no smoking and no going to the office.

My blood pressure has always been under control. Sometimes I bring it down to 130/70 without medication but that is rare. 3

You please ask me questions and I will answer. I do not know how to go about this.

D: Tell me something about your nature.

P: I am sorry I have not been able to fill up your questionnaire completely.

My nature has undergone a drastic change since 1987. Before that I was balanced; my only problem was smoking.

D: What had happened in 1987?

P: I began Vipasana meditation. I will be very honest. I read about Vipasana. I went and saw the place, the institute. I liked it very much. I have this bad habit of reading. Then I felt my life will change. Slowly I am changing it. When I saw the place I told my friend about it and he joined it immediately, but it was two years before I started going there. Now I go there regularly, but before I joined there was this disease in the mind of not being able to give up smoking. 4 I could not make up my mind. I used to feel I am going for Vipasana. It gives me balance of mind. I do not take blood pressure tablets when I am there. When I come out I have my blood pressure measured and it is

130/70. But that lasts only a short period.

D: Tell me more.

P: All my life I was a club member. My mind was divided whether to go to the club or the office. I want to leave the club, but am not able to. There was a struggle. 5 When in the office, I used to feel that now I will close the office and go to the club. The club was an excuse to carry on smoking. It was a vicious circle.

D: What was this struggle? Can you tell a bit more about that?

P: Do I want to leave the club or no?

D: What was the other part of the struggle?

P: Nothing. I just wanted to leave the club.

D: Why did you want to leave the club?

P: The club was not suitable at that juncture of my life. It was only an excuse to carry out smoking. 6 They do not have any other game there but cards. At my earlier club they had sports like tennis and badminton. I became a club member because of that. I made my children also club members, but they are not interested in the club. But in this club they have only cards.

D: What is the harm?

P: No harm. It was just a waste of time. I would go to the office and feel I have to go to the club. I used to be a committee member, and even now they have requested me many times to become the president or a trustee, and I have refused. I am the oldest member of the club. I have many friends there. I have played cards with millionaires, judges of the High Court, the best of magistrates. 7 But now there is a new generation. But I cannot leave. It is an excuse to smoke. In my old club I do not know anyone. I have no friends there. Everyone there knows that I am an old member. I can just go there and sit down. But I do not want to waste time going to my present club where they do not have any other activities but cards. They used to play snooker there earlier; I had introduced that. But the new generation are all gamblers. They have bets of a hundred thousand rupees when they play cards.

D: And do you gamble as well?

P: Yes, and that is what I am worried about. We used to gamble at very low stakes. If I sit at the club I may win or lose just five hundred rupees. I believe in club life, not gambling. 8

D: What is club life?

P: I told you I had a lot of friends there. But now there is a new generation and they think we bet like children. And I want to leave this club but I am not able to.

D: So, why have you not been able to leave?

P: I do not know why. There was a mental block. The club was an excuse to carry on smoking. I knew cigarettes were harming me since so many years but somehow I could not give up. But since 10th May this year I have been hit badly as I have never been hit in my life and my eyes have opened. I have also decided not to read a single newspaper.

D: Why?

P: I want to get cured first. I do not want to read trash. If I read something I feel I want to do this or that. So, I have decided not to read unless I have to study something. I told my son: "Bring big boxes. Dump everything in them." I do not even watch TV. I only watch international games, like if there is a tennis match. Movies I have never been interested in. 9

D: What dreams do you get?

P: To be very honest, I can recall no dreams.

D: Did you use to get any dreams earlier?

P: Sometimes I feel, once in six months or so, that I have had a dream, but I cannot recall them.

D: Tell me about your present complaint.

P: Total breathlessness. Plus I am told the entire air passage is choked up. Bronchitis.

I am sorry I have not filled out some of your form but if you ask me questions I will answer them. I will give you a true and honest reply. 10

D: What are the things you are emotionally sensitive to?

P: If someone disbelieves my word I get very upset. Call it an emotional reaction.

D: For example?

P: If I make a statement to you and it is questioned.

D: What do you feel?

P: If I feel someone has misunderstood me through no fault of mine.

D: What is your feeling?

P: If I have told the truth and they do not believe me. I am a person who speaks the truth. I feel disgusted. It is the tradition of our house not to speak the untruth and this man does not believe me. I am disgusted. I feel bad.

D: What do you mean by "disgusted"?

P: I have made a statement of fact and I am not believed.

You have asked in your questionnaire: "What are you proud of? I wrote: "of myself", at my son's insistence. If you ask me the truth, I want to lose the identity of "I" for a long time. This sense of "I" should be removed from the mind, it should not be there. "I", "mine", "me", I want to get out of these. 11

D: What do you mean by that, when you say proud?

P: I have come up on my own in every respect. I have fought my battle alone. I honestly have come up on my own.

My father and mother and brothers were there and they did not refuse to help me. But I believe in helping myself and standing on my own legs.

One day when I was young and had just started my office, my father said: "Here are the keys to your new car." There were many important people in the house (he names a former Indian prime minister). I told him I did not want the car, I would get one on my own, I was not like my eldest brother who took whatever my father gave. I wanted to get it on my own. I believe in struggling on my own and standing on my own legs. In front of all of them I said: "Thank you, I will earn it on my own, keep the keys." 12 He felt bad and so I apologized to him. 13 I told him I was not his first son, I was completely different and that I had the guts to tell him this.

I would go to my father in my suit and boots on a Sunday morning, and if he asked me where I was off to I would say: "I am going to the horse races. Wish me luck." 14 These are the guts I showed to my father and he has always appreciated it.

Just as I had the courage of conviction, so did both my sons, and neither of them have joined me in my office. I felt very hurt at first. Neither of them have entered my office since the last ten to fifteen years.

Till my parents were alive I used to tell them: "I am not your first son. I am your second son."

D: What is the difference?

P: The difference is that my two brothers will pocket my father's money. I will not.

D: Why?

P: Because I must earn it; that is what I believe. 15

You asked me what I feel if someone does not believe me. I feel like dying, because I was honest. 16

I like reading and going for Vipasana, and feel that I should draw myself from all this and lead a quiet life.

D: Do you have any heroes in life?

P: No, to be very honest. I carry myself as my model. But I never ask anyone to follow me. I do my things my own way. 17

D: Any historical character you respect?

P: I do not know much about history; I am interested in sports. I was a very good cricketer (he gives the name of a famous Indian cricketer and says that they used to play together.) I had once bought this new bat; it was the best bat available at that time. One Sunday morning I showed it to my father. My father had learned that I was spending too much time playing cricket. He thought I was wasting my time. So, he called the servant and asked him to put my bat in the burner. He said: "No more playing cricket." He had my bat burnt, and that is how my cricketing career ended.

D: What did you feel?

P: I felt bad but I could not defy my father. I did defy him in one way, not openly. Instead of cricket, I played table-tennis. I always defied others in one way or the other: playing table-tennis, badminton. And then the very first year I represented my college in table-tennis.

D: What about Gandhi?

P: I respect him as an elder. He did a lot of good for the country, nothing special.

D: He did not impress you? Why?

P: When I was seven years old, I garlanded Gandhi. But that did not make any difference in my life, neither did it make a difference then. My parents made me garland him.

D: When you are very angry, what are the changes in your body?

P: Shall I tell you the truth? I have never been angry in the last twelve years, and before that I cannot remember. But I used to get angry before. 18

D: Would you get very angry?

P: I believed in right and wrong all my life and if somebody does something wrong instead of doing right, I do not spare any words to tell him that.

D: Any action?

P: I will tell you something. Once, in 1976 when I joined the club committee, there was an old accountant who was a Christian. I never took interest in club politics before. One of my good friends had been the treasurer of the club the previous year. We were climbing the stairs of the club, and I was asking him if he was rejoining. This old accountant was walking down and looked at my friend and said: "Many treasurers have come and gone." That blighter had the cheek to tell my friend this (!). I did not say anything, but kept it in the corner of my mind. I felt this guy must be taught a lesson on how to talk to office bearers. In the next election, I became the treasurer purposely. On the first day, I sent him a memorandum. Nothing oral, everything was written and official on the club letterhead: "So much work is pending and I need a reply from you immediately." In the back of my mind I thought: "What does he think himself to be? Does he think that without him the club cannot run?" Many committees before me had tried to get rid of him but could not. Every day I would give him three memos documenting his being late, etc., all in writing taking his signature for confirmation. At first I thought I would give him a chance. He would come coolly at noon instead of 9:00 am and would quit at 4:00 pm, like it was his father's club. I warned him enough orally and with memos. After three months, one Saturday I typed a two line letter saying: "Your services are hereby terminated; you are no longer required here and can pick up your dues." I gave him the letter personally and asked for his signature. I said I want charge of your accounts, books, table, etc. I told

him to take his personal belongings. I had called the police in case he made trouble. I said: "I do not want any of your personal belongings here." He asked: "What do I do now?" I said: "Let me sit in your chair." Then he asked again: "What do I do now?" I said: "Go home, come and collect your dues on Monday." He realized I was crazy and he left. He returned on Monday to take his cheque. He went to the president of the club and said: "Look what he has done to me." I gave him a receipt. After a month he went again to the president asking for a character certificate and he was sent to me. He tried to approach the secretary but he too asked him to see me. He came to me and requested me to write just two lines. I called my secretary and dictated: "He is disobedient, useless..." and so forth. He said that he did not want this kind of certificate. I said that was the only kind he deserved and would get from me. He said: "I want a job." I said: "That is not my problem." I removed him. I said: "You should have thought twice before saying what you did. You held the entire club to ransom." But that does not mean that I am revengeful. I am very good, even with the clerks.

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Case analysis

His pathology is acute and at this time also his state is the same. This is the case very often.

The main feeling in the case is the need to control: he wants to keep his blood pressure in control through medication, control his smoking habit, control his visiting the club by going for Vipasana meditation, control his ego by annihilating the sense of "I". But he is unable to exercise this kind of control which he desires. So, he continues smoking although it causes him problems, he continues to go to his club, although he feels that he should not, and gambles openly. The need is to keep control, but his action is an inability to maintain that control, or a total loss of control. This is a theme of the Cancer miasm. It runs throughout the case and the remedy should belong to this miasm.

The other feature that is apparent is his ego and sense of honour. He is proud of himself, will rather earn his own money than take his father's, never tells a lie. But when someone disbelieves him, or when he perceives insult or humiliation, his pride is hurt. "Ailments from wounded honour" is the second symptom in his case. Also, he is very sensitive and gets offended easily, and he is also sensitive to the feelings of others. This kind of sensitivity is a feature of plant remedies.

And of course the other prominent aspect of his personality is his maliciousness.

In the Synthetic Repertory, the main remedy for people who want to give up smoking but cannot is Staphysagria. This case has exactly the theme of Staphysagria. While a part of him craves the cigarette another part of him craves to find the control to stop but is unable to. Staphysagria patients will ask you to give them a remedy to produce disgust for smoking because they are not able to give it up by themselves. This is the main theme of Staphysagria. You have to control your urge, your anger, your sexuality and your emotions. If you lose your control, you lose your dignity, honour and self respect.

Staphysagria is also the only other remedy along with Platinum listed under the rubric: "Delusion, humility and lowness of others, while he is great". This explains how great his ego is, and therefore the intensity of the feeling ("I feel like dying") when his pride is hurt. It also explains the intensity of his malice in the incident with the clerk.

He is in the failed stage with this complete loss of control. A successful Staphysagria would have complete control over all his urges. He would live completely within the norms of society and rise to an honourable position. This man went to the other end. He has no control over himself. He chose to disregard norms by smoking and gambling and openly defying his father. And he feels that he is honourable in this, though he struggles with himself. He says: "I am my own model", is egoistic, yet he wants to lose the sense of "I". His block against stopping smoking is one that should respond to

Staphysagria, since it is related to his difficulty with control. Not having this control is a great defeat for Staphysagria.

You have to understand the case first before you look for rubrics.

Rubrics:

- Tobacco, remedies to produce disgust for;
- Self control, fear of losing;
- Ailments, from honour wounded;
- Egotism;
- Malicious.

He was given Staphysagria LM 1, 3, 4, 6 and 8 serially, each potency being continued for a month.

Follow up

Within a week of having begun the remedy the discomfort in the chest improved a good deal. His mouth became so sore he could not sleep.

The initial X-ray (June 1996) showed a massive pneumonia on left with cavity. A repeat X-ray taken on July 1996 showed resolving pulmonary inflammation. The X-ray was once again repeated in September of that year when it showed substantial resolution of infiltration.

November 1996

He reports feeling better, less short of breath.

P: In the last two weeks a sudden fear and sense of helplessness grips me. I am afraid who will open the door if I die. I am alone; my wife died twenty years back. I used to be able to overcome this and now I wake with it. But though this fear is still there it is getting less.

He has gone back to his job, the club and smoking. He dropped Vipasana. 20

P: I am still wanting to stop smoking but cannot. I have no control over myself.

His other apprehension is: "Today my sons and daughters-in-law respect me and look after my needs. If I am dependent on them tomorrow they may not treat me well."

He had been on Staphysagria 0/3, the previous month, and I raised it to 0/4. He continued to receive the potencies up to 0/10 until February 1998, when he was given 1M, and then 10M the following month. Occasionally he would sense an acute fear and he continued to struggle with the smoking and then finally gave it up altogether. It has now been a year and a half since he last smoked. He also developed severe itching all over the body and his weight also started to pick up. He is still on a minimum dose of anti-hypertensives. The potency was again reduced to 1M as changes began to set in, and he has been receiving 200C off and on since January 1999.

He has a good friend who is a colleague of mine and had referred him. He told me some incidences from the life of the patient. After the death of his wife, his brother dragged him to lectures on philosophy. He was there for three days and went back to the club on the third day after the death of his wife. Another time an associate at the club bet him fifty thousand rupees, a lot of money, that he could not quit smoking for one year. He accepted the challenge and stopped the smoking and at the end of six months collected twenty-five thousand rupees and the rest after one year and then restarted smoking. 21

Lung fibrosis

Opium

Case 6

This man, Mr. D.G. , aged thirty-eight years consulted me in February 1995, with severe lung fibrosis. He had had tuberculosis in the past which he had neglected so that he had developed fibrosis. He could hardly walk four steps before having to stop for breath, and he had been told that

he would die in three months. I took his case and he could barely say a few words before he would be short of breath.

D: Can you tell me your story?

P: I had tuberculosis six years ago which I neglected 1, and it went from bad to worse and I lost one lung. I came to know that both my kidneys were not functioning properly as a side effect of the medication, and there is an excess loss of proteins.

I am losing weight all the time. Because of fibrosis the chest cavity is always getting full, which causes regular cold and cough. Every fortnight to a month, whenever there is a change in the weather, I get coryza, feverish and get chest congestion.

My doctor has said that as far as the kidneys are concerned, there is no treatment as such. The only thing is that I have to take extra protein substitute. For my chest, I was to undergo an operation but because my kidneys are weak, I cannot.

D: At present, what treatment are you taking?

P: Nothing.

D: Why?

P: For the kidneys there is no treatment that I know of. They have asked me to eat food rich in proteins. And for the lungs I am to avoid cold and as soon as I catch a fever I am to immediately take something. Usually I am bedridden one or two days in a month.

D: What are the symptoms or complaints you have now?

P: Congested chest and suffocation. I cannot move around at all. I can walk neither long distances nor short distances.

I get into the taxi at my doorstep to go to the office. I have a sitting job; only sometimes I am required to walk across. And then I come home and am a couch potato on the bed.

D: Forget all the problems for a while and tell me whatever you feel about yourself. In Homoeopathy it is as important to know about the human being as about his problem. Tell me about yourself, your childhood, dreams, hobbies, job, relationships, ambitions, griefs, disappointments, whatever you can say.

P: I am a bachelor, I am not married. In my childhood we were very poor. I lost my mother at the young age of seven years. We were a large family and there was always craving for the bare necessities in life. I was supposed to be the only responsible person, though I was the second last of seven children. There was a lot of burden put on me as far as the domestic work was concerned, because my older brothers were at boarding school. After my mother died, I literally had to look after my younger and second eldest brother who is mentally retarded. I was average or a little more than that in school, always came between the first to fourth. Since then I wanted to make sure I could study, I joined a boarding school and completed studying. Before long I had lost my father and so I had to come up on my own.

I found a job for myself and since then have been living on my own. For me life has always been a constant struggle from looking for a job to a place to stay, which luckily I kept on getting. I had certain ambitions like every individual does, but I knew I could not achieve them because I did not have the means. So I had to take what I got. I had friends who were good to me and with their support and help I got a few good jobs and made a little money for myself and today I have a house of my own. 2

But all in all I have always felt incomplete, lonely and so maybe because of that the first thing I did after my exam, I had a cigarette. At first it was one cigarette, and from there it went on and on. Drinking alcohol I never took to, it did not seem to agree with me, I did not like the taste. So, I did

not become an alcoholic. But most of the time, my life revolved around my work. So I would work very hard from morning until late at night without bothering about food or drink, which compelled me to have tea all the time. 3 All this I did because it gave me job satisfaction. I felt appreciated and was looking for recognition, and because the people in my office gave me recognition I kept on working without thinking of the consequences. Would you like to guide me?

D: You are doing very well. Just tell me more about yourself.

P: That is it. (After thinking very long.)

D: So why did you not marry?

P: I did not marry because in my family, my eldest brother got married and his marriage was a disaster and ended in a divorce. The second brother married and he too did not have a happy life. The third brother also married out of compulsion. Somehow, all these happenings in the family just did not allow me to think about marriage or anything of that sort.

D: Why?

P: I did not want to have the same sort of things happening in my life. Later when I did have second thoughts, I became sick and said: "Now forget it." It was out of the question because I was given to understand that a person who has this sort of sickness should not marry.

D: What happened to your brothers? You said that you are living alone now.

P: They are all in Poona, and I am in Bombay. Since the boarding school, that was twenty-five years ago, I have been in Bombay and my brothers are in Poona.

D: Do you have a good connection with them?

P: Yes, very good connections. That also was only recently, when I was in a position to settle down, establish myself and able to give them something. Because they themselves were not in a position to give me although I was younger to them. So, now I can offer them some help. 4

D: They were not in a position, meaning?

P: They were not sound financially.

D: So, do you help them nowadays?

P: Yes.

D: How many brothers and sisters do you have?

P: Five brothers and one sister.

D: And what about your brother who is mentally retarded?

P: He is being looked after.

D: By?

P: My brother and sister. He is the second eldest, around forty-nine years old.

D: Why did you neglect your illness when they told you that you had tuberculosis?

P: I do not know. I just did not think it was important to take care of myself.

D: Because...? You knew that tuberculosis is a grave disease, so why did you not think it important? This point I am not so clear about. I am just trying to understand something about you. You knew it was serious, yet neglected it. What was the feeling behind that?

P: I do not know. Just futility, maybe.

D: Futility means?

P: I do not know if I was feeling that life is of no use.

D: And how do you feel about it now?

P: I do not feel like that. I feel that as long as I am alive and can help my brothers and sisters it will be worth it. 5

D: And if you cannot help them? 6

P: Then I do not mind whatever happens.

D: So why must you help them?

P: Because they have always been looking upon me.

D: In what way?

P: They feel maybe I was the one with more advantages, especially since I was in a position to study.

D: Even in childhood though you were the second last, you were the one most responsible. Why was that?

P: Because they considered me clever and it made me want to prove myself.

D: Prove yourself?

P: I had to do things so that...

D: So that...?

P: So that what they said was true.

D: What had you to do?

P: The household work: the cooking, marketing, ironing, sewing, technical things, repairing, decorating... just about everything.

D: And?

P: I liked it when they appreciated it.

D: For example? Can you remember any incident like that?

P: During Christmas when we would decorate the house I would make flowers and put up the buntings which everyone would have to see. And I used to usually decorate the cars and the hall. Then, painting. These were things people looked at.

D: Painting meaning...?

P: I liked to sketch and draw. If the radio was not functioning, I would get it repaired. If the fuse went off, I could fix it at a very early age, when no one else would dare to touch it. These were the things that I learned just by seeing. 7

D: Why did you do all of this?

P: Because it was expected of me.

D: By whom?

P: By my father and my brothers.

D: What would hurt you the most?

P: Teasing. I was very thin so they teased me.

D: What would they say?

P: They called me skinny.

D: What would you feel?

P: I do not remember. I would just get irritated.

D: What was the feeling?

P: Irritated, I do not know exactly.

D: What are the things that hurt you nowadays? What are you sensitive to?

P: Nothing, really. I just take life as it is. Occasionally I get depressed when I am very sick and in bed. That's all, nothing else. I just wonder why I wasted my life.

D: What do you mean, wasted your life?

P: The way I have neglected.

D: Neglected...?

P: My health.

D: What are the dreams that you get?

P: Usually they are of day to day events, and they are very twisted and turned around; bits and pieces of the past.

A dream that always recurs is that I am giving exams as big as I am because I have not passed, although in reality I passed with a first class. I believe I get this dream because I was staying as a paying guest with a lady who, when she heard I was to go abroad, did not want me to go. She was aged and she got into a fit. She took all my documents and destroyed them and threw them all down the chute and poured water over them. I had just finished my twelfth class at the time and I did not know what the consequences would be if I did not have my certificates. So, that thing seems to keep ringing in my mind, and it comes as a dream.

D: What dream?

P: That I am in a boarding school again and am preparing for the exams for my tenth class.

D: And?

P: There are younger boys who have caught up with me and I am still... I never appear for the exams in my dreams. It just ends without me appearing.

D: What is your feeling in the dream?

P: I keep asking myself if I did really finish and have my degree. I get up with a doubt about whether I passed it or not. I cannot go to any cupboard and look at my certificate and pacify myself that I have passed, because I do not have the certificate. I never got a duplicate made.

D: So in the dream you are still preparing for the tenth class exam with boys who are younger than you, and you wake with the doubt of whether you passed?

P: Yes.

D: And how do you clear this doubt?

P: I woke up so the question did not arise.

D: And what is this about the lady who tore your certificates? 8

P: I was living as her paying guest.

D: What do you feel about her? Why did you mention her?

P: Because of the dream.

D: Did she appear in the dream?

P: No, but I could correlate the dream and the incident. I felt that I have this dream because of the incident.

D: What did you feel at the time she did it?

P: I was totally... I cried the whole day. I went to my neighbours who was also my friend. His father was there as well, and they took me to their house and they reassured me that nothing would go wrong and if necessary they would get copies of the same. The next day she was so frightened by what she had done that she took an overdose of a medicine and started acting crazy and had to be hospitalized. She died within fifteen days of the incident.

D: What do you feel about the whole episode?

P: I was worried as to what the consequences.

D: Of what?

P: Of having to face the world without these documents.

D: What did you think the consequences would be?

P: Maybe I would miss a lot of opportunities.

D: And did you?

P: No.

D: What other dreams are there?

P: Of my childhood, my house in Poona.

D: What are they?

P: Not anything that I can put together.

D: Are they happy?

P: Happy dreams, but not exhilarating. Dreams of being a child in the house playing. Sometimes of my parents.

D: What about?

P: I just see them about in the house.

D: Your mother, as well?

P: Very rarely.

D: What about the dreams of flying? (He had made a mention of these in filling up my questionnaire.)

P: Since the time I have been sick and in bed, I dream that I am walking faster than anyone and without my feet on the ground.

D: Walking faster?

P: Yes, literally walking in the air.

D: What is your feeling in this dream?

P: Feeling of vigour and capability.

D: What about the dreams of snakes? (Also mentioned in the questionnaire.)

P: I used to have those earlier.

D: What were they?

P: I would see a snake during the day and I would dream of one at night. The snake charmer would come with snake. And the snake would grow bigger and bigger and open its mouth and swallow me in.

D: Which snake would it be?

P: I would not be able to identify it because usually its mouth would be open wide.

D: Were you scared?

P: Yes.

D: What makes you angry?

P: When somebody fails although he was warned.

D: For example?

P: If I tell someone something, and they know that it will be bad for them if they do not do it.

D: For example?

P: At work, I ask them to fax a message and make sure it is done, but it is passed on and everyone forgets about it.

D: What do you feel?

P: I feel I have not pursued it enough to make sure they did not make a mistake.

D: Do you blame yourself?

P: Yes, ultimately. At first I get upset.

Similarly with my family.

D: What happens?

P: At first I blame them for the situation they are in and then blame myself. Sometimes I blame my father.

D: Why your father?

P: He deprived us a lot by his drinking habits.

D: What do you feel about it?

P: I feel the root fault for all the family problems is my father. Yet I cannot blame him because there are thousands of people like him. Maybe it was his lack of education, so how can we blame him? So I have to accept whatever has come my way.

D: Do you feel angry towards him?

P: Sometimes.

D: How would that be expressed?

P: I say it to my brothers.

D: What?

P: That whatever problems we have today, they are because of my father.

D: How does that help?

P: It helps us to compromise.

D: So what are your feelings toward your father now?

P: I do not give it a thought. What has happened has happened, nothing can be changed.

D: To the question: "Are you worried or unhappy over domestic, personal, economic, social conditions?", you wrote: "Yes, the ultimate." What do you mean by that?

P: The only thing I have to be bothered about is that some day I have to die. Will it be sudden, like suffocation, or gradual? How much time do I have? This is the only thing I am worried about.

D: Can you describe it a little more?

P: Will I be choked so I cannot breathe? My chest gets so congested that there will be not enough time for me to get it cleared up. Will I be travelling to work and meet with an accident? Or will I suffocate on the spot, because I will not be able to bear the pain?

D: So, will your death be sudden or slow?

P: Yes. That is what worries me.

D: What difference does it make?

P: Anyone wants to know, at least to some extent, what chances he has.

D: Chances meaning...?

P: Does he have the next day or not. Maybe he could plan something.

D: Plan what?

P: My finances, my relatives. You can plan all that.

D: Have you not planned something already?

P: I suppose I have.

D: If you died today would there be a big confusion?

P: No.

D: If everything is okay then why are you worried?

P: I would still like to know.

D: Why?

P: Maybe because I would like to let everyone know that it is my last... I do not want to suddenly expire.

D: So, why do you want everyone to know?

P: So that I get the satisfaction that everything will happen like I want it to.

D: What is that?

P: Whatever I have remaining.

D: Have you not made a will?

P: Yes.

D: So, what is your doubt? I am only trying to understand you. My aim is to make you live another fifty years at least.

P: I would be happy to know that everything has been done to my satisfaction.

D: Regarding the distribution of money, or what?

P: Not just the distribution. I would like to meet all my friends and relatives.

D: And do what? Why do you want to meet them?

(He does not answer.)

D: What would you get from meeting them?

P: I do not know.

D: What would they come and do or say?

P: I would just see their reaction.

D: What do you want their reaction to be?

P: I want to see if they have a reaction.

D: What reaction would you like to see if they had one?

P: Maybe I would like some of them to feel sorry for me.

D: In what way?

P: By expressing themselves.

D: What should they say to make you happy finally?

P: Nothing in particular. I would just be happy to know that they will be sorry that I am going to die.

D: Why should they be sorry?

P: Then I know they care for me.

D: You are not sure of that?

P: I am sure but I would like them to express it.

D: Why?

P: I feel that it is important.

D: What is important?

P: That they let me know how they feel.

D: Why should they feel sorry?

P: If they care for me, they should feel sorry.

D: Why should they care for you?

P: Because I have been there for them, around them all my life. 9

D: You have done so much for them.

P: Partly, but not the main thing.

D: "The main thing" meaning...?

P: I do not want to see their feelings because I have done so much for them.

D: No?

P: Because I want them to feel for me.

D: Not only because you did so much?

P: No. 10

D: Did you ever feel loved by anyone as you are, without having to do anything?

P: Yes, I feel a lot of affection.

D: From whom?

P: From my relatives and friends. People at the office. 11

D: What about someone for whom you did nothing?

P: I am not sure.

D: What do you feel about that? Would you like that?

P: Maybe. Yes.

D: And that has not happened?

P: No.

D: Can you think why not?

P: I do not know.

D: What do you feel about it?

P: Maybe I did not go about searching for that kind of love at all.

D: Why not?

P: I was too engrossed in the recognition and appreciation that was given to me at work for the last ten years.

D: Do you like any movies or novels?

P: No.

D: Is there any one particular one that you liked the most? Any one that you would like to see or read several times?

P: Maybe it happened at that particular time, but...

D: Any that stands out?

P: I cannot remember because I see all types of movies.

D: Is there any character in history or from the present day who impresses you, or whom you would like to be like?

P: You mean a saint or someone?

D: It could be a movie star, for all I know. It could be a pop star, a politician. It could be a saint, anybody. Anybody whose photograph you would like to hang and watch, somebody like that.

P: I used to have Mother Teresa's photograph with me earlier. I had brought it home and put it up out of admiration. But later on that admiration died. There were reports that she did these things only for recognition and propaganda. 13

D: She does not move you anymore?

P: No.

D: So, what about her having impressed you at first?

P: Her passion for the most deprived.

D: So if you would sum up her life or work what word would you use? Earlier, not after you read the news; when you had that good feeling.

P: I wished I had a mother like her.

D: In what way?

P: First and foremost to grow that old, to be loving and kind as she is. 14

D: Was there anything else about her that impressed you then?

P: That is all.

D: Why did you admire her so much that you put up her photograph?

P: I thought she was the only true person who was the existing proof of what people talked about. We hear only stories of the past.

D: Of what?

P: That so and so lived and was such a great person.

D: "Great" meaning?

P: Great in any sense: a great saint or king. But here was a living example.

D: If you were to use just three words about her, what words would you use?

P: Kind, loving and gentle.

D: And why did you turn against her when you heard about the propaganda?

P: I started to think that it is others who do all the work and she is taking the cake.

D: What cake?

P: To be called a living saint.

D: If she did the work and got the recognition it is okay?

P: Yes.

D: You feel she is not doing it?

P: No, I feel her attitude has changed.

D: What is her attitude?

P: She did not bother coming into the public before.

D: And now?

P: Now she comes into the public.

D: So...?

P: Now she is looking for recognition rather than really doing work.

D: Does the word sacrifice come to your mind when you thought of her earlier?

P: No.

D: Why not?

P: Because she is not that young to be looked upon that way. If she was fifteen or sixteen years old I would have felt that way.

D: Do you have any other interests or hobbies? Anything special?

P: No.

Case analysis

While taking the case and at the end of it I did not have any idea of what the remedy could be. And so my questioning was only aimed at understanding the person.

Look at the definite symptoms in the case:

- He saw a snake. The snake kept getting bigger and swallowed him whole.
- He was walking faster than others and flying.

Rubrics:

So, the rubrics that one would select would be:

- Delusion, enlarged;
- Vertigo, walking open air, as if feet did not touch the ground;
- Delusion, snakes.

I took these three rubrics and the remedy that came through was Opium. Then I understood the symptom: "Benevolence".

Also there is the symptom: "Delirium, reproaches himself for his folly".

I understood the case thus: He is creating this tragedy of his life with wanting friends and family to be there at his death. So his feeling is that no one cares for him and he wants at least at the moment of death that someone can say they care for him. He is a man who has been doing for others for all his life. He lives away from his family, still supports them and is dying.

Mother Teresa represents self-denial and service and unconditional love. His feeling is you have to serve without recognition and thus his admiration for her later dies. He sees a life where there is no loving and kindness given to him, thus his idealization of a kind and loving person as Mother Teresa.

One should go through the history of a patient and try to discern his story from how he perceived his life. That is his delusion, and his disease, and that is what has to be understood.

He dreams of a snake enlarging and eating him. In the other dream he is larger and flying above others. I could bank on these because these are totally not understandable. This means that somewhere in his deep subconscious these are important. They were recurring dreams.

This was my first case of a remedy belonging to the drug group or the group of addictive substances. This was a whole area I had not understood so far. The only thing I knew about Opium was pain/painlessness, visions, constipation. I had nothing better to give him, so I gave him one dose of Opium 30C. I tried, then, to understand the remedies of this group. From a study of these remedies I found some common themes:

- A feeling of total isolation as if there is a distance between him and others, as if he lives in a vacuum and there is no possibility of any connection. Feeling isolated but not forsaken.
- In order to connect they need to do a lot and help others. The symptom: "Benevolence" is common to the drug group of remedies.
- In spite of doing a lot they do not get connected and they need to find something higher and hence the spiritual delusions and living in a world of fantasy.
- In the feeling of isolation there is tremendous fear and fright, especially a fear of death and injury. Death means isolation. "Fear of dark, groping in the dark" is a symptom of Opium. There is a fear of the unknown: "Alone", "Frightful, dark".
- Dreams and delusions of flying are also common to all drug remedies.

He was given a single dose of Opium 30C.

Follow up

After ten days

P: I feel a vast improvement in my chest, especially with regard to the stuffiness and congestion. I do not know if it is going to continue this way, but compared to the previous recoveries, there is a difference. I feel very light in my chest and less exhausted walking around. I am eating slightly more. Last time, I missed out one thing: just after I realized in 1986 that I had this problem with me I left my job. I was so frustrated, it led to suicidal tendencies. I took a piece of lead and put it in water and drank that. I do not know if I have been lead poisoned.

D: Why did you opt for this method?

P: I only knew that lead poisoned. 15

When I went to sleep after the remedy it was how you see molecules moving around continuously and my whole body felt like something was moving all around. It was a pleasant turmoil, not scary, not painful. It was as though I had a realization the medicine was working.

I am generally better by ten to fifteen percent and more hopeful.

One month later (09.03.95)

Energy better.

Dream that there is drainage all around the room and dark black water is gushing out and it is all out. The gutter is clear. Nothing is blocking it this time. 16

P: Mentally, I feel I will be one hundred percent cured and now feel twenty-five percent better.

18.04.95

Less short of breath while walking.

P: Dream of a snake, and I saw a sports field and there is a pit with a mighty snakes. Two players fall in and the snake swallows them. It used to be me (being swallowed by snakes) in my dreams.

I have a happy feeling, am mentally and emotionally stable.

The fear of everything coming to an end is far less.

The remedy was repeated again in the 30th potency.

25.04.95

P: Severe cough and cold. Feeling tired and weak.

In a dream I saw myself dying, shaking on my deathbed and I saw a black and white figure and it started moving. Actually, it was a towel in my room. I saw it was a reflection of myself vibrating for survival and hoped it would be a passing phase. It stopped. It was a feeling that the blood circulation was being prevented and there was a fight to retain it. It was a hopeful dream.

The remedy was not repeated.

13.09.95

P: Exhaustion and immobility were my main problems when I first came to you. My chest would fill up every fifteen days and I would be bedridden for five days. Now there is no congestion. I can walk for a kilometre, and have gained weight. I am able to breathe more freely, that is the most important.

I had a dream that there is a full load of railway wagons with open doors, and school children are lying there on sheets. An oldish man comes and leads me away, is preventing me from going there. He takes me down to the bend of the road and vanishes. I felt trapped expecting the worst and then I realized that I was free and was thankful.

I feel more content emotionally and am hopeful. I do not feel the emptiness that I did before. I am preparing for living with the people instead of preparing for the end, death. I still care for the people. All my life I have been dreaming of UFOs.

Comments: He has gone from failure to success, but he should go further. So I gave him Opium 30C again.

19.10.95

There was an incident where he felt very threatened and so frightened he broke into a cold sweat. This was the first expression of emotion he has given me. I gave him a dose of Opium 200C because the pathology has gone down and his mental state is clearer and stronger. He has had no more doses following that.

Comments: Potency is dependent on the intensity of the mental state. At first, we saw a strong pathology and a murky mental state: so I gave 30C. Now the mental state is clearer and more intense and the pathology is better, so we can raise the potency to 200C.

Six months later he stopped the treatment and said he is well and busy and will come to see me soon. He is able to walk without getting short of breath and his kidney function also improved. Sometime after the remedy he had a dream that the snake got smaller and smaller and turned into a worm and disappeared. When he starts to come for his follow up without having to be pushed by someone else, that is when he starts caring about his own health rather than neglecting it, that is the time one can say that he is okay without the remedy. His delusion that his own life is futile, and that he only has to do for others to feel okay with himself will no longer be there.

This is a case where you do not know what the remedy is, and you bank on the symptoms that are most peculiar. The story and behaviour is not important in this case so concentrate on the strange symptoms that cannot be explained, especially the naked fears and strange delusions and dreams.

Mental complaints

Anacardium orientale

Case 7

A forty-six year old American woman, Ms. U.N. , consulted me in April of 1996. She had written the following in her questionnaire: "I rescue animals and take care of them. I feel not loved and appreciated, especially by my husband. I feel I have given much and am vulnerable to him and feel

beaten down by that. I took Lac defloratum 200C in the fall of last year and then 1M in spring, and felt more grounded in my energy. Now I am divorced, but confused; I am forty-six years old and still uncertain about wanting to have a child."

She works as a paediatric nurse, and is part of a religious commune.

She narrated her complaints in a monotone, and her facial expressions hardly varied throughout the interview, although many times she could not help crying while telling her symptoms.

I asked her to tell what her problems were and she began thus:

P: My biggest problem used to be in my relationship with my husband from whom I am legally separated since a few months. I have a lot of difficulty in being close to people, in making a commitment to someone. And I feel like I really want to know, and not to act out of distress in making a decision about this relationship because I feel it is my problem.

I have become a bit aware because I have been meditating for the last week or so. And what comes up is that when I want to be close from the heart there is something that stops me, possibly attitudes instilled by my mother. My mother had said to never trust a man especially with sex, that they will turn against me or drop me. (Nearly cried.) I feel now, as a middle aged woman, that those attitudes are still there, and I feel that it is time to break out of this. That is basically why I have come.

I feel a bit concerned that sometimes I feel self-destructive. (Weeping.) Last June I suffered a minor concussion, and I am concerned also about my energy which can be very positive and loving, that I seem to turn it against myself and I want to break through that. (Weeping, but was trying to control herself by deep breathing.) I feel my physical health is fairly good and am worried about my mental and emotional health and feel I can be healthy and loving person and that feels somehow very close but I just cannot reach that.

I have been involved with rescuing animals in the last few years. I have eight cats all of whom had been injured or abandoned or in distress, and I take them in one by one as they come and I care for them and feed them. I feel very much that I want to help these animals and prevent their suffering. I am very, very much in tune with suffering of others and yet I am suffering and I cannot free myself. I rescue these cats, but actually I want to be rescued also.

There is another attitude which may partly be from my mother as well. I am educated and work as a paediatric nurse and feel fairly competent, yet I feel I will never succeed in what I want to do. It is a fear that comes partly from my mother; she has implied it.

When I left the commune yesterday, I had the thought that this trip has gone so incredibly smoothly that I had the feeling that at any moment my luck will turn bad, that I will lose my bag or that I won't find a place to stay. I feel this at many times in my life: this feeling that I will not succeed. It does not come from anything in reality but the feeling is there. 1

The issue of a child has been very a strong biological pull. I am forty-six years old now and I had the opportunities earlier where I could have settled down and have had a child and I chose not to do that at that time. And now this is really a dilemma because on one hand, I want my freedom, to be able to do what I want, travel when I want, move when I want, and yet emotionally I have the longing to be very close and physically bear and nurture and carry and raise a child. It has been partly that my husband has been afraid of that commitment. In addition, he has had an operation many years ago so we cannot have one together. We would have to adopt one or find some other way. I kept waiting that this would resolve itself but I have not many years left to bear a child and so I feel a sense of urgency in making this decision. I feel there must be some balance in making a decision and allowing a decision to happen; to be open, in a sense, to the universe. I feel so often

that I try to make a decision and I cut myself off from the natural flow of my life which I feel can be very beautiful. I feel also that that is very close to me, within my reach, that I can be in the moment and be spontaneous and to allow what is right in my life to be. Yet somehow I am not quite there. (Sighs.)

Three years ago there was a small lump in the right breast, it is likely to have been fibrocystic. The doctors suspected cancer of the breast but that was ruled out. That is when I consulted a homoeopath and he said that I would have to make some changes in my life. I was using energy against myself and I would develop a self-destructive disease or cancer if I did not push through certain attitudes.

I have fleeting destructive impulses against a person or my animals although I love them and would never hurt them; a sort of flash that will happen though I love my animals. 2

So, I think those are the big issues, really the reason why I have come. The meditation has been good for me and I feel better, more calm, more centred but I still feel somehow not quite there.

D: So what is your problem? What do you see as your problem?

P: I am really not sure. The problems in the relationship I guess are the most troubling.

D: What is the problem in the relationship?

P: I generally choose a man like my father, very intellectual, and yet there is a distance and I feel inferior and the other person is superior. And there is not any heart or emotional feeling, a closeness, and I do not feel accepted. 3 But then the other problem is that I look to a relationship for approval; the other person has to tell me: "You are okay, I still love you." I feel that as an adult I should not have this within me. I should not need this from another person. That perhaps pushes the other person away.

D: But what do you see as your problem? What really happens in a relationship?

P: I am dependent but never really vulnerable. I have known my husband for twelve years and now we are legally divorced. He asked me twelve years ago if I was waiting for him and I said: "Maybe", and that has not changed. I still do not know. I never really made the commitment. Many people would have said that this is not really the right person and would have left. But I stay even though I am not getting what I want from the relationship.

D: What are you not getting?

P: Sex and love. And sexually we are very, very different.

D: What do you mean when you say that you do not feel loved? Why do you say that?

P: I do not feel a connection of the heart, and I do not feel vulnerable.

D: To what?

P: To this man I am living with.

D: Can you explain this?

P: I am very sensitive (weeps), and when I open to him, I feel he hurts me in the figurative sense like a dagger 4, not in the physical sense. I feel I should be strong enough so that this should not matter, that that is just his conditioning; either how he is towards women or how he is towards me. I want to take care of him. 5 I do not want to abandon him. I have defended myself and am not vulnerable to him.

I am sensitive by nature, a Gemini, and he is Scorpio and stings. We are not compatible. I feel that we can go for days or weeks and be compatible with household chores but I feel in the heart I do not feel loved.

I do not know if the love is not there or I do not let myself receive it. (Weeps.) So many times we each wanted to leave but yet we stayed. Maybe we are connected from another level or past life.

But I feel love should first be rooted in the physical body and I feel starved, emotionally and physically, for this higher love. I do not know if I can still keep doing that.

He is a good man and eventually this stage will pass, and maybe if I wait sex will drop away and it will be okay, that we will somehow have this deeper connection. I do not know what to do. I feel that if I leave then I will be longing to have him back and I will not be able to then. If I leave I will be miserable, and if I stay I will be miserable.

D: So we will come back again to what you said before... that you feel you are not getting enough love from him. What do you mean by that?

P: I feel he does not understand me, for one. When we talk it seems that we come from very different places. Maybe our understanding is one.

D: What are you missing? You say you are starved.

P: I think passion, understanding, verbal communication, unconditional acceptance, approval; just somehow even a non verbal understanding or communication.

D: Sexually, what is the issue?

P: I feel he does not want me sexually; he only rarely initiates sex. He is more spiritual and meditative and I am more earthy, sexual and passionate and feel it is a way to feel much closer to him and just dissolve. Not only sex, but after that, a relaxing and melting and merging into one instead of two people. I feel I really miss that by-product of sex, that closeness or bonding like you are one person; two different energies together. It can make your life so much richer.

D: So, you feel that he is not attracted to you?

P: I feel that though he will say that he is. He says sex will only happen if you are close before hand holding. I wonder if I am not nurturing him enough and maybe I have never loved him. I feel I can totally love my animals but with a person there is a holding back. I feel miserly with emotions.

D: This love and sexual oneness that you miss, have you found it with anybody else before?

P: I have really loved in an affair once or twice like there was a deeper connection, but not in a longer relationship. It is more like a flash or temporary experience, but I felt such a different energy in my whole life that I felt a deeper connection. But I do not feel it in a longer relationship.

D: Have you had extramarital affairs?

P: Yes, that is how I managed the last twelve years, but that is not really the way I want to live my life.

D: There did you feel this closeness that you miss?

P: To some extent, not totally.

D: So what makes you stick to this person?

P: The feeling that if I give enough, maybe things will be different, that we will change. I want to take care of him. When I have left before he has fallen sick and I do not want anything to happen to him.

D: Because?

P: Partly I would feel guilty if anything happened to him, and partly because of my caring for him.

D: And for you, what do you lose?

P: The companionship, and doing things together. The animals are almost like our children. It would be hard to leave because of the animals.

D: What dreams do you get?

P: Between the years 1983-1985 I was living in a commune, I was really happy and I have not been happy since. It was great. That was really my strongest dream .

D: So, tell me about that time.

P: I was living in a commune and had lots of friends. We would sit every day with our master. There was this feeling of love. It was a beautiful piece of land made from a desert into an oasis, with a lake and trees, and I felt my life was whole. This is really my strongest dream that keeps coming.

Sometimes, I feel I might just move to the commune. That is a very strong pull.

D: Can you say anything more about the time you felt whole, between 1983 and 1985?

P: I felt really loved. The first time that I saw my master was the most incredible experience of my life. There was somehow this unconditional love and total acceptance and the feeling that by the connection and being with him things would happen as they should. I felt loved, protected and guided without trying to figure things out. I had just sold all my things and moved there. There was no doubt or question of the future or past. It was great.

D: So what do you see in the dreams?

P: The place and the people.

D: Any other dreams from your childhood till today?

P: I dream of men I am attracted to, a lover.

D: Anything from childhood?

P: You mean dreams?

D: Dreams or anything that stands out in your mind.

P: I have one sister three years older than me and when she started dating this was a difficult time for my mother and I remember the fights they would have. One time my mother did not like the man my sister was involved with. They would have very loud shouting. I tried to go to my room and not be part of it. (Weeps.) I heard my sister screaming, and my mother had hit herself on the head with a bottle and had cut her head and was bleeding. The whole crux was sex. My sister was becoming sexual and my mother could not handle it. She was trying to keep my sister dependent on her. She was using her energy against herself. I remember very vividly her sitting on the floor of the kitchen.

When I was growing up I ran away from school...

D: We will stay with that incident; what was your feeling at that time?

P: I was afraid and shocked. I felt my sister had caused my mother to hurt herself and if I were to act in the same way, I may also cause her to hurt herself.

I felt a certain disgust for my mother. She was really untogether. 8

D: So, how did that mould your life then?

P: I withdrew from the family. I went to school in a different city at the age of eighteen and did not tell them of my relationships. After school, I moved three thousand miles away, I did not communicate with them. 9

D: Why?

P: To avoid that turmoil and judgement and to have them involved in what was not their business. I did not want fights with her. I am very emotional like my mother, so I moved away. My husband moved back. We did not only develop differences in our relationship, but now I also have to deal with my parents.

D: So everything you wanted to avoid has come back all at one time?

P: (She laughs.) When the commune closed, my husband wanted to move East and I wanted to move West. I did not know if I could live with this man: living in the commune is easy but not with him in one house. I figured I would sink or swim and I think I am sinking. 10

D: Tell a bit more about the sinking or swimming. What are your difficulties with your parents? 11

P: They have certain expectations of me, money for one. They want to control me: I am forty-six

years old. They gave us money so we could buy a house because I would be near them. Recently I was thinking of going elsewhere, maybe to another centre run by the commune, and if it is something for my inner growth they will not give me money. It is not what I want to be, but what they want me to be. The issue of a child is also connected to that. My parents have always wanted me to have a child. Of course the pull is there from my body, so the question is whether I really want a kid or do I want to please my mother because she would be so happy to have a grandchild? So there is that confusion too; part of my feelings with my parents is that. I want in some way to make peace with them. My mother wanted me to be close to her. We are both emotional, sensitive, artistic. I would like to do that and be strong enough so I will not be destroyed by it 12, what she wants me to be, so that I can love her, give to her and not be compromised by that, not change. I would feel very guilty if they were to die and I had not made peace with them. Then I would not have them.

Mum was sick just before my fall. (Cries.) I went and held her. I do love my parents. 13 My sister has made amends from her college days. She went through the turmoil and got doper. I had just avoided the turmoil and so I am not as close to them.

D: Are there any other incidents that you remember from your childhood?

P: On occasion, my parents would fight and if they were not speaking to each other for even one hour, I would try to get them to talk to each other. It was very distressing to me to have them not talking.

D: What would you feel when they did not talk to each other?

P: Very distressed, very upset, insecure and helpless, feeling the structure of my life was not there, the security was not there.

D: What was the feeling when you say "distressed"?

P: Abandoned.

D: Was there anything else that touched you in your childhood? Any fears?

P: There was another incident. When I was nine years old we were in a motel. My sister and I were in the same bed, and we were giggling. And I remember my father giving us a few warnings, but we continued to play and he just ripped down the blankets and spanked us when we did not stop. That was the only time I was ever hit so that sticks in my mind. 14

D: What did you feel?

P: I felt indignant. I felt: "How dare he do that to me? Who did he think he was to do that?"

Once when I was fifteen years old my mother had told me that it was time for bed. I took my hair curlers to bed with a flashlight and she came and was very, very angry. I guess it was the jealousy of the mother to the more attractive daughter.

D: So what attracted you to this commune?

P: It was a pull from every part of me. It was never a decision. I just felt like I was drawn. It has been right for me. I feel that the meditation and connection to my master is my lifeline. Meditation has kept me from the looney bin and from killing myself. 15 I have problems but at least I can put them on hold for a few minutes with meditation. It has been the only meaning for my life. There is a potential to be and experience something beyond this body and time. It is an experience that is great and to me is the most essential in life.

D: Which experience?

P: The experience of being who you really are which is not limited to this physical body, but I want a connection of something beyond this lifetime. To me that is the most essential experience in life, being who you really are which is not limited to this physical body, being in the moment with real

energy and love. It has been very nourishing and uplifting and it is what keeps me going. I think that, too, is what attracted me to my husband, he has had renunciation. What I fear losing is his energy, because that is what pulled me to him. I would miss that if I were to separate from him.

D: Why do you feel you are very vulnerable and the dagger going into you? What is that situation?

P: I feel I would do anything for him. I used to shop, clean, cook and I felt never appreciated and he would criticize me for one very small thing. If I made a five course meal and one part was overcooked or not enough salted he would criticize me. There was always some problem in everything I did, how much ever effort I made. I was never good enough. This hurt me. I am not perfect but I wanted him to accept me as I am and not be critical. 16

When we had this screaming fight two months ago, I said I can never make you happy no matter what I do. There was always tension around him because I would never know when that criticism would come.

When we moved into our new house and we were painting and sanding, I said something about making a neat line with the paintbrush and he just stopped and went away and did not help any further though the project took four months. He just walked away and never came back to help, like my father. I did this in our relationship. I did a lot of work and he did not help. I wanted him to say to me not to be so critical or talk about it, but he did not talk and was distant from me as though he is up there and I am down here.

D: So, what did you feel?

P: I started to destroy myself. His attitude towards me became my attitude towards myself. I would feel hurt and not say anything and I started falling and hurting myself. Because of his negative attitude towards me, I was hurting myself with falling. 17 I just took the shit for so many years but that is not the way I wanted to be treated.

It used to be that he would have a stomach ache and be angry and irritable for three days and at the end of three days he would say that his stomach was not well. Meanwhile I was made to feel that there was something wrong with me. I would destroy myself, start internalizing my problem. I am very sensitive and when he has that attitude I feel there is something wrong with me, would develop a chest pain. If you love or you care for someone you want to communicate. I felt bad because he did not communicate.

D: So why did you do so much for him?

P: I do not know. I just thought that things would be better. Now I shop and he cooks mostly. I tried doing everything but it did not work, so I gave up.

My mother is like that, like a workhorse, all the time doing something, mostly stupidity. Maybe I thought that I would not be okay unless I did enough. And it did not work.

D: Your father was like that?

P: He is judgemental by nature but is more even keel. I feel more the judgement, but not the daggers I feel from my husband. But my father is more of a gentleman and he did more work in their relationship.

D: How was their relationship?

P: My mother was in school, so my father started to take more responsibility around the house. But he used to not communicate. When my mother was having trouble with my sister, they went to therapy. I had never seen him cry until the last ten years. He has become more communicative..

D: And you mother, how was her nature?

P: Mother is emotional and expressive, loving, artistic and yet dominating to my father which I do not really like. She pushes him around and is critical of him and not accepting of him.

D: What else?

P: That is not enough? I think that is it.

D: Your mother was very critical?

P: I guess there was an underlying understanding we should never go against her.

D: Why was she so much against your sister having a connection with boys?

P: Maybe she was jealous of her daughters, maybe envy.

D: Not religious?

P: I do not know. It must have been.

D: Why do you say jealousy again and again?

P: Maybe she wished she had more freedom. Maybe she was unhappy with our father and we were happy with our boyfriends.

D: What is this you described earlier: flashes of anger or hitting out? Can you give an example of this?

P: If I am holding a glass bottle or a knife, I have a fantasy that I could hurt somebody, just an impulse. That was when I decided to get the divorce, when I realized I hated him enough to be violent. I have never hit anyone in my life to hurt them, but I see that side of me in a flash. A passing flash that I could hurt somebody, even animals. Maybe it is just a feeling of power. But I rationalize it away, just suppress it. 18

D: What do you feel after that impulse?

P: Just to suppress it. Judging myself, that it is wrong. I distract myself.

D: Any dreams of violence like that? 19

P: Yes, there is this very vivid dream. I was driving home on the highway with some people I was working for and I saw a large bird, a wild turkey, (trying not to cry) with the wings flapping. It had been hit by a car and the head was bleeding. The body was alive, but the head was dead 20, and I saw these huge wings were flapping. I stopped the car and brought a blanket and I put my hands on the bird and I felt it jerking and I knew it could not live; it had been hurt too badly. I did not think he could make it and felt I should take his life because he was suffering. And so I strangled his neck and ended his life.

In the middle of the same night I woke up screaming. The dream was that I was in a restaurant and I was wearing red and someone in the room was going to kill me and they knew that I was the one to be killed because I was wearing red. I was having a meal with my parents. I felt the dream was connected to the bird, although I did it for mercy. I did it because I wanted it to be more peaceful and quicker, but I was still upset by it. It may have been a deep moral or religious feeling that I had taken a life and would be murdered.

D: What remedies have you taken?

P: Pulsatilla in the 70's. Gelsemium and Sepia as well. Recently, in 1992, Ignatia, Pulsatilla, Lac defloratum.

D: Have any helped you?

P: Yes, the Pulsatilla helped incredibly. And Ignatia too; I felt more energy, more grounded and rooted in the body. With Lac defloratum I felt stronger and began making decisions.

D: Meaning?

P: About the divorce, going back to school.

D: How is your appetite?

P: Very big; I tend to overeat.

D: Can you withstand hunger?

P: I can bear it physically, but I do not like it emotionally.

Case analysis

See the things that go through the case:

- Dualism. Mind is separated from body. She differentiates love into physical and spiritual.
- Using energy against herself; constantly fighting herself, her impulses, her emotions. Antagonism with herself.
- Feels starved physically and emotionally. Abandoned and forsaken.
- Feeling she will never succeed, she will do everything wrong. Lacking in self-confidence.
- Fear of being murdered, stabbed as with a dagger, and the opposite of this: desire to kill. On the other hand she is also very sympathetic.
- Ambivalent feelings, kind, but at the same time can hurt them. Loving and also hateful to her husband. She has these contradictory impulses.
- Strong feeling of hatred and disgust.
- She feels very estranged from her family and wants to keep a distance.
- She wants to be close and to connect and melt into one with the other person.
- Afraid of losing her self-control. She has flashes of cruelty to others and herself. She uses meditation to alleviate her destructive impulses.
- Feels a lot of expectation from others, and is sensitive to criticism. Felt husband looking down on her, cold, removed, detached and critical. She has a similar feeling with her mother.
- She describes herself as controlling, artistic, perfectionist.
- She talks of the heart a lot.

We have to give consideration to all these elements and come to a remedy.

She always has a dilemma of what to do. Her mother is critical and her father cold-hearted, distant. She developed the feeling of being abandoned. She always felt she had to do a lot and do it perfectly to be loved. This compulsion to be a perfectionist is a feature of the cancer miasm.

She is very sensitive by nature, to the suffering of animals, to criticism, to being unloved. These are features of a plant remedy. Interestingly, the remedies that helped her are Pulsatilla and Ignatia.

She talks of using the energy against herself: "Antagonism against herself". She wanted sex to be a place where two things melted into one. So she sees herself as dual or split. She always has the feeling of "I versus myself". She feels she would destroy herself. In the turkey she saw the body was alive and the head was dead, and she wrung the neck and separated the head from the body.

She felt her mother would destroy her. She has feelings of both love and hatred and disgust for her mother. She felt deeply forsaken when her parents fought. Her feelings with her husband are similar.

She feels a dagger through her and has an impulse to kill because it is a part of her story and her dream. This comes in different ways in the interview. She sees the world as a cruel heartless place where great expectations are placed on her and she tries and tries but it is never good enough. "Succeeds, never". When something happens over and over again in the case, even if it is just a feeling or an impulse which she has never acted upon, it attains importance. All the elements of the turkey incident are very important and have to be understood and the cruelty that was implied earlier in the case is seen clearly in this dream.

The remedy that she received was Anacardium.

Rubrics:

- Self-control, wants to control self;
- Passionate;
- Desire, to kill;
- Lascivious;
- Estranged from family;
- Delusion, soul small or separated from body;
- Antagonism, with herself;
- Succeeds never;
- Anxiety, in chest;
- Angry, as if could kill anyone;
- Impulse, morbid, contradictory;
- Hatred;
- Fear, to be murdered;
- Impulse, to kill;
- Delusion, will never succeed;
- Delusion, mind and body are separated.

She felt as if she was being stabbed and so you can take the symptom: "Anger, so that she could stab someone". The way she perceived the anger, in the same way she could stab someone. It is how you see something being done to you that you do it to others. If someone feels stabbed you could use: "Impulse, to kill with a knife" as one of the possible rubrics. If you hear: "Poking with a knife", do not worry whether it is being stabbed into you or into someone else. You can still use the same symptom. Of course before using it as a symptom you must find confirmation of it in more than one place in the case. If there are two or three confirmations I will then use every rubric that has to do with "knife", whether it is a reaction or an action. It is the intensity and the place the symptom has in your reality that is important. The dream is the naked truth and is the most important. If your idea about the case cannot be confirmed in the dream, you should forget it; it means you are on the wrong track. Ask yourself what does the dream mean. If the dream does not confirm the remedy you are thinking of, you have to be very skeptical about the remedy. The rest of the case has to be understood in this context. This is why the dream is so important. The dream that reveals the connection between various elements in a case often comes up towards the end of the case as you go deeper. There is a certain point where the patients usually say that they cannot tell you further than this; that is the feeling; then you ask about the dream and they then reveal the dream and the whole case opens up (if the case is taken in a conscious manner.) You must know when to ask for the dream. It is an art.

I have found a lot of Anacardium people take to Buddhism because it adheres to a code of non violence.

Follow up

November 1997

P: Felt more loving and connected and sharing my energy, not drained.

Left my husband and this feels good.

Menses better. They feel better, more cleansing, no real problem before.

Final break with my husband. I finally had it out with him. I screamed at him and said I will not do this any more. I opened my eyes and the whole world looked so bright. I saw my patterns.

I feel more loving now. Not feeling as self-destructive.

Overall much better.

Mental retardation

Anacardium orientale

Case 8

A nine year old Greek male child, R.P. , with mental retardation was brought to me on 21st March 1996. His parents had tried a lot of Homoeopathy for him in Greece, but without any significant results.

They had brought along a video cassette of the child where he was watching TV intently and running his finger in his mouth over his teeth. He was sitting with mouth a little open, and holding his foot and toes with his hands. He was moving his feet and legs while watching TV, legs straight out. He was very restless. He wanted to have everything in its proper place. He spent a lot of time rearranging his room and toys and pillows back the way he wanted it.

The following medical history was given by the parents:

His birth was normal. He was jaundiced at birth. Then several days later he developed tonic clonic spasms. During the first month he had eight spasms lasting seconds at a time. He had been given Phenobarbital. He was hospitalized during the first month. For the first twenty days he was in a Greek hospital and he was tortured, his hands, feet and head had turned dark blue from blood drawing. Then for ten days he was in a London hospital. His CT scan had shown undeveloped material in the white matter. Another CT scan several years later was normal.

At the age of five he had fever spasms. In May 1992 after four months of colds and viruses during which he was given a lot of antibiotics, he had a bronchospasm that was not better with Ventolin and so he was given 60 mg of Cortisol for a month daily. He was given the Homoeopathic remedies Tuberculinum and Drosera. One month later he was given Cuprum and this controlled the asthma immediately. Since then he had had Arsenicum, Kalium carbonicum, Hepar sulphuris calcareum, Spongia tosta, Chelidonium majus, Sanguinaria, Syphilinum and some other remedies. Of these Hepar sulphuris and Spongia seemed to help with his asthma. Arsenicum helped in the acutes. After Syphilinum he got very sick. 1

He would have spasms and twitching around the mouth. In 1994 his shoulder was inflamed, and he was given Natrum sulphuricum 200C with relief. Then the pain went to the knee and he was given Ledum 200C. Investigations did not reveal anything.

The remedies that had been given helped the local complaints but not the whole.

His parents were extremely cooperative and accurate in the description of his behaviour, which is as follows:

Parents: At the age of three and half years, he could not say almost anything and we were walking and he said the word "fire" clearly, and then did not say the word again for three years. He did not seem to understand anything of discussions. We did not think he knew the word "mother", but he said "grandmother" and seemed to understand the word.

He does not like to be touched. He asks to be caressed by his mother. But he is frightened to be touched on his feet. He is terrorized when we go to cut his nails. He walks on tip toe. He has an extreme fear and fascination for dogs and pigeons.

He is resistant to pain. He touched the iron and burned himself and did not say anything.

Observation: He repeats the words his father says.

Parents: He remembers well places and streets, and is very observant. He is very obstinate, gets angry, spiteful, aggressive. The more kind we are with him the more apologetic he becomes about his behaviour.

If his mother complains of pain he gets angry and says: "You do not feel the pain"; he becomes

aggressive. He is compassionate. He has a lot of salivation and likes to play with it and puts fingers in his mouth.

He cannot write on the line, someone needs to show him the line. He is embarrassed when his schoolmates say that he cannot read or write, or they talk about his disabilities.

He sleeps face down, on the chest. He talks in his sleep and called to his mother recently saying: "Something is biting me." He is very childish, very shy and hides behind his mother when someone asks him something. He asks the same question about things he knows, lacks in self-confidence.

He likes to travel. He is very upset if someone destroys the order of things around him, is upset with changing furniture around.

He is worse between 4:00 pm and 8:00 pm and 12:00 am and 2:00 am. He is very suspicious. He does not like wind.

D: (To the mother) How was the pregnancy? 2

Fa: (The father translates.) She was playing the piano during the first five months, for five hours a day. She is a musician and likes classical music. She works in the Conservatory. If she is anxious, depressed or not well and hears music she becomes cheerful and better. She does not like Greek popular music; she likes Chopin, not loud music.

The child likes to hear the same piece many times.

D: What was her state during the pregnancy?

Fa: The day she learnt that she was pregnant, she cried a lot because we had a lot of disputes. The day of birth she had a dispute with her brother and did not want him to come to the hospital because of his crisis; he has psychological problems. On the day of the birth she was very anxious.

D: Tell me about the pregnancy period.

Fa: She remembers the dream before delivery: "We were passing an island at night. The sea was very dark and we had to climb a small mountain. There were red roses. It was night and this impressed me. I awoke terrified, frightened that something bad will happen but I was feeling well because of the red roses and the water. We wanted to get some water. I was anxious while we were climbing the small mountain."

After the delivery and before the child suffered the spasms, she dreamt she was seeing monsters in the house.

D: What kind of monsters?

Fa: Very ugly faces. She also had dreams of members of her family, especially her mother. She had dreams of babies and that something bad was happening to her or them. The child becomes ill after these dreams.

D: What do you feel?

Fa: Frightened from this ability. When she dreams of water and flowers she is sure something good will happen. If she dreams of eating ice cream, she will surely fall sick. If our son speaks well in her dream, he will fall sick.

D: (To the mother) Can you tell us about your nature?

Fa: She wanted to get married in order to get out of the house because of her brother who was mentally ill.

D: In childhood did you get dreams and wake up frightened? 3

Fa: As a child she would dream that she is dimbing down the stairs and someone would come from behind her and catch her and she could not cry out although she wanted to; the voice would not come out. Very often she would get this dream.

She would dream with the feeling that something was an obstade and so she could not go

downstairs. Very often she would cry and wake up crying for her mother.

She would wet the bed as a child.

D: Did you have any fears as a child?

Fa: She was very tied to her mother. She had the fear that her mother was going to poison her. When her mother was angry, her face would be like a mask without any expression, and that would frighten her. 4

One time when someone came over to her house, a relative but not a close relative, she was frightened that this person would do something very bad to her. She had the feeling that he was a very bad person and he would like to do something very bad: that frightened her very much. As a child she had such fears from persons and also from things. Once, when visiting her grandmother's house, she saw a statue and thought that it could be like a man who could harm her and do something bad to her. 5

D: What would you do when you had these fears?

Fa: Nothing. Sometimes she did not eat her food because of fear of being poisoned.

D: Any fear of animals?

Fa: When she was a child she was afraid of darkness and even now when she is alone at home, she wants the light when going to sleep.

D: What had happened with her brother on the day of the delivery?

Fa: He had phoned and asked if he could come to the hospital. She was so out of herself crying into the phone: "Do not come into the hospital." She would have been ashamed if he came and behaved badly.

(She was not able to describe this fear regarding her brother any further.)

Her brother died of an overdose of drugs. Her father loved to travel, but was not interested in the family except to bring them food and money. He had no interaction with them. Her mother is very sensitive, anxious, depressed and religious. She wanted her daughter to wear certain clothes and have certain habits. For a time her mother was not religious but now is again.

Her brother called after the delivery and said: "You are well and I am jealous of you." She was afraid he would come and disturb the nurses and doctors.

D: Why did she have so much fear?

Fa: She cannot say. But with the fear her face went red and her fingers became numb and cold.

D: What was the conflict with your husband? (Mentioned in written history.)

Mo: He is into computers and the whole day he leaves me alone and I felt like an unmarried woman, depressed and lonely. I just could not communicate with him. Sometimes I was jealous of my husband's work, but not suspicious. I used to be very scared when he was away that something bad would happen to him. 6 My husband is the only person I could rely on and he is not close to me. I would feel if something would happen to my husband (if he dies) the cosmos would be lost.

Observation: Both parents had a tremendous sense of guilt as if the state of the child was their fault. 7

D: Say some more about the child.

Fa: If he sees a dog he hides behind us. He did not want to go to a party with school friends, he held onto us, was frightened and anxious. He refuses to turn off the lights at night.

He gets very anxious with his mother wearing glasses instead of contact lenses. She has to put the glasses away in a bag.

When he gets angry, he arranges things in order. When she is angry the child becomes aggressive and will not eat.

Observation: I asked the child to show his tongue and observed a central crack in the middle.

D: (To the father) Say something about your nature.

Fa: I am very impatient and practical. I had convulsions as a child also.

D: Which of you is very particular about order? 8

Fa: My wife is very particular about keeping things in order. If things are not arranged well, she is anxious and cannot read or concentrate. She is quite fastidious.

D: How was she before her exams? Would she get nervous or tense?

Fa: She becomes sick with anxiety before exams. Even now she gets tense when her students have exams (she is a piano teacher).

She also faints easily especially when stressed or hungry. She is a perfectionist in her work and makes notes. At home she waits until she has time to clean really well and will not do any slipshod work; will rather let it wait.

D: What position does she take in sleep?

Fa: She used to sleep on abdomen, now on right side.

D: Did she feel a lot of pressure from her mother? Did she find her very dominating?

Fa: Her mother was very dominating. When her brother tried to act like a father to her she reacted strongly.

The child becomes irritable when hungry. When he coughs his face becomes red.

D: What things does the child like to eat or drink?

Fa: He likes milk, creamy, sweet things.

Observation: The mother has blueness of the sclera.

I asked them to return two days later after I had gone through the history and they had thought over if there was anything more that they would like to add. 9

The father gives some more information two days later.

Fa: Because I left my wife alone when I was working, she thought me to be cruel and heartless.

During the pregnancy, she hated me. At the time of the birth, she was thinking of conception of the child as a revenge. She wanted the child as a revenge. She felt that I was cruel and heartless and she wanted the child as a form of revenge. She was thinking that the child should be very bad in his health and this would be very revengeful to me. Because I could not share with her the joy of the child, she hated me and thought of the child as a revenge. 10

She was also feeling the jealousy of her brother and even his curse, malediction as metaphysical. She is very anxious and does not perform (piano playing) any more.

During her childhood, she had metaphysical fears and used to wake in the night from bad dreams and would only be calm going to the bed of her mother.

She does not like people to see her with glasses. The child also does not like her glasses and insists that she take them off.

The child is sometimes very affectionate and sometimes very aggressive.

Being in a stormy sea the mother expects something bad. When she is seeing relatives, she knows if they are well or bad.

D: Can you say more of the hatred, revenge?

Fa: In the first two years of our marriage, I was very affectionate. She felt I was the only person to communicate with her especially in art, poetry and aesthetics. This is crucial to her. If there is something she does not like aesthetically, she feels depressed. Because I was working during the pregnancy, she found me cruel and heartless and wanted an ill child to be born for revenge against me. Feelings of abandonment and hatred and revenge. 11

Case analysis

The mother's state during pregnancy was very strong and was the key in understanding the child. The only person that she could rely on was cruel and heartless, and so she reacted in a similar way and wanted that the child be born with bad health as revenge against her husband. Also, during her pregnancy, she practised at the piano for five hours daily. She is a perfectionist and has anticipatory anxiety before a performance.

The feeling that I am not perfect and I have to be perfect is a feeling of the cancer miasm. You also see the intolerance for disorder in both mother and child. Keeping things in order is a compulsion for them both. She also has very strong feelings and opinions especially that the world would be destroyed if her husband were to die. She has the feeling that people are out to harm her, and even her own mother may poison her. These extreme feelings and fears also indicate the depth of the miasm. Acute miasms usually feel the threat from outside whereas chronic miasms perceive the problem to be from within.

The mother's liking for music, especially soft classical music, her aesthetic inclinations, her love of the arts and literature show a certain sensitivity that is common remedies of the plant kingdom. But this kind of sensitivity can also be seen in other remedies, like Carcinosinum which was the remedy that I had thought of earlier.

So, we are looking at a plant remedy of the cancer miasm with strong feelings of cruelty and heartlessness, hatred and revenge. This remedy is Anacardium. Now you understand her feelings towards her husband. From him she received affection and also cruelty and heartlessness, the angel and the devil. You see the same story with her mother: she depended on her a lot but also felt that she could poison her. In the child also you see the alternation between affection and aggression. The parents say that if they are kind to him he becomes more and more apologetic, but if they are hard to him he is aggressive. Further, this compulsion to keep things in order is also a feature of Anacardium.

In the case of the child, he is in the failed stage of disease; his mother on the other hand is coped up and successful.

Arsenicum which belongs to the same miasm acted partially, but Syphilinum which was too strong made him very sick.

The symptoms of the case are:

- Rest cannot until things are in order;
- Forsaken feeling and sensation of isolation;
- Abandoned;
- Fear of being poisoned;
- Cruelty;
- Unfeeling, hardhearted;
- Alternation between aggressive and affectionate;
- Ailments from anticipation;
- Helplessness (wanted to shout but could not);
- Clairvoyance;
- Sadness after quarrels (with her husband);
- Sensitive to the music of the piano;
- Cursing (may the child have bad health).

The remedy was given in the LM potency and the potency was stepped up every month.

Follow up

One year later

He is more relaxed. More calm, when watching TV. He tries to read and write and can spell when someone helps him. He is able to concentrate more and can cope better with exercises in simple mathematics. When writing sentences he misses words or writes only the last word of the sentence. He lacked in fine motor control before, but is now able to write letters.

He has, as yet, the fears of nail clipping and of pigeons, but not of grubs or insects. He is able to get closer to the black dog but not yet able to pet him. Earlier when he would sit on the toilet he would have to arrange things in a neurotic way, but now he does not need to unless he is upset or angry. He has learned to ride a bike without training wheels, and is able to go up and down the stairs, one foot on each stair without losing his balance. He used to have both feet on each stair earlier.

Scary monsters frighten him. He is learning Greek mythology and if he can read that he will not need any other book.

The extreme salivation at night has stopped.

Comments: He had received the potencies from LM1 to LM15 in this time.

Three years later they continue to keep in touch regularly. The child is doing much better at school, and his motor abilities have also improved. He later received the same remedy in the centesimal scale. His mother also received Anacardium.

Hepatitis

Cyclamen Europaeum

Case 9

An American woman consulted me in 1994. She had been sick for four years with chronic active hepatitis (B and C antibodies). She was unable to eat and was losing weight, was down to eighty-six pounds. Her internist advised that she should go on experimental interferon and get in line for a transplant. Many good homoeopaths had tried to prescribe for her. 1 In October 1997 she sent me a video recording where she reviewed what happened after I had prescribed for her and also said something about herself. The following is a transcription of the same.

P: We had purchased a property and were supposed to have an agreement in writing before we moved in. 2 We moved in and nothing happened with this agreement. My husband wrote up a document and went to a lawyer and we signed it and another owner signed it and the third owner would not sign it. 3

After two months had gone by, I called the owner who would not sign, two days after he was supposed to have done it and he had not done it as yet. I became very angry, called him some names, yelled at him and was shaking. I was so angry I cried. 4 I became sick two days later. I prayed that he should not die. We had no legal document and if he died his parents would inherit it and we would have nothing. 5

I became nauseous with all food I wanted to eat. Twenty minutes after I had eaten I would be nauseous. I lost weight. If I coughed I would gag. I developed a pain on the right side which woke me between 11:00 pm and 1:00 am. 6 It would be intense and sharp and keep me awake for two hours. At its worst it went to my upper chest, back, liver, gallbladder, everywhere. After some months it went to my abdomen and I felt like cramping pains, bearing down like childbirth. These pains would come and go. 7 There was some kind of pain all the time and I did not want to move. Pain down my right arm and my arm would feel heavy. Over time I narrowed my food down and got to not eating any fats or oils, nothing fried; just bland, simple food. 8

I would like to be outside with plants and trees 9 and taking walks but my abdomen felt heavy with walking, and cramped. 10 I laid down and rested a lot and tried not to complain. 11 Any time I got

angry it would get worse. I knew I would pay for it later. It was like that for some years.

In 1993, a year and a half later, someone came and threatened the lives of my family and me and that did not help matters. This situation continued for another two years, even ending up with time in jail by the person who had threatened us and a restraining order. I felt I would like to cry, but I rarely cry. I could not cry outward but did inwardly. 12

I was then diagnosed as suffering from chronic active hepatitis and my internist advised interferon and a liver transplant.

In the land situation, when I got so angry, my feeling was I was not supposed to get angry; I hated anger and I was supposed to be calm in any situation. I felt that if I got angry it would come back to me. 13 I tried not to do wrong things and I tried to give this fellow the benefit of the doubt.

It is hard for me to share in a large group and I do not feel adequate and am afraid I will be laughed at if I make a mistake. 14

I was conceived in the year 1947, before my parents were married. They married shortly after. 15 I prayed a lot for my land partner who would not give us any document and because of whom I would have nothing legal to show I owned the land. When I was threatened I prayed. I was always on the alert. Who knows what he would do. We live rurally.

I was constantly praying we would all be okay. 16

Another story I recall is from when I was eight years old, I was on a picnic at a river and there were lots of kids and families. Someone had put their watermelon in the river to cool and I came upon it and thought it was quite a treasure. And I dropped it and it splattered open. I felt so bad that I sat in the car and would not come out. 17 Mother recently told me I was really yelled at but I do not recall.

When I was in first grade I was sitting for story time. We were in a circle with the teacher and I knew I had to go to the bathroom. But I would not interrupt her and I finally wet my pants and was humiliated. 18

I home-school my kids and am a very involved mother. 19

I love the outdoors, and I love plants. In the place we own with the land partner, I planted fruit trees myself. I love the trees. 20

One dream I recall is that I had given birth to a child with no arms, legs or body, only a neck and head. I knew I had to love the child anyway and I did. 21 Then my child cut off another child's head and left it in a basket. I knew my child would have to be killed for this action. 22 When someone asked me about the child I told them the child was ill and would die. 23 The feeling was I have to accept what comes to me no matter what it is or how it is because that is what God has given me.

I used to get dreams of flying as a child, to escape a bad situation or to show others how good we could be, better than was expected of us. 24

I was put through a lot of drug experimenting.

One important feeling I remember having around that time was this incredible feeling I was going to die. I had a lot of fear around that and the main fear was that I would not be there to see my kids grow up. 25

In 1991, with the original work up, the SGOT was 130 and SGPT was 150, both elevated. At the time when my first child was born they were ten times higher. Even after having been treated and doing better they are 160 and 197.

Shortly after having taken the remedy in May 1994, I never had nausea again. If I experience pains, they are fleeting; they do not stay.

In 1995 the fellow who had been threatening us went totally crazy and smashed our car and cut our

phone lines and it made the situation more stressful. I would not have been able to handle that before the remedy. There was a court case and he spent a year in jail and we have a court order. It is easier for me to express my opinion and say: "No." I still want to help out and be as good a person as I can.

It is much easier for me to get angry and I do not shake afterwards. It does not make me feel wrong if I do get angry.

I also do not pray as much for situations like I did. I used to be afraid that if I did not pray, something would go wrong.

I eat a greater variety of foods and vegetables and have included dairy in my diet. I do not have to watch and read every label to avoid oils. I can eat in restaurants. I can eat pizza with goat cheese.

I exercise a lot and run three to four miles three times a week and swim on the other days. My physical health is better, and I have gained weight up to a hundred and eighteen pounds. I am strong and can work for a long time.

The remedy was repeated three months after I initially took it when the pains had returned. Never did the nausea or abdominal cramping return.

A year and a half later, my liver profile was in the normal range. 26

She had a really peculiar symptom she did not mention in the follow up, but that I remember from her first interview. She would turn off a hose and would go back and check it several times, or the stove as if she had neglected it.

Case analysis

The main features of her case are:

- A very intense feeling that she has done wrong, and that she will be punished for it. She prays constantly that she will not be punished. A need also to hide that wrong.
- A feeling that she has to control her emotions. She cannot express her anger or grief because it is wrong to do so.
- Very conscientious and dutiful.
- Love for plants and trees.
- A feeling of being narrowed down because of her pathology, of being imprisoned because of her mistake.

These features led me to think of the remedy *Cyclamen*.

Rubrics:

- Delusion, neglected, duty, his;
- Delusion, wrong, he has done;
- Grief, undemonstrated.

I consider *Cyclamen* to be the female counterpart of *Aurum metallicum*. But *Aurum* does not have this need to cover up things and be secretive. In her dream she told the others that her child was sick and will die, not that he has to be killed for killing another.

Cyclamen is a plant remedy and has the feeling she had done something wrong or had not done her duty and something bad will happen now to her as a result. She keeps it a secret, avoids all social contact.

Pulsatilla and *Ignatia* are the two remedies that come very close to *Cyclamen*. Kent said it comes between *Ignatia* and *Silicea*.

A strong craving for lemonade is an excellent confirmatory symptom of this remedy. Craving refreshing things and amelioration from the same. Hidden guilt and hidden grief are features of *Cyclamen*.

Hoarseness of voice

Argentum metallicum

Case 10

The following is the case of a thirty-four year old woman, Ms. D.V. , who consulted me on January 27, 1995 for hoarseness of voice. She was working as a journalist for a prominent financial newspaper and was known to be good in her work, and was in demand. Her case had already been taken by my assistant, and so I had some information to start with.

D: You have already spoken at length about yourself. Tell me about your dreams.

P: Over the last fortnight, I had one or two dreams of going to work and discussing the article I am working on with one of my colleagues. Like any normal working day. And usually my dreams are of that nature.

D: Of what nature?

P: Very commonplace, of my daily routine; going to the office, meeting a friend, going shopping.

D: What dreams did you have earlier?

P: There have been times, when the other doctor probed a little further, that I could recollect. One was that someone is chasing me with a gun and I felt as if someone would shoot me at any moment. Even that is very hazy really; I cannot recollect who the person was. The other significant dream was that I was with a friend in a room; we were talking. Suddenly I found that she goes to the balcony, and before I know it she has jumped down. And in the meantime I was talking on the phone with someone. I was very apprehensive and the first thing that struck me was to run down to see how she was. I found her dead and I was very apprehensive whether it would become a police case and the police would question me and the person I was talking to over the phone would become a witness to the fact that I was present in that room. Those were the kind of worries that haunted me at that moment. It was quite a traumatic dream, in the sense that even after waking up it bothered me for a day or so. 1

D: What were the feelings, if you can tell a bit more?

P: During the dream the feelings were largely a kind of self-protection because the fear was that I would get involved in this whole thing, and I would get questioned and how was I going to handle it, it was more apprehension. But once I woke up and realized that it was only a dream I was very disturbed that I should be dreaming that a good friend is committing suicide. It was depressing. In fact I think that I even called her up to find out how she was, and if everything was okay. (Laughs.)

D: And how do you relate with this friend?

P: She is not a friend with whom I am in regular touch. We were colleagues at my earlier job, and now she works elsewhere and so do I. I cannot say that she is very close friend, but a good friend.

D: Any other dreams?

P: When I was trying to recollect I remembered this one dream where someone was trying to hold me and put acid on me; that was really very horrible.

(Laughs.) I do not remember when I had it or who the person was. The frequency of these kind of nightmares is probably once in six months. 2

D: And in childhood, did you have nightmares too?

P: No. Not that I can recall.

D: Any others dreams?

P: I have had dreams... basically related to death... I sometimes get the feeling while sleeping that someone is persecuting you or someone is choking you. And sometimes not even that someone is choking you, but a sense of being choked. You cannot breathe; there is something in the neck. You

are near death and then you wake up... that kind of a dream. But all this has been over a span of many years. I am not particularly bothered by such nightmares; they do not happen often.

D: Who is choking you?

P: Either someone is trying to strangle me or there is no one in particular. There is a choking sensation in the throat as if somebody is pressing it. In the other dream there is the terror of someone putting acid on me, but I cannot remember the context.

D: Do you remember any other dreams?

P: The other dreams that I remember are very commonplace; I meet someone and talk to them. There are times when after I have woken up and am getting on with my work when I feel that the dream was something that had actually happened the previous day. Then I realize that it was only a dream and I had not actually met that person. They are usually uneventful, commonplace kind of things.

D: But they seem real on waking?

P: Not always, but sometimes. Because they are so commonplace that they do not affect me once I have woken up. Then when I am at work I feel I had met this person, and then it strikes me that actually it was a dream, and I had not actually met this person.

D: Tell me a bit about your interests and hobbies.

P: Up to recently I hardly had any hobbies. I was academically oriented and participated in extra curricular activities, largely debates and elocution competitions. 3 That was during my student days. But I did not really have any strong hobby that would give me pleasure in itself. That is something that I have developed in the last few years. Today I love to read books, that is my main hobby. However busy my day has been I always have a book before I go to bed, even for fifteen to twenty minutes.

D: What kind of books do you read?

P: Today, it is very wide: it could be fiction, biographies, nonfiction, usually best-sellers. A lot of fiction, I guess. Sometimes even philosophy.

D: Is there any book that you liked very, very much?

P: I do not normally read a book a second time, so nothing in particular.

D: You were very interested in elocution and debates?

P: Yes, that was during my school and college days.

D: Can you tell about that?

P: In college it was partly to kill time and partly because I got a kick out of it; I usually bagged a lot of prizes in these competitions. And it also exposed you to the world outside your college. Virtually any competition I would jump into and participate and usually come back with a few awards. That was like a hobby because one had to prepare for it and keep track of events.

D: What is your most memorable debate?

P: One on religion and what it is today and what is happening to the country and why is everybody so obsessed with religion. I got the trophy for that. I guess I performed quite well. 4

D: Were you also interested in that topic?

P: Yes, it interests me even today.

D: In what way?

P: In a general way, in that people become obsessed with rituals, whereas it is very personal. I love to read the Bhagavad Gita and the interpretations put me off; something about caste and being outcast. Some of them I find ridiculous, that educated people can believe in such things. It affects me very strongly, bothers me. Even when one religion puts another down. I find it immature. People

are not seeking depth in the subject, which I can accuse myself of also doing.

One of my teachers had told me that when you take up something you must approach what you want out of it and not comment on or criticize the author because he can have so many failings. But that is something I am not able to do. While reading I always feel: "Why is he saying all this?" And my mind goes off track rather than simply reading.

D: For example?

P: For example I read the Bhagavad Gita to seek some knowledge. There is something appealing, interesting in it for me. There is something in it for me.

D: What is in it for you?

P: It is just an understanding of life. It is a very practical guide to cope with life. Especially when you hear of somebody's premature death, it bothers me because I come from a family where my parents have seen a lot of tragic deaths in their life. I cannot say that these have affected me personally even though I knew those people. But even today if I hear of some forty or fifty year old dying it affects me because it seems to be something that is out of our control. When something is in our control one feels optimistic and feels that this is the way to go about it. But when something feels like it is totally out of my control, I feel slightly lost. That is why I read books on religion to see if there is some explanation for it. I cannot say that I have the answers but one gets some interesting insights into these things. But even as I read a book about religion in general, certain things put me off; something about superstition, something irrational, it upsets me and I put aside the book.

Today I put on the TV and there was a saint talking about detachment and how old people should conduct themselves. There was something very logical in what he was saying and I kept listening although I had just put on the TV at random. 5 And then he made some joke about Hinduism and Islam, and that just put me off and I switched off the TV. Probably he may have had many more things to say that may have been of interest to me, but I did not feel like seeing it any more. I just reject the person immediately and switch it off.

D: Why do you reject?

P: It is just irritating; that is all. Whether it is watching TV or reading a book, you cannot debate with the person; it is a monologue. 6 So, there is some kind of irritation.

D: Is there anything else that you are very interested in?

P: If I take up something or some responsibility, I get very involved in the subject. Even though I am a career person, when I had a baby I read many books about how children should be brought up and spoke to a lot of people who had children; the whole subject interests me a lot. Even though I am not really cut out for being a housewife and a typical mother, because it is a responsibility for me and because I love my daughter I get very deep into it, into the whole thing about how to feed her and how to cope with feeding problems. Even at work, where I write on finance, if I am asked to write on something which is not really my subject, for example macroeconomics or foreign direct investment, I can get very involved and interested in it, though these are not in my scheme of things. And frankly, I have reached a point where I do not think that anything is uninteresting.

Recently my father was admitted into the hospital for a fever of unknown origin. As such science and medicine does not interest me. But when I am in the situation I can really get into it, talk to doctors, talk to doctor friends, talk to the doctor attending to him. I got very involved and even took ten days off. It was not as if my father was very seriously ill, one just feels very interested and very involved in that. And even as I was talking one day it struck me that doing medicine would not have been boring. At one point in my life I thought that I was very much into finance and that is my interest. But, on reflecting about it now I feel that I might have been good at medicine. I am

loosening my hold on this rigidity about interests though I may still pursue finance because of practical reasons.

D: Finance interests you?

P: Finance interests me a lot, and I do not see myself changing my line at this...

D: Why does finance interest you?

P: The main reason is that I was good at it. Whatever teachers may tell you about choosing a subject that you like, finally we all like to do things we are good at because we are all achievement oriented. 7 Ask any high school student and he will tell you that you need to score so much to get into this field and whether he can do it or not. So I think it was the feeling that I could accomplish it well that made me pursue it. The interest was there; that was taken for granted. That has to be there when you pursue anything.

D: What about finance interested you?

P: Things are more structured, things are more predictable, it seems to be clearer, less ambiguity, less greyness. I remember that I was also interested in the English language and was very good in it as a subject. But if you pick up a book on literature there seems to be so much grey in it. 8 Like today there are people in my magazine who tell me that I write on all this "hi-fi" stuff. I laugh to myself because I am more comfortable with this "hi-fi" stuff than with, say if you ask me to write on advertizing and marketing which has so much grey in it, things that you cannot define clearly. I am comfortable with such subjects that appear complicated but which are clearer.

D: So, is there a problem with things that are not predictable?

P: Not problems, but I do not think that I would be too accomplished in it.

D: For example in which other area are things unpredictable and you are uncomfortable?

P: Art, literature. Particularly art; if you ask me to appreciate a painting. There are people who do courses on how to appreciate art. Even if I study how to appreciate art, there would be a dozen questions, arguments in my mind that would be unanswered. That is the constraint in learning about art. Because to appreciate art one must go by the instinct rather than the mind. I am not honed at all on that. 9

D: No?

P: Not at all. I cannot appreciate or figure out what there is to an artist tearing paper and strewing the pieces all over the floor. Recently a famous Indian artist did it. I cannot appreciate paintings.

D: How do you react to animals? 10

P: Rats are the only thing I am terrified of. If someone has a dog I can say: "Oh what a sweet dog", but I will never have one.

D: What about plants and flowers?

P: Again, I am not interested in them. I tell myself that it is because I do not have the time to care for them. There is something life-like about a plant and I would feel very guilty if I did not... In my house there is not a single plant. I think it is very unfair to bring these things into the house. It is the same with dogs, I will not take care of it. Not having is more out of a sense of responsibility, but probably deep, down inside one is not interested in them.

D: You had written and spoken about your childhood quite a bit. Can you summarize what are the main impressions in your childhood? 11

P: Until I was about twenty years old I had a pretty gloomy perspective about life because I come from a family that has seen a lot of grief, a lot of unhappiness, a lot of friction.

We lived in a joint family. Apart from human decisions like having to live in a joint family, the family was also struck by a lot of tragedies. My father lost two brothers at a very young and tragic age, and

they had left behind widows and their children. It was a combination of natural tragedies and man-made problems in the sense of there being the old culture of having to live together and there would be friction. There was a lot of unhappiness at home which made me feel very scared, very insecure, very afraid and also very cynical about the future. As I grew older and was in my teens, I would often wonder why my family was so strange. I found it different from other families. 12

We also had the unfortunate experience of my grandmother, my father's mother who was paralyzed for thirteen years. Again the figure thirteen was very strange in that I had never seen anyone paralyzed for so long; it was like a marathon. And we were not even that well off to be able to afford a full time servant. So the physical act of taking care of her was done, ninety percent, by my mother and I starting helping her as I grew up. This was a traumatic period because this would just go on and on and on and there was no respite in terms of the environment at home. Even in terms of cooperation from the other members of the family, my father, his brothers and there was a certain callousness; it would just go on and on.

I am ashamed to say that sometimes I would wonder if she was going to live forever. My greatest regret when she died was that she was the only person I really wished would go away. It makes you feel slightly guilty and slightly inhuman also. I can understand why I felt that way because we did not cope with the problem the way one should cope with it, that is in a positive way. And to be fatalistic about things and say that this is not my problem is also very callous. I was able to overcome all that. What happened unfortunately was that until I was twenty years old this problem at home occupied a very significant portion of my thinking time. 13 Not that my life was affected personally, I was always pretty good at academics and went about it pretty well. Yet my thinking time was devoted to this because this bogged me down. Later when I was twenty I took a job and had a lot of achievements at work and had a whole lot of activities to involve me. 14 And then I got my MBA. These were major breakthroughs in my life because I realized that there was so much to do for myself rather than ponder about why a particular person is the way he is or she is.

D: What was your main feeling as a child?

P: There was a lot of resentment, a lot of indignation. We were in a situation where one felt very trapped. It was not really my problem, but I cared a lot for my mother and I could see my mother in a lot of distress. I had to help her out of it. I felt responsible; I felt I must contribute my bit. 15 And I felt a lot of resentment that nobody else seemed to be feeling this way.

Like today I am married into a family where people are extremely responsible individuals. We are pretty modern in that my in-laws live independently, though they are aged sixty-nine and sixty-three. We all live independently and when there is a problem, for example if my in-laws are not well, the way their sons rally around their family and each one contributes without looking what or how much the other person is giving. It is not as if there are no problems; we are all human. But the sense of responsibility is so strong and yet we do not make a big thing about it. We do not show off about our sense of duty or that we live together, but the sense of responsibility is so strong that I feel very warm towards my in-laws. When I reflect about it I feel a sense of tragedy about my father's family because they did learn to cope. If these tragedies were to hit my in-laws' family I suppose they would cope with it much more positively. I think that the crisis made a lot of people want to run from the situation and the person who could not run was my mother. So it was like she was stuck properly, trapped completely. I often question this: I did not have to help my mother, and neither did she have to look after her mother-in-law. She could have just walked out. Yet culturally you are conditioned to doing certain things and you feel you cannot get out of that mould. So, it is a vicious circle; one gets completely bogged down by that. 16

D: Say something about your nature.

P: I am forthright and direct. Over the years I have learned to be diplomatic in the sense that I think now before I talk. Yet I have not changed my very basic nature of being very direct. If I have a problem with someone I do not believe in bottling feelings or talking behind somebody's back; I confront. I have found that some people can be shocked by how direct I can be. But usually they come around and I am able to build up pretty long lasting relationships.

D: For example?

P: People usually tell me that they know where we stand with me. I suppose that is a compliment when they say it that way because...

I do not feel any insecurity about having to hide my... even in work relationships I can be very... I am ambitious in spite of having a family and daughter and working part time. I do not treat my work lightly. I would like to have increments, I would like to have promotions. But I do not see the need to go around lobbying. I have a lot of self confidence. I can be very direct. Even if I have not written a good article, have done a bad job, and if someone comes and tells me: "Hey, that article was not great", I can say: "Yes, I know it was the pits." I can be very self-critical and very direct. Similarly if someone asks me to comment on his article I can be as direct and say that it was not so great. But I have changed to the extent that now I will be diplomatic about it; I will say one or two good things about an article before I tell him the negative things. But before I would be very direct and just say: "It was horrible." That can bother some people because very often when they ask you they are only fishing for compliments, which I cannot really do. Sometimes I wonder why I am so direct. But I get into this very sincere thing that if he has asked me I must tell him and I cannot tell him a lie; if I lie I am being a hypocrite. For all you know the guy might just want a compliment, he may want to feel good. That I have not been able to implement. It is different with close friends because they come to you knowing that you will give them a critical opinion. So, they come fully prepared knowing that you are going to say good or bad things. I find it very difficult to be indifferent to people. Not that indifference is a good quality but you cannot be concerned about everyone around you or you cannot react to everything around you. It takes too much time and it is a waste of time very often.

17

D: When do you feel sad or depressed?

P: In spite of having a pretty good hold over myself, when I talk about the past and the periods that were bad, and I can be very matter of fact about it, in spite of so much of an intellectual understanding 18 about myself and my nature, I find that I have a lot of expectations from people. I feel very sad when my expectations are not met with. And sometimes the sadness is not even proportionate to the disappointment.

D: For example?

P: For instance, my husband is a very, very busy person. He is very ambitious. He had told me much before we were married that family was low on his list of priorities. He is very responsible but he does not spend time with his family. I coped pretty well with that because he had told me before we were married. So I respect him for that. I attach a lot of importance to days like birthdays and wedding anniversaries, and my husband does not at all. The feeling is of sadness, depression. I feel terrible. Then a few days later I reflect on it with amusement because I have coped with much more serious problems in my life and these are very superficial things. And yet the feeling of sadness is very intense. 19

D: What do you feel in the sadness?

P: A feeling of neglect, a feeling of not being loved, of loneliness. I am coping positively since the last

two years. I have been married four and a half years and for the first two years I felt completely upset and completely disappointed in my husband. Now what I usually do is that I know that this date bothers me. So I plan my day and keep myself busy on those days. It was a small thing but it made me very happy. So at least I am able to reduce the sadness. But I do not claim that I am able to overcome it completely.

D: Don't you tell him?

P: Yes, but it makes his stubbornness worse and he tries to be logical but there is no logic to this. Birthdays for me were always celebrated as a child, whatever problems we had. I was also the favoured person with everybody despite the differences that we had in our family. Everyone was very fond of me.

D: So, why were you the favourite?

P: Because I was the child. My cousins were much older to me. My birthdays were memorable; we would have major parties. It was a very happy day for me. Even in the two years I did my MBA I have very fond memories of how the class celebrated my birthday. I had never realized that my birthday meant so much until I married a man who attaches no importance to these dates. So, I can confront the problem and I do not believe in complaining about it. But I can bet you that this year my birthday and my wedding anniversary will be days when I will feel very sad, (laughs) no matter how I may analyze it or intellectually know what the problem is. In the evening I will feel that it is the end of the world, what a lousy life I have... that kind of a miserable feeling. (Laughs.)

D: When did your hoarseness begin?

P: I am not able to trace it to any particular event. The only thing I can say is that when I moved to a new house, which is sea-facing. It may have been aggravated.

D: When was this?

P: In 1991. And yet it did not appear to me to be a very serious problem until about one and a half years ago when this became a regular feature and my voice is completely changed. It is not affected by a change of climate or change in the atmosphere.

D: Around 1991 was there any emotional upset?

P: No. In fact we had moved to a new house and things seemed better. Six months after we were married my husband gave up his job and set up his own business. And there was a lot of tension at the time.

D: Tell me about that tension.

P: For about six months I was really apprehensive. That was between October 1990 to early 1991.

D: What was the apprehension?

P: Whether he would do well. He was giving up his job, so whether he was doing the right thing. Whether it was safe to take a decision like that. Just worry. But it was not a mind boggling worry because he is sensible and professionally qualified. So I cannot say that it bothered me all the time.

D: Was there any effect on you of that worry?

P: Not really.

D: And then what happened?

P: Nothing. His business did very well.

D: When?

P: Barely six months after he had set it up. Then I felt very confident about things.

D: When did you start to feel confident?

P: Early 1991.

D: And when did the hoarseness start?

P: I really cannot remember. I am relating it to 1991 because I feel it was after we had shifted to the new house that I was seeing doctors more often.

D: How did it increase?

P: I do not know. I had started taking homoeopathic medicine two and a half years ago when my daughter was born. There was relief at first but progressively it started getting worse. That was the time I saw the ENT doctors and I was on the verge of going in for a surgery when a friend recommended that I come to you.

D: What does the ENT doctor say?

P: They say that the problem has to do with the tonsils and recommended surgery. Surgery is the only way. I asked them why because the problem is more of hoarseness than pain while swallowing. But they feel that this is a secondary infection brought about by the tonsils.

D: Do you get pain in the throat?

P: I do get it off and on. Maybe once in three or four months but it is so bad that even when I swallow water I feel the pain. I have to take antibiotics.

D: Are you talkative by nature?

P: Yes, I am. But I can be silent also. I am talkative with people I am close to.

D: What has been the happiest moment in your life?

P: To get the person I cared for and marrying him. I guess that has brought a lot of happiness.

D: How?

P: I was very apprehensive before marriage I had this fear that my life would turn out as bad or worse than what it had been until then. And yet I guess there was some hope that made me want to get married. I was very afraid of marriage and it has been a very pleasant surprise that the man I married is very normal and very nice.

D: What was it about him that attracted you or that you liked?

P: He is very soft spoken. That is something that I respect about him and his family; they are people who diffuse tension. They never let things get out of hand. There may be arguments once in a while, but we forget about it soon; we never carry it. We do not raise our voices and make it ugly. It is not that we are ideally matched, we are very different.

D: In what way are you different?

P: We are different in that for him his career is much more of a priority than it is for me. For me family is much more important. However career minded I may be if I find tomorrow that there is something wrong with my family I will just ditch my career. That is not the case with him. He is very ambitious. For me a career is just something that keeps me involved. He is able to keep his integrity but is materialistic at the same time.

D: And you?

P: Not at all. It does not matter to me how my house is decorated. But he is interested in everything. I will say that: "Why don't we just go for a drive and have fun rather than bother about all this." So, in that way we are different. But what binds us together is that we are very much at peace with each other. We really enjoy each other's company when we spend time together even though we may not really be talking. We spend moments when we talk a lot, but there are times that we do not talk and are each doing our own thing, but there is something very soothing about life. That is something I value a lot.

D: And in your childhood? 20

P: There was always tension, no privacy. Everyone knew what you were thinking and doing.

D: Were there any fights? 21

P: Oh yes. Plenty. Everyday.

D: Between whom?

P: Between my mother and her sister-in-law, between my parents. They used to revel in fighting. They had to be quarrelling.

D: This fighting was verbal?

P: Oh yes. Thankfully. It never became physical.

D: Lots of talking?

P: Lots.

D: From either side?

P: Yes.

D: Did you participate?

P: When I grew older. Not always.

D: What was your role?

P: If someone came to me and made a remark about my mother I would feel very indignant. There was no reason behind things that were happening. I would immediately come to my mother's defence and tell the person not to talk to me. 22 I was very aggressive those days, very short tempered. They were careful not to talk to me because they felt I would take off on them. I would never go in anyone's way. But if they came to me with some remark about my parents I would promptly put them in their places.

D: How would you do that?

P: Verbally.

D: How?

P: I would say that I was not there to sort out their interpersonal problems, and that she is a wonderful mother to me.

D: What did you feel when they said such things?

P: Tremendous anger, irritation, contempt.

D: How did this career thing come up in you? 23

P: That was purely by accident. Even though I did well at academics I was not ambitious at all. I was picked up for management training as a fresh graduate. I did aspire to have a job and an income of my own. But I did not have any concept or notion as to what it would do for me. That was a real breakthrough for me. I became more competitive in spirit and I realized how much more there was to do. That made a total change in my life.

D: What was the change?

P: The change was that I became very ambitious and I said that I have to get myself professionally qualified. My knowledge in finance was very superficial and I realized that a formal educational course would make a big difference to me. Then I married a man who is very high on his career. All this made a big difference to me.

D: How do you react to metals?

P: No feelings.

D: Any that you like or do not like?

P: No.

D: What about jewellery?

P: Though I wear it daily, no particular fancy.

D: How did you get into elocution and debating?

P: Quite by accident. My teacher once encouraged me to participate, and I had been doing it since

then.

D: Were you also interested in singing?

P: I like classical music, but I regret not having pursued it. I sing and do it pretty well.

D: Have you ever sung in public?

P: No, my singing is for me. Not many people know that I sing. 24

Case analysis

You see here the themes of attack and defence in her dreams and then she tells you about her childhood role of defending her mother. She has dreams that someone will shoot her and that someone is throwing acid on her (attack). She has a dream of a friend jumping from the balcony and she is haunted by the fear that this will become a police case. The outcome will be that she will have to defend herself in a court of law with her voice. The typical situation of a person who has been accused in a court is that he must defend, plead and argue his case well. The themes of attack and defence, along with those of performance and achievement indicate that she needs a remedy from amongst the metals.

There is a strong disconnection between the intellect and the emotion. The intellect is increased and she is more able to argue because of this disconnection (no energy going to other areas). She is cut off from instinct. All must be clear, structured and rational and this is the problem with her life. If anything is ambiguous, does not have a rational or logical explanation she is upset. There has to be a control on voice, speech, intellect, writing. She uses the word "thinking" repeatedly. She views her whole life as a debate. She sees her role as defending through arguing. She feels: "I am okay if I perform, argue and defend. If I do not, I fail and am unloved."

The remedy in the Materia Medica that corresponds to her state is Argentum metallicum. Argentum metallicum sees his survival in performance and defence using the intellect. He has the ability to argue and fight and convince others with his intellect. Kent says that it singles out mainly the intellectual faculty and scarcely affects the emotion. Argentum metallicum persons make good orators and one of its most important symptoms is aggravation from using the voice and from mental exertion. In the successful state they have a lot of control over their intellectual faculties and their organs of speech, and so make good public speakers, singers. But in the failed state they lose this control and develop jerkings of muscles and do unaccountable things.

In childhood her role was to defend her mother. She felt responsible for her mother. She fought back verbally, using her logic. This was what she was good at, and at school excelled in debating and elocution. She had a good hold on herself when she did that. Then she got a job and used these qualities and became successful. And then she got married and her need to fight was totally useless because the family was so peace loving. So when she had no need for this skill, she developed hoarseness of voice and the pathology.

The prescription is based on my understanding of the remedy rather than rubrics. For details on my understanding of Argentum metallicum I refer the reader to my book, "The Soul of Remedies".

She is successful, had coped very well. Her pathology has not affected her very strongly and her state is not very intense. For this reason 200C was the potency selected for her.

Follow up

11.02.95

Increased hoarseness since two or three days, then better and now has a cold and sneezing and this is unusual for her.

Remedy not repeated.

27.02.95

Increased cough, fever. Cough racks the whole body. The cough is worse from talking. "Reminds me of when I had tuberculosis." Is breathless, shivering, chilly.

Voice is still hoarse.

No dreams.

Remedy not repeated.

07.03.95

Voice clear.

Cough has increased and is causing some anxiety.

Dream of acting in a movie with a top film star; he kept her waiting and she was irritated that she had been delayed. Her feeling was that everything should be on time and disciplined. She was proud that she is disciplined and so creates a good impression.

Remedy not repeated.

07.04.95

Voice clear.

Dream of narrating an incident to her father where she was kidnapped with a group of her friends, made to steal money and then was freed.

Dream of courtroom: death row. She was in the witness box. There was a debate on capital punishment. The accused had a noose around his neck. If he argued properly, he would be saved. If not, they would tighten the noose. Awoke in terror.

Wants to learn music: "Will it hurt my voice?"

Irritable.

Remedy not repeated.

11.04.95

Voice became very hoarse again.

One dose of *Argentum metallicum* 200C given and three weeks later she reported an improvement of fifty percent.

21.10.95

Voice is okay.

Right heel pain in the morning.

Dream of people eating out of a huge vessel in which there were live fish.

P: Work is as important for me as my baby. If I do not work I feel useless and unproductive. I feel that I do not want a second child because I want to give more towards achieving my goals.

Argentum metallicum 200C, single dose was repeated, because she is feeling the compulsion to perform quite intensely. So, even though her voice is now okay her state is still intense.

Between October 1995 and November 1996 she received six doses of the remedy on occasions where her hoarseness got worse or her state was intense.

September 1996

She got her hoarseness back by about twenty percent.

Argentum metallicum 200C was repeated. It began thus: the newspaper she was working with asked her to do an article on a certain company. She had done lots of research and found they were swindling, fraudulent and doing dishonest things. She wrote a big article on it and went to the director of the company and asked for his comments. It was a huge room and very posh. He was sitting at a huge table with one crony on the side. He looked at her and asked her what she wanted to ask. He laughed and said that he had already spoken to her boss and there was nothing to discuss here. She felt frightened, threatened, as though he would attack her. She went to her office and

wrote the final article and submitted it. Her boss said he did not believe what she said and she argued her point for three days. She said: "At least he argued with me." The point came when he could argue no more and in the end he said that he had lost. He almost conceded there were considerations other than facts and figures. He said he wanted to change the article and would she help him. She refused. The article went into the paper without a bye line by her and was very favourable to the company. She resigned her job there and the hoarseness returned.

The 200C did not help her too much. A fortnight later her voice was still bad, and even though she was happy to have won a lot of respect and admiration, even from her boss, she was feeling low that her work had not been achieved.

She had a frightening dream that a tall, hefty person was carrying a baby, and the baby was crying. The other dream was of being in a vehicle, while another vehicle bumped into them from behind.

This incident seems to have aggravated her state and excited her pathology, and the 200C had not been able to bring down the intensity of things. The potency was then raised to 1M with subsequent improvement.

She continues to follow up. Her voice does get hoarse from overuse occasionally but she is continuing to learn music. She is doing well as far as her work and family are concerned. The nightmares still occur once in a while. She is still on *Argentum metallicum* 1M and will require treatment for a while before there is a change in all these factors.

Pain in the lumbar back

Natrium carbonicum

Case 11

Mrs. G.P. , a twenty-six year old housewife had consulted me on 09.04.92 for a very severe backache. I had prescribed *Kalium carbonicum* for her with which she seemed to improve, but she was not free from the backache. I retook her case on 08.03.95. She has a pain in the lumbar back which gets worse from thinking too much, from sudden noise, and which is better from hard pressure and from a steaming hot shower. The pain can be so severe that she feels a roller on the back will give her relief. The case proceeded thus:

D: Besides the backache what other troubles do you have?

P: No other.

D: Can you tell me about your tensions, or anything that bothers you?

P: To be frank, I have no tensions.

D: Then what did you mean when you said that you think too much?

P: That means I think of very small things, you know minor things. For example if the children have an exam tomorrow. Or I have to prepare because we are going out the next day, very small things. Even I think that it is all stupidity that I am thinking about, but it comes to my mind. Tomorrow if the children have a fancy dress competition I have to prepare something for that, or if they have to go on a picnic, I have to prepare something else. It is nothing, no very big tension. My in-laws are good, my husband is too good, everything is okay. My children are good at their studies, everything is okay. I have got no other tensions. 1

D: What dreams do you get?

P: Whatever happens during the day my dreams match that. If I have to go on a trip I will dream that I have gone there. Nothing out of place.

D: Do you remember having had any frightful dreams before?

P: Nothing like that. Only once or twice I got something frightful. And when I got up I did not want to think about it. I do not remember what it was.

D: What were they?

P: I do not remember.

D: What are your interests and hobbies?

P: I like doing new things. Anything I see I want to make things like that. I love cooking. Also, decorating my house with different things, stones, pots, making pots on my own, making greeting cards on my own. I make bags on my own, different things you know. And cooking I love. Studies of my children, that is all I do. 2

D: Is there anything that you are afraid of? Do you have any fears, either now or as a child, like darkness, remaining alone, robbers, animals...? Was there anything you used to be afraid of?

P: I never used to be scared. I am scared that in my long life my kids are going to be married and then what are we going to do? 3 But it is nothing much, because then I tell myself that what will happen will happen.

D: What is the feeling?

P: I feel depressed sometimes.

D: Tell me about it.

P: Not actually exactly much also. But then sometimes I feel that whatever time I have I will give my kids. Then they will leave me and go, and then I will be all alone again. But it is okay, I do not take it very deep also. I try not to think about it.

D: How many children do you have?

P: Two daughters.

D: Do you feel this way because they are girls?

P: Right.

D: So, what is your feeling connected with that?

P: I feel sad, I feel bad, again I will be lonely, just alone. 4

D: What is your feeling about being lonely or alone?

P: I do not like the idea of being lonely.

D: Why? What does it mean for you?

P: That way I do not mind being lonely. But sooner or later they will get married and they will settle on their own. Then we will have enough time for ourselves. So, now I should give them enough time. Then they will grow up and they will get married and they will go on their own way. So sometimes I feel sad that then again both of us will be on our own, where we stood before. 5

D: I do not follow you.

P: I think that my daughters are there now with me, and I should stay with them, give them enough time, all the time they need. Then they will get married. Then I will have enough time for myself, to pursue my hobbies, whatever I want to do later on. This is the best time that I can give them.

Because later on, we will be alone only. That is what I mean to say.

D: And what are your feelings about being alone later on?

P: Yes, I do not feel good. I feel bad.

D: What is the feeling?

P: Depressing.

D: Tell me about it.

P: I just feel that both my daughters will be married, then again I will be alone. You are on your own, you know. You are there, and your husband is there, it is going on. How am I going to go along with all this, you know with staying alone and with whatever is going along? 6

D: And what does it mean to you to stay alone?

P: I cannot.

D: What feeling comes up?

P: I cannot stay alone. If my husband is out of town I feel depressed. The evenings are not good for me, I do not feel like doing anything. It means a lot to me. If my husband is out of town I do not feel like doing anything, cooking, dressing up. I feel very depressed because he is not there. In the evenings I feel very depressed. 7

D: What is the feeling?

P: Sad, very sad. I cannot do anything. I do not feel like doing anything. Even darkness... you know if we are out in the evenings there is nothing to do and I feel very depressed and sad. I do not feel like doing anything. Anywhere outside my house I feel depressed, sad. I do not know what happens, I just feel very sad. Even at my mother's house I do not feel too good, anywhere apart from my own house. In my house it is okay, the time keeps going on, now I have to do this, now that, something for the children and so forth. Anywhere else, I do not have to do anything, and I feel very sad. 8 And without my husband, God, I feel very sad. But if we go anywhere, like to the farmhouse, evenings I do not like. I tell my husband also, that in the night I will run away from here, I cannot stay here. I do not like it in the evenings, not the darkness but the evenings, when you do not have anything to do. I feel sad, I really feel very sad. I do not know what happens to me. My house is best for me at night. I need to be in my house only. If I have gone for a party or to visit someone, it is okay as long as I am going to come back. At my mother's house also I cannot stay.

D: Why?

P: I do not like it. I cannot even stay at my sister's house. I do not go anywhere and stay over.

D: What don't you like?

P: Staying, I do not like to stay with anyone. I feel I should be at my house. What should I do there? What do I do there? 9 I feel low, the spirit is just low after 7:00 in the evening. 10

D: Till what time?

P: Till I go to bed. And I cannot sleep easily anyway, I am very uncomfortable in a change of place. Unless and until I am very tired I will not be able to sleep.

D: Do you like watching movies?

P: No.

D: Why?

P: I cannot sit for three hours; my back starts paining. I do not remember having watched an entire film since a long time. At most I sit for an hour to one and a half hour, and then I go to bed. If we go to watch one at a theatre also I constantly fidget, I cannot sit. I say: "Let's go home." And I also get angry when anyone else sits and watches a movie.

D: Why?

P: I do not know. I do not like it. Why concentrate so much on a movie? You see a little, that is okay. But you leave your meal and you concentrate on a movie, that I do not like. It is okay if you watch a little. 11

D: Do you like books?

P: Yes, I love reading books. I like to read magazines, any magazines. Earlier I used to read novels, but since my kids were born I do not read novels.

D: What kind of novels do you like?

P: "Mills and Boons". Very light novels. Now I read magazines: "Savvy", "Society", "Women's Era". I read those. 12 I do not like action.

D: What about music?

P: Not much, okay. For some time, continuous I do not like.

D: You do not like it too much?

P: Little. For more than one hour it gives me a headache. I tell my daughter: "Stop it! I cannot take it any more."

D: Is there any particular kind of music that you like or do not like?

P: I like ghazals. 13

D: Is there any particular song you like?

P: There are these songs that are translated from Bengali into Hindi.

D: What is it about?

P: About a fisherman who goes fishing, and what happens then.

D: What happens there?

P: (Laughs.) The fisherman does not come back; there is a storm at sea.

D: Then what happens?

P: He does not come back.

D: And what else?

P: And there is one about a tea garden, where two leaves are born. And then a person comes and tries to break them. But since there is a storm the person runs away, and the two are happy together. One is about a man who carries a pallequin, and how he carries it. Even if he falls down the king inside will come down.

D: What is the mood? What do you feel?

P: I feel good about the song with the tea leaves, and the fisherman song I feel bad about. The fisherman is gone and the fisherwoman is waiting, and I feel sad. I feel good listening to these songs.

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D: Does it make you feel better in some way?

P: In some way, a little.

D: And when do you listen to it?

P: Mostly at night, before my husband returns and after my children have gone to sleep. 15

D: When else?

P: In the car, when we are going for a long drive in the evening.

D: Do you ever listen to it when you are feeling sad?

P: No, no, no, no, not like that. Once in six months I play it, and that too if I find the cassette while cleaning I play it. And I will play those songs rather than any other. Otherwise I do not play cassettes.

D: What else can you say about yourself?

P: I cannot fight with anybody. I cannot talk hard with anybody. I do not like making anybody feel sad or depressed. If someone has bought something and they say it is good, I too will say it is good, even though I may not like it. If you are happy I am happy, it is that way. I think I should fire the maid when she comes the next day because she did not do this job properly, but when she does show up I cannot, I just cannot. I just cannot. I cannot be angry. I am angry, I know from inside that I am very angry. But I cannot give it to anybody, will not fire or say something bad to anybody. If someone says she is looking good, I agree that she is looking good. I cannot be frank and say on their faces that she is looking very bad. I cannot tell someone that something that they have bought is not good, I cannot do that. If someone has cooked badly I cannot say that you have cooked badly. I know it but I cannot speak it out. 16

D: And if somebody hurts you?

P: (Smiles.) I feel bad.

D: What will you do?

P: I will not do anything. I will just keep quiet. I will be angry from within, but I will not do anything.

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D: Will it remain with you for a long time?

P: Yes.

D: How long?

P: If I am not talking to somebody, it will carry on for one day, two days even. Then I will only go and compromise. I will say: "Come on." With my husband as well, if I get mad at him I will not tell him; I will just keep quiet. He knows I am angry but I will only go and talk to him. I will say it is my mistake, though I know it is not my mistake. 18

D: Are there quarrels between you?

P: Not often.

D: Why not?

P: Because I keep quiet. I just do not say anything. I feel: "Okay, you said something, I understand. It is my mistake."

But he is also that type: "Okay, you be happy." Of course if he gives me tension I get a backache. 19
But he does not. He understands me and I understand him. I try to.

D: What are the things that hurt you? What things that others do or say are you sensitive to?

P: One thing is that if someone tells my daughter something I do not like it. We are a joint family; my mother-in-law and younger sister-in-law live with us. My older sister-in-law and me get along very well. My younger sister-in-law stays with me and if she tells my kids something I do not like it. But I do not say anything. I take it but I do not like it. Once in a while if my kids have made a mistake it is fine. But if unnecessarily she says something to my kids I do not like it.

D: What do you feel?

P: I feel bad.

D: Bad means...?

P: I do not like it. I just keep quiet. I go away. I do not want to listen to it. I tell my daughter: "Let's go." I do not talk much. If I do anything, she does it; she has that habit. If I buy a dress today, she will buy the same dress tomorrow. If I have gone to the beauty parlour, the next day she will go to the beauty parlour. If I go on an outing, she will do the same. That I do not like.

D: What do you feel?

P: I really get angry. I tell my husband about it. He says: "It is okay. Let her do it. What is there in that?" If I buy a pair of shoes tomorrow, she will buy the same. Whatever I do... it is continuously like that. If I do up my room, she will do the same. I do not like to be common.

D: What does that mean: "I do not like to be common"?

P: Same thing, same thing I do not like. Whatever I did, she did. I keep a pot in my room, she will get the same thing. Then I will throw out the pot; I will not keep it.

D: Because?

P: I do not like that living in the same house we both have the same things. I do not like it. And because she does it, I do not like it maybe. 20

D: So what do you feel about her?

P: I do not like the idea. I really get angry. That creates a problem in my mind sometimes.

D: What happens?

P: What is this? Why does not she think on her own? I feel: "You think better, you think first. Why do you want to do the same thing I am doing?"

D: So, what exactly is your feeling? Why do you get so irritated when she copies you? That I still did not understand.

P: My older sister-in-law used to live with me earlier, and we got along well. If she liked a lipstick I had bought, she would ask me where I had bought it from, and I would then buy the same thing for her. But this one does things without letting me know; that irritates me. If I buy some fabric, she buys the same fabric, the same colour. She goes to the same tailor as I do. At least she should let me know; that I cannot digest.

D: What do you feel?

P: I feel bad. I really get mad. "What is this? Why do you want to copy me so much?" Then I cannot wear that dress, the same colour. I will throw it away. That bugs me.

D: What do you feel?

P: I just do not want to see her around. Then I will give away that dress. I do not want to wear it. I just cannot stand her. I do not want to be near her anywhere. 21

D: How is your appetite?

P: Okay.

D: What do you like in food and drink?

P: Outside food I do not like. I eat very less outside. I like home cooked food. I like curd, salad.

D: Which weather do you tolerate better?

P: I tolerate the cold better, not heat.

D: How much thirst do you have?

P: I drink six or seven glasses of water in a day.

D: How much do you sweat?

P: I do not sweat.

D: How are your menstrual periods?

P: Regular.

D: Do you have any trouble before or after?

P: I do not have any trouble.

D: What position do you sleep in?

P: On my side. Since my backache I do not like sleeping on my back.

D: How particular are you about order and cleanliness?

P: Very.

D: In what way?

P: I am particular about body hygiene. And if I see my room in a mess it gives me lot of problems. I have to first clean that, the sheets and the curtains. I do not like light coming into my room; I prefer it darker. It disturbs me. You know, anything out of place disturbs me.

D: How do you react to animals?

P: I love them.

D: Which ones?

P: Rabbits. I used to have rabbits.

D: Are there any that you like very much?

P: Monkeys.

D: Why?

P: I like to see them doing tricks. They are so quick.

D: What about plants and greenery?

P: I love to see growing vegetables; when they come out I just love it. I am too crazy about nature.

D: In what way?

P: I love being at the farmhouse, riverside, lake in the sand. I like antiques. I go crazy in the farmhouse.

D: What do you like to do there?

P: I like growing vegetables, and when they come up I feel very happy.

D: Why?

P: Because I have grown them with my hand.

D: What happens in hot weather and sunlight?

P: I do not like it. I feel uncomfortable. I feel tired. If I am out in the heat for sometime also I feel very tired.

D: Have you had any other illnesses before?

P: I had one miscarriage.

D: So, is the backache too much right now?

P: Yes. I am taking pain killers.

D: Do you weep or cry easily?

P: Very easily. (Laughs.)

D: How do you feel after crying?

P: Better. Nice.

D: And when do you cry?

P: Any time. Even if someone is too good to me, if I talk to someone.

D: Talk meaning you express yourself?

P: Right.

D: Do you startle from sudden noise?

P: No, but sometimes just while sitting I get a jerk, and the backache starts.

D: So, when do you startle?

P: Any time, it just happens. Not from fear or anything.

D: If the weather is very cold, can you bear it or do you feel chilly?

P: I feel chilly.

D: Do you need covers?

P: Yes, definitely. These days I feel more chilly; even the slightest cold I feel. Others do not feel so cold but I feel it.

I asked her to stop the pain killers immediately and gave her a music cassette of a raga to be listened to for one week in the evenings.

Case analysis

The things that run through her case are anxiety and sadness from being alone, tremendous sensitivity and fixed likes and dislikes. She cannot bear the thought of being alone, and the thought that many years down the line her daughters will be married makes her feel very alone and sad. This aggravates her backache. It is as if there will be nothing for her to do then and she will not be able to get on with life. Similar feelings come up when her husband is away; she feels very sad, and does not feel like doing anything.

She does not have any dreams that reveal her exact feeling. But the songs that she listens to over and over again resonate with her inner feeling, and have the same role that dreams do in the understanding of her deepest emotions. The first song is about a fisherman who goes away to sea never to return, while his beloved waits for him. The second one is about two leaves that are together but are in the danger of being separated. But eventually they are not separated and are

happy to be together. The common theme in these two songs is of the sadness of separation from a loved one and the happiness of being together with that person. Now one can see that it is not the sadness, merely, of being alone, but the sadness of separation from someone she loves, someone she wants to be with so much that without that person her life will not go on. It is only that one person she wants to be with; she does not seek out other companions or friends. Her emotions are concentrated only on her daughters and her husband.

The third song is about a pallequin bearer. But what it shares with the first two songs is the theme of someone leaving one place and going to another. Incidentally, the pallequin was used, in traditional Indian marriages, to send away the bride from the house of her father to that of her husband. This is similar to her feeling of sadness about her daughters having to get married and leave her.

Further, she is very, very sensitive. She likes music, but cannot bear too much of it. Her sadness is compounded when she is away from home and has nothing to do. She needs to be at home and needs to be occupied for her inner feeling not to be very intense. In a different surrounding she is very upset. Also she is worse in the evenings. She cannot bear to fight with her husband, and if they are not talking she is, again, upset. These little changes in her surroundings or in the atmosphere around her upset her tremendously.

The other prominent feature in her case is that she is very affected by the behaviour of her sister-in-law. Though there seems to be some jealousy and competitiveness in this, what is strange is that she can tolerate similar behaviour in her older sister-in-law. But the younger one she has a fixed dislike for, to the extent that she cannot even bear to see her face. This kind of fixity would make one think that the miasm in the case is sycosis. And the oversensitivity would lead us to think of a plant remedy. So, we could be looking for a sycotic remedy of the plant kingdom in her case.

However the remedy from the *Materia Medica* that exactly matches her state is *Natrum carbonicum*. *Natrum carbonicum* is known to be oversensitive, and in this it resembles remedies from the plant kingdom. There is tremendous sensitivity to music, to noise, to atmospheric changes as during a thunderstorm, to the heat of the sun. The feeling of *Natrum carbonicum* is that she needs a relationship at a one to one level with another person in order to sustain herself. There is a great deal of dependence on this relationship, and without it she feels a sense of isolation, tremendous sadness and fear.

Rubrics:

- Forsaken feeling;
- Ailments, from being alone;
- Anxiety, about future;
- Sadness, intolerable;
- Sadness, evening;
- Aversion, persons, to certain;
- Occupation, diversion ameliorates;
- Sun, exposure to, aggravates.

I did not give her the remedy, but gave her a music cassette of Raga Yaman, which had produced the feelings of *Natrum carbonicum* in a number of provings that I had conducted. For details about my ideas on the remedy and about the proving I refer the reader to "The Substance of Homoeopathy" and "The Soul of Remedies".

Follow up

15.03.95

She reports a seventy-five percent improvement in her backache.

In the first few days after she would listen to the music she would feel much better, but since the last two days she is feeling worse from listening to it.

Generally she feels better.

Placebo given.

22.03.95

P: I feel much better. There is still some pain on sitting long. Last night there was quite a bit of pain so that I could not sleep. But not as severe as before. There has been no pain on the other days of the week.

Moods are okay. I still get tense on trifles. Tension is always there. I know that I should not, but I cannot cope with it.

Placebo given.

01.07.95

The pain recurred. This time I decided to give the remedy.

One dose of Natrum carbonicum 200C given.

07.09.95

P: I was not able to sleep from a pain in the back and sleep would be disturbed by slight sounds. Now, I have no backache during sleep; only after exertion or lifting I get a little pain. The backache during sleep used to really irritate, bug me. That problem I do not have. On the whole I am better. Pain better by ninety-nine percent.

Dreams of daily routine. Dream that jeweller has used very old looking diamonds in my jewellery, and I am firing him.

I do not get irritated very soon. If my kids fight I do not get bugged. I do not get tense about little things, I let go.

Depression is not much. If I know that my husband is not at home, it does not make a difference. I spend time with my kids and listen to music. I do not think of daughters getting married, about the future.

My personality has changed in that I do not get tense and my ideas have changed.

Placebo given.

02.10.96

I called her a year later to see how she was doing.

P: Backache is better. Tension and thoughts have reduced. Earlier if someone knocked at the door, I would jerk out of sleep with a backache. I would get tense if there were many things to do. Now I take it easy.

She had experienced a sudden weakness ten days before and had had her haemoglobin checked and it was 7 gm%. The weakness is still there and she has some difficulty in breathing in the evenings. She feels tired from the sun, and she feels that she cannot bear all these complaints which have been there since the last fifteen days. She had been feeling okay, but had had suffered from conjunctivitis for which she had taken allopathic treatment, and she feels that her health has not come up ever since.

She is more patient with her children. She does not get tense about them. She does not think as much about the future. Her feeling as to what will happen when her daughters get married is reduced a lot, is almost totally gone. Now she does not even get depressed when her husband is away.

Natrum carbonicum 200C repeated, single dose.

01.04.99

She next came again on 01.04.99 complaining of a severe backache and painful acne of the face. She had been sleepless from some worry regarding her husband's business and had been on sedatives since the last ten days. She had severe headaches from the sun, and had become very emotional and would weep from worrying about others. She also had pain in the shoulders that would be worse from noise.

One dose of Natrum carbonicum 200C repeated. She was better in general after the repetition, and is now following up more regularly.

Allergic skin eruption

Magnesium muriaticum

Case 12

A twelve year old girl, Ms. H.C. was brought to me on 09.03.94. Her main problem was that she had been refusing to go to school since the last one year. She also had a skin allergy, and had started to put on weight and to get dull. Both her parents accompanied her, and contributed the following details:

D: Tell me how the problem started; start from her childhood.

Parents: When she was very small she had a urinary problem. After that she had no problem.

She started going to school without any fuss or weeping like other children.

She had had herpes when she was in the fifth class. The eruptions were on the waist, on the right side. Before that she had skin allergy: that was five years ago, and she would itch until it bled.

D: And?

Parents: She started to become irregular in going to school when she was in the sixth class. She would say: "I do not want to go." But we would manage to convince her to go. In the seventh class she stopped going; she said: "I have no friends."

D: What was the urine problem that she had?

Mo: Her thirst had become less. The doctor said to increase the intake of water. She used to perspire a lot.

Her weight had started to increase after the medication for the skin allergy. She was given Polaramine and Septran. The allergy was on her hands and more on her feet. She had dry eruptions. She still has some skin allergy.

Observation: The patient looks dull and is obese.

Her parents have brought photographs from her childhood, and in these she looks reasonably happy.

D: So, what happened in the seventh class?

Mo: She said from the first day: "Change my class. I do not want to go. They do not want to talk to me." She also requested the principal of her school several times. The principal told the other girls to talk to her and not to form groups. The other girls all said that she did not want to talk with them while they would talk to her. Every year their classes would change but she would have one friend with her.

Many people tried to explain to her but she refused to listen.

Fa: Her mother would go to see her in the lunch break. She would weep and say: "Take me home."

Mo: She never refused to go to school during exams. She gave all her exams regularly. She has this wildness: if I told her to get up early she would get angry. And if I got angry she would get more angry.

She cannot work very hard. She gets tired after studying for one or two hours. But she is regular

with her exams.

She weighs seventy-six kilos.

If I force her she says: "I want to die." If we ask her: "What is your wish?", she says: "I want to die."

1

She phones her friends daily and asks how many lessons have been done. She feels: "Why is everything happening with me?" Earlier she had refused to study with this tuition teacher she had. Then she settled with her and when the teacher was leaving did not want to study with any other teacher.

She does not weep easily, especially in front of others.

D: (To the patient) Do you have anything else to say?

P: No. My mother has said everything.

D: You say something.

P: I am afraid to go to school. They will talk about me and insult me.

D: Who?

P: Other students. They will not talk to me. They insult me. They laugh at me because I am fat.

The teacher will scold me because my notes are not complete.

D: What will you feel if she scolds you?

(She does not answer.)

D: Do you get any dreams?

P: No.

D: What are your interests?

P: Playing.

D: What else?

P: Drawing. Swimming.

D: What else do you like to do?

P: From first I like to play with small children, to feed them.

D: How small?

P: One or two years. I have friends 2 my age. In the building where I live, I have very nice company. But I like small children.

D: So what do you feel when others insult you? 3

P: If I ask them for books they do not give me. They say: "You do not attend school and then you ask us for books." 4

D: You must be getting some dreams, maybe in the past?

P: No.

D: Any frightful dreams ever?

P: No.

D: What fears do you have?

P: Of going to school.

Parents: She is very dominating. Everyone knew her to be dominating. She would say to other children: "If you do not listen to me, I will not have you in my team." She would act that way even with big children. She would dictate which games to play. 5

She is usually laughing, imitating others, is very lively. She is very helpful. She is especially attached to her grandparents. We separated from them three years ago. She wanted that we should live together. Later her unde also separated from us. He had a son who was a year and a half younger than her, and she felt bad when they moved. 6 She had this friend who was the same age as her,

and he, too, moved to another house. She says: "It was good when he was here." 7

She is an obedient girl.

She keeps watching comedies, and likes family drama. She has become very serious in the last one year. She does not like serious movies that have to do with weeping.

D: (To the patient) What did you feel when your uncle left?

P: I do not have a brother or a sister. When my cousin went away I felt alone. Earlier we were one family, but then there were disputes and slowly we all separated.

D: What happened when your friend left?

P: I felt all alone. I felt: "Who will play with me?"

D: Can you say anything more about her nature?

Parents: She has been getting angry since the last two years especially in the sun. She says that her head spins. When angry she would squeeze her mother's arm very tight, but then apologize. She always apologizes after she has been angry, especially with her mother. She says: "I hurt you. I cannot control my anger." She tells the doctor to give her a medicine that does not make her angry.

Observation: She has eruptions on her face.

D: (To the patient) What makes you angry?

P: If someone does not listen to me.

Mo: She is very attached to a girl of two years who is living in our neighbourhood. She will always go and see her. She will also lie for her. Sometimes the parents of that girl do not want that she should visit her and she gets very upset. She spends all her pocket money on that girl, she gives her whatever she wants. Once the mother of that girl said: "Do not take her downstairs." She felt very bad and was very upset for the next two days. Then the child's mother brought her over to our home, and she felt much better.

D: (To the patient) What did you feel?

P: I felt very good. I love her very much.

D: Were you angry with her parents?

P: Yes. They make excuses so that I do not see her.

D: Maybe they do not want that you should take her away so often.

P: Possibly; but even the child is very attached to me.

D: Anything else about her nature?

Parents: She is emotional and sensitive. If someone at home is sick, she will ask how he is on returning home from school. For example when her aunt was sick, she would always remain under tension. 8

If a customer speaks in a bad way to her mother (her mother has a tailoring business), she says: "You should have let me talk to her. I would have shown her."

She has a fighting spirit. If anyone says something to her, she talks back. But if her mother says something to her, she stops talking.

She is impatient; she cannot wait if there is a queue at a restaurant. If we are at the doctor's and she sees too many patients she says: "Let's go home." She gets impatient while in a shop if the shopkeeper is attending to someone else.

She spends money as soon as it is given to her, especially on small children. She will buy them food and chocolates. She always divides whatever she has with others. She loves playing with marbles, and says to children: "Come to my house; I will give you marbles and stickers." 9

D: What food do you like to eat?

P: Vegetables.

D: Which vegetables do you like?

P: Potatoes. Ladies finger. Mixed vegetables.

Mo: She likes fancy foods; also sandwiches and ice cream. She has started asking for sweets in the last two months. Earlier she would refuse to even taste sweets.

D: What else do you like?

P: Rice.

D: What position do you sleep in?

P: On the left side.

D: How much do you perspire?

P: Profusely.

D: Where do you perspire?

P: On the back especially, and on the neck.

Mo: Her perspiration has a bad odour and therefore she uses a lot of perfume.

D: Does it leave any stains?

P: No.

D: What colours do you like?

Mo: She prefers light colours: cream, white and grey. But she also likes black.

She likes colouring rather than drawing. She says to me: "Mummy, you draw a picture and I will colour it." 10

D: Do you like animals?

P: No.

(I then interviewed only the mother and asked about her pregnancy.)

D: Can you tell us about your pregnancy? What troubles did you have?

Mo: I had uterine displacement, and was given some medication.

D: What had happened?

Mo: My gynaecologist told me that the uterus was displaced and she said that I needed treatment otherwise I would suffer a miscarriage.

D: What other troubles did you have?

Mo: My weight was very low, and so I was advised to eat bananas.

D: Did you have any cravings in food at the time?

Mo: I wanted to eat spicy food.

D: Were there any mood changes?

Mo: I was expecting my BA results at the time and so I was under tension. I felt that if I failed, I would not be able to give the exam again after I had had the baby and then my studies would be stalled.

D: So, what was the tension?

Mo: That I will not be able to accomplish it.

D: It was very important for you?

Mo: No, but it was to my parents. They would feel that I did not accomplish it.

D: What dreams did you have then?

Mo: They would be about whatever I had read.

D: Were they pleasant?

Mo: Yes.

D: Do you get any dreams that come again and again, that recur?

Mo: Yes. I get this dream where I am roaming in a street in a big city... New York. I see the same

buildings. I see this other dream where I am living in Pakistan in a hut, and I have a golden comb. 11

D: Can you repeat the dream?

Mo: I am roaming in a street in New York.

D: Have you been there?

Mo: No.

D: Then how do you know it is New York?

Mo: From TV pictures.

D: What do you see in the dream?

Mo: Buildings.

D: What is the feeling in the dream?

Mo: Pleasant.

D: Are you alone in the dream?

Mo: Yes.

D: What is the other dream?

Mo: I am in a hut in Pakistan. I have a golden comb. I also dream of being in my old house, playing with my friends.

D: What else? What other dreams do you have?

Mo: I am going to school, studying.

D: What else?

(She cannot recollect any more dreams.)

The mother craved spices during her pregnancy, and also liked to eat vegetables, especially peas, potatoes and cauliflower. She cannot bear the cold, but her daughter feels very hot, and would like the fan to be on even when there is air-conditioning. The mother is upset and irritable before menses.

The mother, too, has no brothers and sisters but is close to her cousins and has many friends. 12 She, too, likes small children, but not as much as her daughter does.

There are a lot of disputes in her husband's family. She was very affected by these fights and felt weak in legs as though she could not get up. She would always be anticipating a fight, and tell her daughter that she should not fight.

The patient was the first daughter born into their family after a hundred years and was very pampered and liked boys clothes. She was very attached to her grandparents and was hurt from their separation. She would say that it was good when they all lived together. But then suddenly she stopped visiting her grandparents and would only go to see them if they called her repeatedly.

Her maternal grandfather had gonorrhoea before his marriage.

Case analysis

The main theme in the case is "Homesickness". In the mother's dreams there is the feeling of being away from home. Also, you see that the girl's problems started after being separated from her grandparents, cousins and neighbours. She says that it was good when they were all together; this is the way things had been in her old home.

The feeling of the girl is: "I am alone, and I have only friends, and I go to a school with no friends." So the second rubric is: "Delusions, friendless she is". She is very much affected by the separation from her friend. In the mother the opposite, i.e. friendliness, is seen.

The remedy that comes through is Magnesium muriaticum.

There is a lot of attachment to the family and friends, and a lot of dependence on these relationships. And subsequently, there is a lot of disappointment from the separation. There is also a

great deal of caring, and looking after, of small children. Even in the case of the mother one can see how she is affected by disputes and the possibility of separation. She is weak in the legs and cannot stand, becomes like a child. One can also see the girl's dependence on her mother, as well as her anger against her and her tendency to hurt her.

The other symptoms in the case are:

- Irritability before menses;
- Intolerance of heat;
- Desires vegetables.

One dose of Magnesium muriaticum 1M was given on 09.03.94.

Follow up

She responded beautifully to the remedy and started to go to school the next week. She would initially skip two days a week and then went all the time.

13.04.94

Has been well. No problems.

Irritation and itching in the skin has been more. More eruptions. Weight has increased from 75 kg to 78 kg.

Moods same. Gets a little angry fast.

No dreams.

Her mother reports a lot of improvement since the last fifteen days.

Mo: She gets angry less frequently, and her anger lasts for a shorter time. She has developed an aversion to milk since the last fifteen days. Her original mood has returned. She laughs and keeps talking like she used to. One day she was upset and quiet. But on other days she jokes and makes remarks and we feel once again that she is there in the house.

Pain in the head and in the right eye, also some redness.

She goes to play everyday.

Is eating fewer sweets. Eating food that she used to be initially fond of.

When angry she talks and argues. She is not aggressive, striking the head as she used to be.

During the exams she would be upset and tense in the evenings and would say that she will not go for exams. But then on explaining to her she would be okay. She did well in her exams.

Appetite was increased.

One dose of Magnesium muriaticum 1M repeated.

06.07.94

Had become violent, hit her mother and did not go to school. It started when her place in the classroom had been changed.

Her appetite had increased very much.

Magnesium muriaticum 1M, single dose, repeated.

She would go to school quite regularly, but in between there would be times when she did not feel like attending and so would miss a couple of days. This would happen especially after she had had holidays for at least three or four days; she found it difficult to go back to school after a break.

In November of the same year she started to attend school very regularly, and continued to do so. Her moods were variable; sometimes she would get angry and violent, and at other times she would be cooperative. Her weight remained steady.

She needed the remedy roughly once a month throughout 1994, and less frequently in the following year. In June 1996, her mother reported that she had become very "depressed", would talk very little, did not want to live and had become indifferent. She was in her final year at school and was

very tense about her exams. She would also get headaches: the pain would be in the occiput. I gave her a single dose of Magnesium muriaticum 10M which helped.

She is now in college, is able to cope well with her studies and make friends.

Lethargy

Kalium bromatum

Case 13

A thirty-one year old European woman, Ms. A.F. , married to an Indian and residing in India, consulted me on 14.08.95 with the complaint of a constant stiffness in the nape of the neck, radiating to between the shoulders. She also complained of lethargy, a lack of motivation and a feeling that she "could not be bothered". The other complaints she had listed in my questionnaire were a fear of or an aversion to doing a regular job, being unable to "fully let go" and enjoy sex, a backache, and a sharp pain in the sternal region. Her handwriting was very tiny, neat and clean, and she had written in almost every space available in the questionnaire.

P: Everyday I hate to get up in the mornings. I do not feel purposeful. I feel depressed when the alarm clock goes off. If I have had too little sleep, I feel lethargic; I have to lie down during the day. If I can be busy and engaged in something, I can be highly energetic. I hate it; I want to be energetic. I hate having to cook two meals a day; it is too much of an effort. I feel I should not be that way. I wish I could be like other people who get on with their lives. I feel down in the dumps. I feel as if I am made of lead. That is associated with what I feel about doing a job.

I feel trapped in a job and reluctant to work. I feel I must do something different. I feel I must do something so when I think about the future, a nine to five commitment gets me panicky. If we talk about it, I end up arguing, get agitated and depressed. So I gave up my job. I feel a lack of motivation and tiredness. These are two major things that bother me.

I cannot get to sleep and feel groggy as a result. I am wakeful for no reason; that is annoying. I am constantly watching and assessing myself and thinking about things. Thoughts regarding my own self prevent sleep. 1

There is another subject which is bothering me, which I feel embarrassed to talk about, but I have written about it. I feel it is associated with this thing of not being able to really let go and just be. I am too much in control. I do not feel like going through an experience of any kind. There is always an observation going on. Sex is one of the things that really bothers me and I feel that there is an inhibition there that is like a stop. A point comes when thoughts take over in sex; I am evaluating, judging, thinking, I am quite sad about this (weeps). 2 I used to feel quite angry regarding this, but now I feel sad. There is a whole part of the experience I am denying to myself and to us. There are limits as to how much I can express my love for my husband, and that really upsets me. It is something I cannot do very much about. 3

Observation: She picks at her nails when talking.

P: This is the main thing that worries me, and there is also the fear of going out into the world and working; the fear of what will happen if I fail. There are areas where I am really successful and capable, but I judge if I am successful or not by other terms. I keep judging myself according to my own standards. I have to do things better than someone else; there is always comparison. When something is expected of me, I cannot perform; I feel limited, inhibited. 4

Mostly, physically nothing bothers me except my aches and pains, and this constantly stiff neck. It is a family thing, I know because my mother had a very, very stiff neck. It causes limitation. 5 I get the sensation as if there are rods and walnuts in my neck. I get twinges of pain in the sternum; it is a very sharp pain which comes on in certain positions. There is some pain in a corresponding point in the

back. It gets very tight sometimes.

I have had no major illnesses or accidents in my life. I used to have tonsillitis but have not had it in years. Lots of things changed after my marriage. I lost weight, did not feel the need to eat so much. I used to eat a lot earlier. I stopped being ill so much.

I get headaches quite frequently, that is one major thing. One little tension and I feel a pain here (points to the occiput), and it gets worse and worse. The headaches have been quite a lot, especially since the neck has been stiff. That is it.

D: Say some more about yourself.

P: I am very critical and judgmental of my bad side. My father was very critical and blamed me for everything; I am a lot like my father. 6 I had a difficult time in my teens; I was turbulent as a teenager, I was willful and a bit of a teacher. I enjoyed laughing and humour and found the outdoors very beautiful, and liked gardening.

I do not have to do very complicated things to be happy. I hate dishonesty. I like a clean slate, nothing should be withheld. If I am with people who are lying and there is this dishonesty, I am very edgy. I find it a strain to be with such people and I would rather be away from them. In fact sometimes talking to people seems like a strain. It is very demanding on me. I like people who are cheerful, relaxed, and easy going. I do not need complications.

My family is all important for me. I am close to my mother. After my parents' divorce I used to get cross at her. She relies on me for emotional support and I felt the pressure of that, a bit of an obligation to give her that. I feel guilty if I did not do it. 7 I worry regarding my mother and father.

I was very content, did not demand a lot of attention as a child. My adopted sister was jealous of me; she used to tease me. There was a rift between us. My half brother I looked after so there is a good bond between us and we are close. I am family oriented. I also worry about Dad. But in the last two years my sister and I became very close; now, we are very close friends. My family relationships improved greatly since, which is great. My brother, on the other hand, has distanced himself from the family. He is not very family oriented.

D: Can you tell some of your dreams?

P: I had been going through a period, about a year and a half ago, about various members of my family being dead. One time I was on the top of a tall building, and my brother had thrown himself off the building and he was dead. And another time my sister was dead, and my mother was dead, and they were all dying.

I dream about conversations about things I wanted to say but could not. Also about weird journeys through various landscapes. Then about writing to my brother-in-law who is not willing to see his daughter.

One time I dreamt of my half brother as a baby, and once of having a baby. Once I dreamt that there was a spot on my tummy and I was scratching it, and some stuff came out which was like a snake.

I do not often have nightmares. I remember a dream where I was being pursued by robbers and flying away (in order to escape). I also once dreamt of monsters chasing me. Another time I dreamt of my mother turning into a monster and coming to get me. 8

(She goes further.) My sister always got the guys. I always had the sexual element in me, but I prevented it from going too far.

D: What prevented you from going too far? What is the feeling?

P: I felt, I should not.

D: Because?

P: Because it would be bad, shameful in some way. 9 I could not have my reputation ruined. I had a

strong inhibition and a fear of going beyond a certain point. As a teen, you know that boys want sex; you see other girls do it, and boys talk about it with their friends, and write the girl's names on bathroom walls, horrible things like that. It revolted me, and I decided never to let those things be said about me, not to let that happen to me. So I had boyfriends, but never any sexual experience.

D: What would it mean to you if those things were said about you?

P: It would be horrible, mortifying, like being defiled (weeps), like having lies told about you that people believe and you cannot escape from. I feel very ambiguous about drawing attention to myself as a woman. I dress casually in jeans, am never comfortable in a dress for long. My sister is glamorous. I feel weird and have to wear something that covers me up. 10

D: What do you feel?

P: It is very hard to describe. It is just bordering on a feeling of revulsion, that is sort of emotional, an empty, hollow, very horrible feeling all the way down the front of my body and into my stomach. 11 I can sometimes make it go away by wearing something else. I feel much more secure since I have got married.

D: Can you describe any incident from your childhood when this feeling came up very strongly, or which affected you very much? Does any incident come to mind where you had a really horrible feeling?

P: I used to be a tomboy and liked people to think I was a boy, played boy games and loved to fight. We were once on a holiday with family friends. My breasts had started budding; previously I would run around wearing only shorts, I was now wearing a shirt. My father suggested I take my shirt off. I refused. He asked again and again in front of the others and wondered aloud why I would not take it off. I could have killed him at that point. I felt mortified, rage, embarrassment. 12 I hated him. I really wanted to hit him. That was really very, very embarrassing.

D: What was your feeling?

P: I felt it was entirely inappropriate. You should not say such things. I felt gross. There were a number of incidents where I felt that he was inappropriate with me. I did not feel safe with him. 13 Nothing ever happened. But whenever he would suggest I wear a dress or make-up, I would hate him for it. I would hate him for telling me I was pretty. I felt there was some inappropriateness, but it may have been my imagination. It could have been that.

My mother used to warn me about sex, about petting leading to where you did not want it to go. That got me scared. 14 I would be very angry with men who would try to do anything sexual to me (weeps), and would want to punish them by kicking and castrating them. I would be furious. While watching a movie, I would feel sexually excited, but in a real situation I would block it off. Then, at twenty-one, I met a man to whom I was very attached, and that was a turning point.

D: You said you judge yourself not according to other people's standards but your own; did I understand you right?

P: Yes, but it maybe someone else's standards too. In many ways I am successful, but where I would really judge myself is where I have not done well.

D: Where else?

P: With whatever I am doing, I feel there is a way it should be done, whether I am reading or writing a letter. I have just realized that my mind is full of this, that this should be done this way. 15 And I have started to let go some of these emotions. I am always making demands on myself. I realized that with my father, if someone comes in his way while he is cooking, he will get very upset because he feels he has to present. He is on trial all the time, and of course, he demands that of me. 16 He is a very difficult person to be with.

D: What expectations did he have of you? Did you feel them?

P: Constantly.

D: Where did you feel you had to meet his expectations?

P: I never really felt he was proud of me. It was impossible to give him a gift he liked. He only liked something if I made it, painted it or something. It was never that he told me I was failing. There were things that he was proud of me for, sports and gardening. I think he took a lot of pleasure in that, in my capabilities. But it is more like he would never let me be. He was always at the back 17, telling me about this, teaching me about that. Sometimes he would get very angry at us, and I remember once when he was angry the flash of that anger and the glint in his eye and the fear that I felt. 18 He never hit us, or anything. He was quite scary when he was angry.

D: Tell me about the dream when your brother commits suicide.

P: He was on the top of a building. Maybe he was thrown off or fell off.

D: What was your feeling?

P: Desperate.

D: What do you mean by desperate?

P: I cannot remember.

D: Were you there, or was there someone else?

P: I think it must have been someone else. I think I heard of it. I remember waking up relieved, thanking God it was a dream.

I used to have a lot of dream of my teeth falling out, and waking up and actually checking if they were still there.

One time, I had this job in Australia. I just quit and left the country without paying tax. But they somehow managed to trace me, and I got a letter when I went back to my home in England, saying that I owed them so much tax. 19 And I remember at that time having a dream that there was mud under my teeth and that they were just falling out by the handful. It was really weird.

D: What are the dreams of nakedness? (She had circled this in her questionnaire.) 20

P: Not complete nakedness, but in some dream that part of my shirt has come undone, and oh! (she covers her face with her hands) that awful feeling!

D: Where were you?

P: It might have been something with an old boyfriend. Must have been in a room.

D: Anything more to say?

P: Perhaps sometimes I am upset with the way people are: the wicked streak in people that distorts beautiful things. All the wicked stuff that goes on in the world, the things people will do or say. I get disappointed, depressed, disillusioned about the way people are sometimes, when people cannot be reached, are inaccessible, unreasonable. But then I get quite easily moved by people's generosity.

D: Any religious indination? 21

P: No, but I am spiritual in a sense that I do not see life at only a physical level. There is something more than that. I do not know how it works... time, God, punishment. I am very clear about that.

D: What do you mean by punishment?

P: I do believe that if people do something that is really wrong, it will come upon them either in this life or in another life.

D: In your own life do you feel that?

P: No, I do not feel I am being punished, but I joke about it. When I find conditions in India hard, I say: "Why is God punishing me by bringing me here?"

I asked about her interests and hobbies and she said that she liked doing things where she has to

use her hands.

Case analysis

I understood her problem to be in the following areas: firstly, she is constantly judging herself. This prevents her from doing a regular job, enjoying sex and even falling asleep. Her father was very critical of her and she could never do anything right for him. This is one aspect of her; critical and judgmental. Secondly, her family is very important to her. She is very close to her mother who relies on her for support, and she feels guilty if she cannot give it. Guilt is also a very strong theme.

Her dreams pinpoint her exact feelings. She states her main problem to be inhibition in sexuality. She dreams of her family members, of her brother throwing himself off a height, of conversations with her family. These dreams reflect her strong attachment with her family. The other dreams she has are of being pursued by robbers and monsters, of snakes. She talks of shame and embarrassment, of being defiled, of her reputation being ruined, of lies being told about her that she cannot escape from. In the dreams, this is seen as being pursued by monsters.

She connects these two aspects in the dream where her mother turns into a monster and comes to get her. This connecting dream becomes the most peculiar. From this we can understand that, while on the one hand she needs her family, and feels guilty if she does not do things for them, on the other hand she feels her family members are very critical, and dreams of one of them turning into a monster from whom she has to escape. It is a feeling of being in danger from the very family she needs so much. We see a similar feeling in the incident with her father, when he asks her to take off her shirt. She does not feel safe with him. The other themes in the case are of embarrassment and loss of reputation.

Relationships, especially with the family are very important to her. Also, she is very neat and organized. These feature would have one think of a remedy from the mineral kingdom. Further, you see the very fixed ideas and fears, especially regarding sex; this is a sycotic trait.

On the basis of this understanding, she received Kalium bromatum 200C. In the Kalium element there is a strong need for the family or the group. In the case of the Bromium anion, there is a sensation of danger or the threat of attack. The feeling in Kalium bromatum is that he is in danger from the very family whose support he needs.

Rubrics:

- Delusion, danger from his family;
- Delusion, pursued, thought he was;
- Delusion, pursued, enemies, by;
- Delusion, brother fell overboard in her sight;
- Delusion, life is threatened;
- Delusion, images frightful, phantoms;
- Anxiety, conscience of, as if guilty of a crime;
- Ailments, from embarrassment;
- Ailments, from reputation, loss of;
- Escape, attempts to;
- Delusion, floating in air;
- Business, averse to;
- Occupation, ameliorates;
- Gestures, involuntary motions of the hands, plays with his fingers.

Follow up

September 95

She reported the following dreams:

- My father was packing his bag to run away, I said I will take it. He had a look of desperation on his face. I was concerned as to where he was going and whether I would see him again.
- I was scratching a tiny spot on my leg. It grew bigger and pus oozed out. I managed to clean it.
- A child whose leg was broken.
- A house with ledges; there were dogs and cats running and jumping on them. The outside was flooded. The animals were having a great time.
- A huge shopping mall with a night club. I was with my sister. We met all sorts of people, and bought cake. There were dancers. I needed to urinate and fix my skirt. I was wearing a short skirt that I hate to wear. The bathroom was filthy and its door was two feet up and too exposed to urinate. I had lipstick smeared on my face and looked tarty. My sister was taking a boy home.
- I was in a bedroom with a man. I was excited. I realized it was my husband, so I got into bed with him. I was scared but excited. We had sex. I saw a man in the balcony and thought it was a thief. I banged at the door. He explained that it was his flat we were in, but he had been too embarrassed to come in.
- Met a boy on a train; had a nice, complete conversation with him.
- Was chased in the open countryside; my captors had me cornered. But I had a vehicle and crossed the river. But someone else captured me.
- Being naked in a public place.

Comments: In this follow up, we see many dreams. They are all confused, nothing specific emerges from them, but we see some of the feelings that she related in her case surface in the dreams, especially with regard to her sexuality. So the remedy was not repeated.

October 95

P: I used to be impatient with my husband, now I am a lot better.

I wake up in a better mood, and am able to get to work much faster.

I have had a few headaches, but not lasting that long.

The dreams about my family are much less.

Not much libido.

Again, the remedy was not repeated.

April 96

P: Was better but the improvement seems to have stopped.

Had the following dreams:

- A woman making sexual advances towards me.
 - People trying to kill us. We were in an old cave and there were crazy things leaping towards me
22. I witnessed a murder, two people had done it but the police had evidence against me. I was so scared. I screamed out of my sleep.
- Dirty water coming out of a barrel and lots of worms coming out of my mouth.

Comments: From these dreams, it seemed that her state was more intense than when she first consulted me. The 200C seemed to have brought the state closer to her consciousness and made it more intense. She was given Kalium bromatum 1M.

June 96

P: I feel outraged and angry by things. Had a sexual dream where two homosexual men had sex with me. Felt disgusted.

Other dreams:

- Monster with a pitched fork.

- Being robbed.
 - Being chased by bulls in heat.
- Repeated Kalium bromatum 1M.

October 96

She said she had not benefited and so she had stopped the treatment.

Had suffered a miscarriage (wept).

There were a lot of fights with her husband: "I do not want to be in India anymore; I have had to go through too much testing and medicines."

D: What is your feeling?

P: I feel India is dirty and dusty; there is a lot of crime. It is disgusting.

D: What do you feel?

P: I feel imprisoned here. I feel what sin have I done to deserve this deep punishment.

Kalium bromatum 1M repeated after having convinced her that we were on the right track and that she would benefit from continuing the treatment.

March 97

Kalium bromatum 1M repeated.

April 97

She says her dreams are more positive. She had a dream of trying to attract a man and making sexual advances towards him. In another dream she was wearing revealing clothes without feeling embarrassed. She also had a dream of being in bed with a man who was not her husband, and feeling attracted towards him.

She was now pregnant, and feared a miscarriage again. She was given assurance that she would go through the pregnancy alright and the remedy was not repeated.

September 97

Her husband reported that she was better, enjoying herself and remarkably stable. He said there was now a sense of calm about her, that she can be with a situation without getting excited, flustered, upset or angry.

He also reported an improvement in her sexual responses. She was able to enjoy foreplay, but would "tighten up" during sexual intercourse. She had stopped blaming herself, though.

Remedy not repeated.

June 98

She has a seven month old baby. She also has been able to make many more friends and is happier. Of late she has become critical of her husband, snaps at him: "I jump down his throat."

She has dreams of saving someone who is drowning, of a bridge, of falling, of being kidnapped, of a fire amongst a group of schoolgirls, which she watched helplessly, of being naked with feeling self-conscious, of being embarrassed and feeling guilty, of being pounced upon by security men, of kissing her husband in the presence of others, of her father having an erection (embarrassing, but not as embarrassing as I would have found it actually), of mopping up blood during her menstrual period (embarrassing), of her trousers catching fire and there being no one to help her.

Kalium bromatum 1M was repeated.

She continues to follow up. Her aches and fatigue do not bother her anymore. She is getting along well with her husband and her sexual problem is much better. She is very happy to be raising her baby.

Anxiety, insomnia

Hyoscyamus niger

Case 14

Mr. I.A. , the husband of Ms. A.F. (Case 13) consulted me on 11.09.95. He was forty years old and had the following complaints: anxiety and fidgeting, headaches, backache, chronic catarrh, persistent dandruff, flatulence. His wife accompanied him for the interview which went as follows:

P: First of all why I was interested in seeing you or a homoeopath was that I think there are various small things about my wellbeing that never get addressed and which I really want to deal with.

Number one: physically, and number two: I was interested in finding out about my moods, that have been present since I got married. A sense of panic, anxiety and fear that is underlying everything, and I would like to get rid of that if I could. I would like to have a sense of being at ease. Also I do not sleep easily, not restfully enough. I do not sleep properly and I want to deal with that.

D: Tell something about yourself.

P: I lead a programme for training managers and enjoy the work and my life a lot. I enjoy working with people and making a difference with them. Every time I go abroad to be with the other leaders, I do not feel good enough, or I do not feel at home, or I do not feel I am producing results. The sense of freedom, and fun, and excitement, and making a contribution and a difference that I have outside of the people I get my power from, is not there. It is like I do not feel at home in my family, this dose group of associates. Also I am not at home with my real family, though I love them very much. My brothers and friends, they do not really understand me. I have expectations, or they have some expectations that are not really fulfilled. I want to have a great relationship with my father before he dies and yet I feel I will never be able to talk to him. And it has to do with my moods. My fear and concern is about him and my brothers and sisters. I want to get rid of this fear, anxiety and concern that is there.

So also in my relationship with my wife, I have this fear that at some point we will break up. All my former girlfriends left me. I can see that fear is still there though I have worked on it. There is fear here, there is fear there, there is fear everywhere. 1 I do not drive a car or a scooter. I have all these excuses why I do not get a license. But underneath it is some fear. It is not that I am not capable of dealing with it, but it is there in the background. Wherever I am not able to be effective, at home, powerful or happy underneath it is a sense of anxiety or fear.

D: Can you tell any one situation where that fear is experienced intensely?

P: On Tuesday evening we have sessions and there are some results we have to produce, which say whether you have done well or not. My results show that abroad I am not as effective as I am in Bombay. The whole day before I do the session I have this fear; sensation in my stomach, thoughts in my head, fears and anxiety. I suppress it but it is there. I feel like I will be found out, or dropped from a high cliff and crash down and die; 2 that thought just struck me, if I look at it. Or like being made a fool. Ridiculed, like that is what is going to happen: I will be publicly ridiculed. No one has ever ridiculed me. Fear of being publicly shown to be not good enough or to be a fraud.

D: Was there any such fear in childhood?

P: I remember one incident from when I was just ten years old. We were playing cricket and I was playing for the first time. I was standing at the boundary and was just dreaming there and suddenly everyone was just shouting to catch the ball, but I dropped it and everyone called me "butterfingers". I remember feeling like everyone was saying I was stupid and ridiculing me. Later, when I was older, there was another incident where the boys from my lane were slapping me on the head in fun, and it made me feel like I was being ridiculed. A feeling of not being accepted by your

peers, being ridiculed by your peers. 3

D: What dreams do you remember?

P: I walk to the front of the room and I start talking and no one is paying attention. I just keep talking but people are leaving or talking in groups. I try to get control of the thing, dominate, shout. I have no control and I cannot manage the event. It is a total failure for me. 4 That was when I was in a communication workshop. When I started being trained to lead the group of young managers, the dreams came back, not for as long though.

A year ago I had a similar dream.

When I was younger I dreamt of being chased. We had Spanish priests at the school and they would talk about the communists coming and chasing and killing the Catholics. I used to dream of them being chased, the fear of them, and running, and me taking care of my siblings and the women.

People finding us and doing bad things, murdering. 5

These are the two dominant ones. The dreams of being physically hurt, chasing, killing have not come much lately. But once in the last two years, I woke up with a real sense of physical fear. I used to get dreams of being tortured on the rack: English style torture. They used to be frequent but they have not happened lately. 6

D: Any other dreams of physical injury, or of being tortured, chased, anything else..., killed?

P: Not of being killed, but the threat of being killed.

D: What do you have to do, escape?

P: I have to run away, get away, sometimes fight back so I can run away. Not like fight back and win, but run away.

D: Any other dreams?

P: The other thing that was very upsetting for me is rape. That used to be one of my fears, people I loved being raped. We were watching a video at a friend's and it was X-rated, and it was about this woman being raped, gang-raped and then she takes her revenge. I just could not stand it, it was so nauseating for me to be in that room. The rest of them did not feel that way. It was a physical nauseating sensation.

D: What is the feeling?

P: Sadness. Violation. Anger, frustration. Disgust.

D: Do you have dreams involving rape as well?

P: Yes.

D: What are they like?

P: The other side is that if I masturbate or something, not so much rape as physical force seems to be the fantasy. In masturbating it is sexually stimulating. Not the gentle easy but more the physical, dominating, forceful. Not damaging or hurting but my will is going to be forced on you. In my life I do not feel that way, and on the other hand if I see rape scenes, I get really nauseous and upset. 7

D: What other things are you sensitive to?

P: Very, very, very sensitive to injustice or unfairness. I recall one instance in school. The boys were making mischief in line for the sports class and the master caught hold of me and slapped me, even though I did not have anything to do with it. It was so upsetting I could have killed him. 8 But I could not. I was so frustrated. With my Dad if he blamed me for something that was not my fault or if he was being unfair, I would get so angry my lip would twitch. It is like a rage. I can get enraged and I can physically act and express it (he bangs the table). 9 But that is different. This rage is completely suppressed and there is no avenue to redress the unfairness or misunderstanding. Someone is accusing you of something, and is damn sure you are the one who did it. There are some things

people accuse me of, I do not mind. If I consider myself upright honest, unfair and someone says I am not that way.

D: Any dreams of you doing violence on your part?

P: Only in defence. Attacking someone to defend myself, or in revenge, or punishing someone, or more like a deterrent or response that is fitting the violation or violence. 10

D: What else are you sensitive to?

P: People's suffering and pain. I do not really like to see people suffering or in pain. I do not like to see people suffering; I find myself just crying if I allow myself to experience it and do not suppress it.

11

D: Why did your girlfriends leave you? What happened, or what was the pattern? 12

P: I would fall in love with them and then they would fall in love with me. My first girlfriend: I was in love with her. Then her old boyfriend came back and she decided that he was the one, and I found myself jealous and in rage. It was at the end of high school.

D: What were your feelings?

P: Rage and jealousy. I made up my mind I would never be in a position to be jealous again.

D: How was it expressed at that time?

P: I kept it inside. It was suppressed. It was not expressed with people.

D: How did you feel it? What was the feeling?

P: A churning in the stomach and roaring in the head and feeling of constriction in the throat.

D: What was the emotional feeling? Were you angry?

P: Yes.

D: At whom?

P: Angry at the girl and at myself.

D: Why?

P: The girl was changing her mind.

D: What did you feel?

P: That she was not trustworthy, and I was angry at myself for being so stupid to be in that place.

D: What is the difference, in nature, between you and your wife?

P: We are diametrically opposite.

D: Opposite in what way?

P: I like to sleep early and get up late. She likes to sleep late and get up late. I forgive easily. She holds onto her resentments for a long time. I get angry easily and then give up. 13

W: I am very particular.

P: I look at the big picture and she will first look and work on the details. She is always late because of that. I will drop everything and go. She must first finish what she started and then go.

W: I am more sensitive.

P: She feels that. Things important to her are not important to me. The right match of colour and in the right taste.

I am thoughtless, I just speak and sometimes say the stupidest things. 14

D: Like what?

W: For example, if we are talking about our sex life in the train, he talks openly and loudly. For me it will be blatantly obvious we are talking about sex. To be overheard is the worst for me. He talks very loudly and I talk very softly. He will be talking about intimate things and filling the whole room with his voice. 15

P: I think that if you talk loudly people will not know that you are talking something private.

W: It is hard for me because I am different here and people look at me and I like to remain hidden.

P: And we have a lot of argument. She says I do not listen to her and she is right. That is true. But I feel she blames me all the time. Everything that is wrong in our life is my fault. And so then I feel that she is exactly the kind of person I would stay away from. For her everything should be right and she knows everything. The taste should be right and the colour should be right. I feel she is superficial and I have depth. I know she is not superficial, but she has all those traits of the right tie and the right fork that are important to superficial people. For me to concentrate on such things is the biggest sin. And for her to be thoughtless about such things is the biggest sin. We were fighting all the time at first. For the first four days of our honeymoon, I thought that I had been okay for forty-two years; why did I get married? But we are able to talk and resolve things.

W: On our wedding day after the ceremony, we are in the car and I am expecting something romantic, and he says to me: "Uncle John..." this or that. I said I do not want to talk about Uncle John right now. He says: "You do not understand me." We have our first fight. No sense of occasion.

P: For me it is my mother's brother and he is upset, and so my mother is upset, and that is a tragedy. And my wife is the only one I can talk to about it. I finally get in the car alone with her, and I cannot talk to her either. I thought I was getting married to somebody, so she would listen to me.

D: There is a fundamental difference in nature?

P: Yes.

D: What is the broad general difference? These are specific incidences.

W: He is dynamic, energetic, broad brush stroke and "get them inspired and get it done". I am more observant, sensitive to people, and more detail and aesthetics minded. He is not interested in how things look. He is very energetic, and sloppy and lazy. We are very mismatched and very much alike.

D: I did not see the likeness yet.

W: In the way we think about issues not concerning us. We both think deeply about things, and concur and like each other's ideas on a very deep level. On a personality level we are different, but on a deeper level we have a deeper connection. We value the same things. We think the same about it. We like to engage in looking at things intellectually and spiritually. We value family, relationship and commitment. 16

P: We both like to work with people, have the same perceptions about people. We both are committed to getting results, but if we have to work together it has to be either her way or mine. We are both leaders and both of us want to lead. If one of us consults the other about our various jobs, the input from the other is very fulfilling. But if there is no clear cut demarcation as to whose domain it is, where there is a partnership involved, then there is a clash, of egos maybe.

D: Now tell me, you said that when your first girlfriend left you you had rage and jealousy which were suppressed. So you decided that you would never get into that situation again.

P: Yes, any jealous situation again.

D: So, what did you do about it?

P: If I felt there was anyone else in the picture I would give up before. I would not go forward.

D: And still they left you?

P: In some cases I knew such a thing was happening, so I would not fall in love first. But later on if I would wait, then they really fell in love with me. So then I fell in love and then after a while, they would not be in love anymore. If there was anyone else involved with them I would not even fight for it. I think I had six or seven girlfriends like that, and in two cases there was jealousy involved. 17

D: When they left you, what was the feeling?

P: I had the sick feeling in my stomach as if I had been kicked in the stomach. 18 I was walking

home after that and the sense of being kicked in the stomach. The same feeling I had with another girl.

D: What do you mean by "kicked in the stomach"?

P: You know when you play football, and the ball hits you in the solar plexus you get all those funny feelings inside.

D: And mentally what was the feeling?

P: Sadness, grief. "What is the use?", resignation. This is the same thing happening over again. A sense of being deserted.

When I was very small, four years old, my mother taught me to pray. She said I want you to promise me you will say these prayers three times a day every day even if I die. It was traumatic for me that she was going to die. I did not know what "die" was but I had the feeling that I would be deserted. This is what I mean by deserted. 19 The sense of being left with nothing, bereft. Strong sense of frustration. That similar situation repeating itself, that there was someone who clearly loved me, my mother and these girls, and then they left. 20

D: You did not feel anger?

P: No, frustration.

D: Why not anger?

P: I do not remember feeling angry. Just sad, frustrated. I might have felt angry, but that was not the predominant feeling.

D: Other interests and hobbies?

P: Music; I used to sing in a choir. Dancing. Sports, games: the hundred meter run. I was a sportsman. Drama, elocution. Reading. I like to read a lot.

D: What do you read?

P: Fiction.

D: What kind of fiction?

P: Adventure, escapism. Westerns. Spy and detective kind of things. A little bit of romance, but not necessarily important. I have not been reading lately, but if I read it would be the same stuff: Arthur Hailey, John Grisham. I do not like to watch movies about reality.

D: What movies do you like to watch?

P: I like movies with adventure or a lot of laughter and fun. Office romances. I like the TV serials more. They do not have any kind of ending. 21

D: You talk a lot, generally?

P: Yes.

D: Are you talkative by nature?

P: Yes and no. In some situations I say nothing and in others I talk a lot. I like to talk, but sometimes I feel I cannot say very much, so I just have to listen.

If you were to ask me which of the emotions were predominant, I would say sadness and anger.

I have also had this pain in the side of the fingers, which no one has been able to say what it is; pain in the fingertips.

Case analysis

The main thing in the case is fear. The fear of being abandoned and forsaken is the strongest. Fear that his audience will leave the seminar, that his girlfriends will leave him, his wife will leave him, his mother will leave him. He has the fear that something will happen to the people he loves, that they will be killed, injured, raped. He feels fear all the time and very acutely. His feeling is that there is fear everywhere and he is alone and abandoned.

The other aspect is the violence. He envisages a dangerous situation around him. He feels attacked, tortured, physically injured, violated. And his reaction is to want to escape, or to attack or kill in retaliation. But he is not able to react, is helpless. He is very sensitive to rape, a situation where a woman is violated, but is helpless against her attackers. On the other hand, in his fantasy he likes the force, domination. There is also the threat of being killed (in his dreams) and the feeling that he will crash and die. His feeling is that there is danger around him, and he can be physically harmed or can be killed. And he is alone and helpless in this situation. This is similar to the feeling amongst remedies of the acute and subacute (typhoid) miasms. There is an overwhelming fear; he perceives a very strong threat from the outside, and he is alone and helpless against it. His reaction is violent and instinctive: to want to kill or to escape. But he is helpless, unable to do anything. He is very dependent on people around him, and fears abandonment. It is like the feeling of a small child, fearful, helpless and dependent. This kind of childishness can also be appreciated in the "acute" and "subacute" remedies. Thirdly there is his behaviour to be considered, which is attention seeking. He wants attention; he is a seminar leader and is always centre stage. He discusses his sexual life in public, something that is bound to get the attention of people, even though he believes that no one will pay attention to him if he talks loudly. He seems friendly, talkative and quite extrovert. Among the other features in the case, important is the jealousy in the area of relationships. Then there is also openness to the point of being shameless: indiscrete behaviour. He can be crude, blunt, can speak loudly about sexual things.

Also he has the feeling of being stupid and feeling ridiculed. His behaviour can be described as ridiculous and shameless.

The remedy in the Materia Medica that belongs to the typhoid miasm, feels injured and tries to attract attention through ridiculous and shameless behaviour, is intensely jealous is Hyoscyamus.

Rubrics:

- Delusion, injured, is being;
- Delusion, pursued, enemies, by;
- Delusion, murdered, will be;
- Delusion, persecuted;
- Fear, constant, everything, of;
- Fear, alone, of being;
- Escape, attempts to;
- Foolish behaviour;
- Reveals secrets;
- Shamelessness;
- Kill, desire to;
- Jealousy;
- Rage, fury.

He was given a single dose of Hyoscyamus 200C on 11.09.95.

Follow up

08.10.95

He had fever the night before he was supposed to lead a programme. The temperature rose to a 103 °F, but lasted less time than it usually does.

He does not feel as tired as previously.

His anxiety and fears are less. He is much more at ease with people.

Remedy not repeated.

24.02.96

Hyoscyamus 1M given.

16.04.96

No cold and cough anymore.

Catch in the back.

Indigestion.

Pain in the finger is aggravated.

Dandruff.

Dreamt that he had gone back to school and had to find a classroom. His colleagues were his classmates. He ran ahead of the others and found a nice seat in a classroom. Then he was in a new building with gardens, and was trying to find an apartment. He was walking along a wide corridor with gardens on either side, and there was water in layers. There was a doorway on the other side of the corridor, and the water was dripping very nicely. It was very beautiful. Then he was living at a friend's place and enjoying a better lifestyle than he deserved, but it felt good.

His mood remains anxious, but he feels that the anxiety does not affect him as much as it used to.

Single dose of Hyoscyamus 200C repeated.

He would follow up once every two months, and needed the remedy only on a couple of occasions over the next one and a half year.

17.09.97

D: How are you doing on the whole?

P: In the area of anxiousness very well. But physically, more dandruff and colds. The pains in my finger is reduced. My reaction and emotional response to situations has changed. I used to fear confrontation with my bosses, or that I will communicate something they will not like. So before I opened my e-mail there was a feeling of dread. I would react unreasonably. Up to the last few months I would rewrite my mail so it was rational and not just a reaction to what they wrote. If I want to request for a certain salary for an employee, I felt people would not accept it. There would be anticipation of a reaction on the other side. Fear of being misunderstood. I have felt I have had to do a lot of explaining. I have found out the way I communicate is the problem. When I reread my communication, I can see how it would lead to the misunderstanding. It is more like being jumpy rather than calm. When I am not jumpy I can just listen and answer, and it gets solved quickly. I have a picture in my mind of what they are thinking and it is not accurate, and it is a picture of someone stumbling and confused. They do not really see me like that. When my wife says that I am clumsy, I get angry out of proportion. This is what I am afraid people think, that I am incompetent in a physical sense, that things slip through my fingers, butterfingers, ridiculed.

D: What feeling would that create in you?

P: Inadequacy and not being wanted. I had mentioned to you an incident in childhood about when I was playing cricket. They do not want you on their team because you cannot catch the ball in cricket.

D: What feelings does that create?

P: Initially anger but also sadness.

D: Did anything change?

P: Yes. There is a substantial reduction in all those feelings. They have become less intense and some have disappeared. The intensity of the reaction has gone down. In some cases the feeling is not there. I do not feel that way with my e-mail. I know if I read it properly, I can get what I want when I respond. There is a tremendous difference in my life, about how the management is thinking of me. I took on a project, developing myself as a general manager. It meant altering my relationship

with different heads of departments. I took on communicating with them in a way they can understand. I discovered the way I was communicating was a big part of the problem. It has been much more peaceful. Also with my subordinates. I can walk into a centre and not look for what is wrong, but can constructively try to solve things. I am less reactive. There is a big difference in my creative ability. If I am not reactive so much I can be more creative.

D: Are you having any dreams?

P: My wife and I are waiting for a lift and she goes to the toilet. A crowd builds up. We are going to miss the lift and I hate to be in the middle of a crowd. I see an old girlfriend. She is wearing a grey coat and is with her husband.

I try to avoid them. There is another couple dressed similarly. My wife arrives, but I cannot see her. I say let us wait for the next lift and I look for my wife but cannot find her. I see a young girl sitting on a balcony ledge and she seems to know me. I do not recognize her. I am worried about my wife. I am worried and frightened and angry with her for doing this. 22 I get into the lift and there are three doors and one is narrow and the lift seems to be a trapezoid and is puzzling, strange. The buttons have wooden slats and there is a crude door handle fitted haphazardly. There is a boy and a young man and he asks: "Who did you like before me?" He answers. The other says: "Funny, I used to like him too." As I went down I realized I had forgotten about my wife and the worry diminished considerably.

D: What were your feelings in the dream?

P: Fear at first. Anxiety, fear, about my wife. At the end of the dream it is more like the lift is peculiar but there is no fear. Just that this is strange.

D: And that little boy?

P: I felt actually taken back to my childhood. I felt like the two had a good relationship and I was an outsider watching it. I felt good about them. Not feeling left out. I felt they were strange too. They were friends but one was a little boy and one older.

D: How did the anxiety about your wife disappear as you went down?

P: At the end of the journey I realized I had forgotten about that.

D: When you say back to your childhood what did you mean?

P: When you are young you have good friends. The kind of conversation you might have as a child, overhearing something like that.

D: What was the conversation?

P: "Do you like so and so? Before you met me, who did you talk to?" Like they were good friends now, and who did you like before. Not really jealousy. More an interest in who was before me, and who have I replaced. 23

D: Does it remind you of anything?

P: Yes I had two good friends and both made friends with me. They sought out my friendship and they were the ones interested in who I was friend with before.

D: What was the feeling behind it?

P: Some kind of competition, need. In the area of friendship or love we have to compete with each other.

D: What was the strong feeling inside you?

P: No, it was puzzling. Up to the time I met these boys, I do not think that thing was there for me. The whole world was puzzling at that time. In my family everything was a certain way, comfortable and fine. We did not have much, but that did not occur to me. Outside there was jostling, people trying to get you to be their friend or get to the top of the class. That was strange to me, uneasy,

insecure. I felt I did not have to do that with my family and parents. 24 Out there in the world that was what was needed. I did not need to let go of my safe harbour because they were coming to me. But there was a concern of how I would ever do it if I had to. Thank God I do not have to do that. A nagging fear of needing to do that in the future.

D: What would you fear to do the most?

P: Have to win someone's affection in competition with someone else. Otherwise they would not be my friend. Not being loved. The word devastating comes to my mind. 25

D: What feeling does that create?

P: Mixture of sadness and fear. Fear of how am I going to deal with life or the future. A sense of emptiness.

D: Other dreams?

P: I am in a programme and there are important foreigners here and it is in India. Orientals and Europeans. There is a break and I try to get order in the room and I am in charge and I cannot make a dent. There is instruction to change positions and they all move at once, and then suddenly there are some in the front and some in the back. I have no authority and they have left me in charge.

Remedy not repeated.

He still follows up, though less frequently. The last time I saw him was in May 1999, and at this time his moods were more stable and he was not getting anxious, or worried, or irritable easily. He could recollect his dreams with difficulty, and sometimes they would be without any proper sequence. His physical complaints were better: he was not getting the cough or the wrist pain very often. He would get occasional headaches, and the dandruff was still persisting. His confidence had improved, and he was doing well at his job.

Allergiccatarrh and coughs, panic attacks

Hyoscyamus niger

Case 15

Ms. F.B. , a Christian woman in her late twenties, consulted me on 11.01.95, for allergic colds and coughs. As soon as she walked into my room she stood before me, pointed a finger at me and threatened to walk out if I recorded her case on video. I usually record my cases on video and no patient had reacted in this manner before. I suggested that she sit down and tell me what having her case recorded made her feel, and she sat out of range of the camera and agreed to have only her voice recorded. She explained her stand thus:

P: I feel my privacy is being violated and I do not like it at all. If recording my case on video is a condition to consult you I would rather not.

D: Can you tell me about it? There are no conditions for taking your case, but I would like to know what your feelings are about it. 1

P: One of the most dehumanizing things for me is to have yourself totally exposed to the world, and having to disclose every little thing about myself. I do not like washing my dirty linen in public, if that makes any sense to you.

D: Tell me a bit more.

P: Having to disclose every little thing about myself to strangers really bothers me. I feel a sense of violation of my privacy.

D: Can you tell me about that?

P: I guess a lot of my sense of security comes from being in control of my thoughts and what the world goes to make me out. Having some sense of privacy makes me human. I do not like being a specimen under a microscope. I feel like a biological specimen.

D: Are you?

P: Having to disclose every small thing about myself makes me less human, and more of a medical phenomenon than a human being.

D: Is that true?

P: That is the way I perceive it.

D: That is how you see it, but is it true in reality?

P: If it is two way street it is okay. If you were to tell me about yourself in the same minute detail and I tell you about me, we would be even and it is okay. I am vulnerable to you, without you being vulnerable to me. That is the way it makes me feel. Also, it is my honour that matters.

D: I am just trying to understand you.

P: I understand. You keep asking me questions and I will answer. Also, I am not the only one concerned and that bothers me. In Allopathy, in the consultation, it is just me. Here, it is a history of my family as well, although that is a lesser aspect. For me, it is myself that matters. I do not like this sense of exposure, I feel. I tend to be a very private person. I do not know whether it is because of the way we were brought up. As a child I lived in a flat that was the only house on the floor. Generally I find that if there is more than one flat per floor there is a lot of give and take between neighbours. People walk in and out of each others houses. We were never like that. So I grew up to be very private. I always felt a sense of intrusion when someone came over, even guests were an intrusion. But it is not a clear cut thing. When I was a child I liked people around me. My mother's family lived with us. There's just me and my sister, and my parents. Later I did not like having too many people in the house. I began to value my privacy. I wanted my space and time to myself. For me that means that someone does not have the right to intrude on me at any time. I have the right to stop persons from intrusion. I do not feel like this about my dose family. Very dose cousins come into very close family. Anyone within my circle is okay, but someone who is at a distance, I would like prior notice from. I do not like them descending on me. I resent someone seeing me with my hair down. It is like I have a different face to the world and a different face for those dose to me. 3

D: Can you talk about that?

P: I do not like someone outside of the family circle to see me in a state of disarray.

D: Why, what happens?

P: I get a feeling of vulnerability.

D: Can you talk about that? What makes you vulnerable?

P: It is the opinion of that person, or you perceive that automatically, there is a reaction to you. You want favourable reactions from people. I am very sensitive to negative reactions.

D: Give an example.

P: I am extremely sensitive to rude or negative remarks. If something positive is said, it will have less strong an impact than a negative one will.

D: For example?

P: You are trying to see what makes me really uneasy?

D: I am trying to understand the feeling behind what you are saying. What is it that makes you so anxious or tense?

P: It bothers me too much to have people say negative things about me. I have to cover myself up.

4

D: Talk more about that.

P: For example, if I just go down into the compound, I need to be dressed fairly well. I used not to like to even answer the door if I were in any disarray, though I used to feel I have an excuse because

I am in my own house. This negative side of me is for a private moment, but not for anybody else to see. If someone were to see me that way in my own home I would be less uncomfortable, rather than if they saw me in a public place in that state. I have an excuse for it in my own house, but no excuse for it in a public place.

D: What would happen if someone saw you in a public place that way?

P: It is a loss of control. If someone has negative thoughts of you, you have loss of control of the situation. That is my perception of it, though I have never figured it out before. What else do you want to know?

D: This is the most interesting thing. You can leave out everything else and just tell me about this.

P: Can you just ask me some questions?

D: What was for you the worst incident?

P: Maybe making a fool out of myself that made me this way.

D: Can you recall some incident?

P: There was no specific incident. I have always been this way.

D: What dreams do you get?

P: Having the land fall away under me, and as I tried to take a step forward and find steady ground, the land gave way under me.

The other dream is very clear. I am at a strange train station and not knowing what train to catch or where to go. I feel really lost, it is a scary feeling. That was a recurring dream a long time ago.

If I am totally protected and not feeling vulnerable in any way, I am fine. I am the best I can be if I am in my room and no one is likely to intrude on me. I know what brings out the best and the worst in me, and that is the best I can be. With each step forward into a public situation, the more public a situation, the worse it is. 5

D: Give me an example.

P: The odd part is that in school I was involved in a lot of things on stage. My heart would beat fast before going on stage. But once on stage, I was fine. When I finished school, I got my first panic attack. I lost my appetite in a public place. I could not eat unless I was at home with no chance of having to go out later.

D: Why? What would you feel if you had to go out later?

P: A terrible sense of anticipation prevented me from eating, and sometimes I had to throw up before I could go out.

D: Anticipation of what?

P: Just having to go out into the world. At the age of twenty-two, I vomited every morning and ate only after being home at night. That was one of the worst periods in my life. During that time there was a man in the office who I was attracted to and he was attracted to me, and when he was around I could not eat.

D: Why?

P: Because the panic became more. Anything to do with a man that might turn into marriage would panic me. As long as they were platonic relationships they left me unbothered. My body would go through all the symptoms of panic, not my mind. I hated going out for fear of the panic.

D: What would happen in the panic attack?

P: My mouth would go dry and my stomach would start clamping up, I would start heaving and vomiting. I would feel hot and cold alternately, and there would be cold sweat and I would be feeling completely out of control. I had to get out of that place or I would lose all control. The main feeling I used to feel was that I did not want to make a fool of myself by throwing up and become vulnerable.

I knew the other person would feel he was the reason I was being affected.

D: So what if he felt like that?

P: I did not like to feel vulnerable in a situation like that. The person might imagine that I was throwing up because of him and that gave me less control of the situation. 6

D: What do you mean when you say "vulnerable"?

P: I wanted the attraction to proceed at my pace. Before I am ready to tell him, I am giving him a message that I am not ready to give him. He gets an idea that I am attracted to him before I am ready to give him that impression.

The moment I left school, the protective environment was removed. 7 I became an adult, became myself. I am comfortable in a situation where I am not in charge of things for me as an individual, but I can be in charge of something for another person. I am more inclined to do things for others than for myself. If I try to be me, to have a life of my own, it bothers me.

After I got married, the attacks stopped. Now, I am not me but part of the family unit, a married woman. When I am my husband's wife, I am an extension of him. The moment I start trying to be the whole thing will start.

D: "Start being me" meaning...?

P: When I am my husband's wife, I have his umbrella of protection over me. I am Mrs. So and So. I started a business of my own with a cousin, with the understanding that she would do the marketing and I would do the technical part. She is the face of the company, so it is okay. I feel safe then. I cannot be the face of the company, so I am buried behind the computer and then I am comfortable. 8 I had opportunities for modelling but panic stopped me. I had to stop socializing, going on dates, because of the panic attacks. I had to literally go into hiding. I lost so much weight that I almost became a skeleton. The panic attack was the height of the problem, but at other times I was never comfortable if I had to go out at all, or if there was anticipation of anything in the future. I would be okay if I had no work for the whole day and could sit at home. If there was any anticipation of any activity in the day, it would cause a panic attack.

D: What else can you say?

P: When I was in school I had a mild attack of jaundice. Other than chicken pox I had no other illnesses, except for these allergic colds. I used to become malnourished and anaemic when I did not eat and had the panic attacks. During my last pregnancy my iron count was quite low. My haemoglobin is 9.8 mg%, and I still have low energy. My second baby was a large baby. I was told that could be an inclination for Diabetes. During my pregnancy my sugar levels were normal. There is no family history of Diabetes. My child weighed 10.5 lbs.

D: Tell me more about yourself.

P: I dread company, but when I am in company I think no one can enjoy it as much as me. When I am in the midst of company, I am the life and soul of the party. 9

D: How are you the life and soul of the party?

P: Joking and laughing, certainly not gloomy. But if I am given the option, I do not go. I do not feel an inclination to parties on my own. One unusual aspect of me is that. Would you like to know what interests me?

D: Yes.

P: I like analysing almost anything just for the joy of it. Theory in itself is exciting, analogies between theories and the real. I like to read about the evolution of man and how his behaviour has been influenced by his past, why we behave the way we do; the differences between the sexes: is it biological, genetic or environmental?

I like music and singing, am strongly attracted to rhythm. I lack the discipline of doing anything difficult. If it comes easily, I can do it well and enjoy it. If it had involved years of hard study, I could not do it. The computer software comes easily. Give me something conceptual and I can memorize. Give me facts by themselves and I cannot remember them. Concepts stay with me, but facts disappear quickly. Book keeping came to me easily, but the rest of the subjects in my Company Secretary course I could not do.

In school I was good at English, maths and grammar, subjects that require logic. I could never remember the authors of the books, but the concepts of the books I could remember. Geography, that requires memory, I hate. I am impatient with memorizing facts. I am bored with anything repetitive. Anything that involves memorizing very fast, I have to let go. For example I was trying to learn how to play the piano. I like rhythm more than music in itself. I love discussing theory: it excites me.

D: What are the major events in your life?

P: I had a happy childhood. We were a large family. I used to meet a lot with my cousins. I seem to want to cling to childhood memories instead of going forward like an adult. Adults tend to gain control over their lives, to move on. But I am content to be my mother's child and my husband's wife rather than an individual in my own right. 10 I realized in talking to my mother that in areas where there was no interference from anyone, I did very well. But if there was any guidance involved, I became lame. My mother is a very good cook and good at marketing and I have not developed myself in that area at all. I hate the kitchen, cooking and going to the market. I do not know if I was measuring myself against a standard that was already there, my mother was so good at it. Mum has noticed wherever she has not been involved in my life, I have done very well.

D: What other big events?

P: My life became very uneventful once the panic attacks started. I stopped putting myself anywhere, where anything was going to happen. I withdrew from situations. I put off so many relationships because of the panic attacks. I found them overwhelming. Even getting married became unbearable. Meeting people became unbearable. I decided that maybe I should not get married. The whole courtship period was unimaginable. When I met my husband I felt only a little nervous, not panic. So long as I am my husband's wife, I am okay. I want to do marketing for my business, but the thought of it causes me panic. As long as I do not try to carve out a life for myself where I am the main figure, I am okay.

D: What other interests do you have?

P: I like fashion designing, decorating and interior design, beautifying things, restoring old things. Beauty in any aspect draws me a lot, whether it is in clothes or interiors.

D: What is the thing you do not like, that puts you off?

P: People being hurt really offends me. I cannot bear to see the Holocaust movies. They bother me very horribly. I watch them and feel horrible after that, agonizing over their miseries for a long time.

D: How?

P: I tend to make a comparison between those people and my family. If I see an elderly man, I think of him as my own father. If I do not make the comparison, I am not so much affected. The pain is too much for me. 11

D: What do you feel?

P: I feel terribly hurt on behalf of that person. I feel outraged over what happened during the second World War, but still I read about it. I watched the movie: "Sophie's Choice".

D: What feelings come up?

P: I wonder how a human being can be that cruel and awful. How can one descend to such depths of cruelty? It is mind boggling, fills me with a sense of astonishment that a human being can lose his humanness 12 in that situation. It is difficult for me to take. It hurts me unbearably.

D: Why do you read it then?

P: At the same time I am fascinated about it. I have to know, though the knowledge of it hurts me unbearably. I cannot just let it alone. It is like when you have a wound and you have to keep touching it to see if it hurts. 13 I used to be addicted to horror movies, not the gory part but the sinister kind... something weird, someone who looks normal on the outside and is totally different on the inside. In the movie "Omen", the child who seems innocent and is actually the devil is fascinating. 14 It is sinister, weird.

About my parents: my father is upset if things do not go exactly as planned, if anything is out of gear. My mother is hardly bothered by any situation and can rise to them all. I feel I am more like my dad. If something had to be done, my father would be anxious about it until it was done. I am bothered, like my father, about time, company arriving, etc.

Can you suggest any other areas?

D: What other areas bother you?

P: I like the house to be spick and span, I am very fastidious. I know I need to be more relaxed about this, but when the house is a mess I feel loss of control.

D: How do you react to animals?

P: I am no longer as keen on animals as I used to be.

D: What fears do you have?

P: Not especially any fears. If I see an animal I fear that it might bite me.

D: What other fears?

P: I have the fear of weird, supernatural things, horror movies, rather than robbers, especially when alone at night.

D: What do you do then?

P: I never let myself be alone. I have never let myself be alone at any time.

D: What colours do you like?

P: Bright and sharp colours rather than muddy, ill-defined colours. Also, I like pastel shades.

D: With your husband, you get along okay?

P: We have ups and downs. But he is very relaxed, makes me relaxed. He is also very supportive. We have a very strong relationship. He does not believe in Homoeopathy but I strongly do.

D: Why?

P: I feel that Allopathy intrudes 15 where Homoeopathy assists.

D: What do you mean by that?

P: Allopathy does for the body rather than let the body do for itself. Homoeopathy helps the body along rather than taking over.

D: Anything more to say?

P: Another thing that was bothering me a lot: is there any healthy human being as far as Homoeopathy is concerned? Will I ever be free from disease, or will one state keep popping itself all the time and will I keep rushing to you?

D: Seems hopeless?

P: Yes. Then I would rather be sitting at home and shut the door.

D: Is there anything important about yourself that you feel you missed out?

P: No, except that when I left school everything started to bother me and get me into a panic attack.

D: I revert back to the question we started with: suppose we were to put this whole thing on video?

16

P: No, no thank you!

D: Suppose we were to put it on video and show it to three hundred people, how would it affect you? What was it you said that was so terrible?

P: The moment a video film is made of me, I have no control over who knows the facts of it. It maybe something as silly as I like sweets.

D: Suppose someone came to know you liked sweets, what difference does it make to you? What is the feeling it creates? Suppose you are on video in this interview...

P: When I am present I am in control. When there is a video you have control.

D: Yes, but suppose you were on video, the worst thing I could do is put the video on TV. What would happen, how would you feel?

P: I value privacy.

D: What is the feeling it creates?

P: It does not matter if it goes to strangers, but I would not want it to go to people I know.

D: What if it went to people you know, everyone you know? Close your eyes and imagine that I make a copy of the video and send it to every person you know?

P: I feel it is a loss of face. I feel that I have let my guard down with you, but you are not letting your guard down with me. You do not know how the information can be used against you. 17

D: What if it went to the people you know? Who is the person you would not like it to go to at all?

P: For example, my partner in business. She is capable of handling her things. I would not want her to know. If it is a two way street it is okay, you cannot be a closed book. But if someone is going to be a closed book to me while I tell everything about myself, that I would not like. Society has developed in such a way that you are on guard with everyone. With a person you do not know it is okay, but with someone you know it is different. A lot of life has to do with power. People try to gain power with relationships, with money. When you let down your guard, your power goes to some extent. When someone knows more about you than you know about them, you are losing your power over them.

D: Does any story come to your mind regarding this?

P: Any person in a position of power is a closed book. They cannot tell about themselves to everyone, otherwise they would be out of power, vulnerable.

D: Does any story come to your mind where the information regarding a person was used against him?

P: No, it does not come to my mind.

D: Can you tell us about any movies that you enjoyed watching?

P: There was this film called "Three Fugitives". It was both funny and sad.

D: What was it about?

P: There was this young man with a little daughter. She had been affected by the loss of her mother, and had stopped speaking. The state takes away his daughter. He tries to rob a bank. The hold-up is a big joke, very funny. When he is trying to rob the bank this criminal turns up, and also tries to hold up the bank. He is showing this guy how to hold a gun. It is all very funny. Ultimately this guy shoots the criminal by accident and they land up together. His little daughter then becomes fond of this criminal.

D: What is the main theme of this film?

P: The relationship between two unlikely sorts: the relationship between a hardened criminal and a

man trying to look after his daughter.

I also find stories of animals reacting to human beings very interesting. There was this story of the relationship that developed between a girl and a fish.

D: The relationships in both the stories you described are of protection?

P: Yes.

D: Of someone taking care of or loving someone?

P: Yes, and from very unexpected quarters.

I also like the comic side of life, in different situations to find the fun side of things. I find it easier. I think laughter dispels gloom. I like jokes.

D: What do you like in food?

P: I like sweets.

D: Which weather do you tolerate better?

P: I do not like excess in any direction.

D: What position do you take in sleep?

P: I sleep on my back, and on my sides.

I told her I would think about her case and called her again two days later to collect the remedy.

Case analysis

Her main problem is that she cannot trust anyone. She cannot disclose things about herself to others, especially to people she knows. If it is a two-way street it is okay. But if she does not know about the other person in the same way, it is a problem. She feels vulnerable and exposed, while the other person is a closed book. She feels that the other person has control or power over her by knowing more about her than she does about him.

She has the dream that the ground gives way. How can this dream be understood in the context of the case? The feeling in the dream has to be conveyed in the rest of the case. The theme of the film she likes is that a man who looks innocent is actually the devil. The connection is seen in the feeling. The fear and fascination with the Holocaust further clears up things in this case. Once this connection is understood it will be seen in the patient's feelings in the rest of the case. The situation of the Jews at the time of the Holocaust must have been such that they could not have known whom to rely on and whom not to trust. The Nazi who looked okay on the outside was actually a devil on the inside. One could not have known who was a friend and who was an enemy. Anyone could betray you. The very ground that you stood upon and thought was steady gave way and you would be finished. Her own feeling is that if she makes herself vulnerable the information can be used against her by her own people. This is her deepest fear.

Her reaction is of intense fear. She gets attacks of panic as if something is going to happen. There is intense, sudden fear, a threat of something happening very suddenly. The attacks come on when she has to go out in public; every step she takes into public, she is more and more scared. She feels that she is secure within her house, but the minute she steps out there is danger, something sinister lurking under the guise of something innocent. The moment she steps outside into the world she becomes vulnerable to this danger. She becomes frightened, and this fear overwhelms her. Like a child she longs for the protective cover of her home. So she remains shut inside her house, covers herself up when she is in public, and is cautious about how much of herself she reveals. She hides behind the computer in her business, and lets her cousin be the face of the business. If she is exposed to the world she feels vulnerable and goes into panic.

This intense, sudden, overwhelming fear as if something is going to happen anytime, would bring to mind the acute miasm. However, the feeling that "the ground is giving way" is similar to the feeling

"as if the bed is sinking" which is a feature of the typhoid miasm. In the typhoid miasm the main feeling is that there is a life threatening situation that demands an immediate response before a position of safety is reached. Once the person has reached that position the danger is no longer there. So there is danger outside the house but she is safe once she is home. Also, there is the feeling that she is a child, helpless, panicking, alone at a railway station, lost and scared, unable to handle things on her own and quite content to be her mother's child rather than an adult. This childlike feeling is also a feature of the acute and typhoid miasms.

She has a problem of allergies, and apart from this you see a tremendous sensitivity and reactivity throughout the case, in the way that she walks in and refuses the video recording, in her panic attacks. These features indicate a remedy of the plant kingdom.

So, it is clear that she needs a remedy of the plant kingdom and the typhoid miasm which has this feeling of being unable to trust and the action of acute fear with hiding. The main rubric in the case is: "Fear of betrayal". The remedy that she received was Hyoscyamus 10M.

Rubrics:

- Delusion, betrayed;
- Delusion, he is away from home and must get home;
- Delusion, sinking through the floor;
- Hide, desire to;
- Fear, alone, of being;
- Fear, panic attacks, overpowering.

The traditional picture of Hyoscyamus, with the foolish attention seeking behaviour and violent reaction, is not so much seen here in this case, as it was seen in the previous case of the same remedy. But the main feeling of suspicion and betrayal is there. This is apparent in the other symptoms of the remedy as well, viz.: "Delusion, wife is faithless" and "Delusion, he is being sold". In the last case the feeling of persecution and the fear of receiving injury and of being abandoned were more prominent.

This strong reaction to the Holocaust is very peculiar, she being an Indian Christian living some fifty years after it had happened. Her situational Materia Medica would be of a Jewish person during the Holocaust. If one is in public it is fearful.

In Herring's "Guiding Symptoms", under the remedy Hyoscyamus, is mentioned the symptom: "Suspicious of being watched by his relatives with whom he had a slight misunderstanding. Was obliged to dress himself differently each day to avoid being recognized by them, and seldom left the house." This must have been the situation of the Holocaust. There must have been a tremendous fear of being betrayed and every step into the outside world must have felt like a step into danger. People then must have felt an intense threat to life with the feeling that if anyone knew their secret, they could be betrayed. She said it is not my immediate family I worry about, but the family one step removed. Nothing had happened in her life nor in the life of her parents to explain this. Herring, many years before the Holocaust had given this symptom. Nothing is new in consciousness, everything is floating around and comes up time and again. Time and space have no barriers for these disease states and states of being.

Her main problem, that she cannot trust and fears being betrayed, becomes very clear when she is asked what she would feel if her case interview was made public. She replies that she fears that the information could be used against her. One of the best ways to reach the deepest feeling is to take the person to the most difficult situation in his life and see what is the feeling that comes up. So, her deepest fear is that someone you trust does not reveal himself to you, and uses your information

against you. You have taken your shell off and shown a vulnerable side of you, especially when you are down. The betrayal comes from especially someone you know and trust.

The most peculiar thing in a case should be used as the entry point for that case. One asks the question: "What is it about this case that I have hardly ever seen?" That is used as an entry point and the feeling behind it is explored. It can be a strange name, dress or expression. These are all entry points from which to enter the case. The focus is what is behind that feeling; one does not lose track of that. All about the patient can be explained from this feeling and this is what one tries to find in rubrics. That remedy has to have that kind of feeling.

Follow up

28.03.95

Again, she allows only her voice to be recorded on video.

P: I am more relaxed about going out. I do not have to be dressed up when going out of the door. I am less impatient. There are ups and downs with my digestive problems. My hair has stopped falling. I had a severe sore throat.

The remedy was not repeated.

25.04.95

She reports feeling better, and her dreams are more positive. She had a dream that she was praised for singing.

Once again, no repetition required.

June 95

Hyoscyamus 10M repeated.

September 95

She allowed a video recording.

P: Before it felt as though someone was doing something to me. My child was a problem causing me misery and it seemed out of my control to solve it. Because of his behaviour, I cannot go anywhere. The moment I go on holiday, he reacts in a hysterical manner. I felt like a prisoner after having this baby. I had become hateful of him. Two weeks ago I decided he is not in the way of my life, he is my life. It is like becoming an adult instead of a child. 18

Now, I can think of how to solve things instead of just reacting. I am less analytical. I am willing to let it go rather than analysing and over-analysing.

Now, I am fine if someone sees me in whatever I am wearing. I no longer think or worry about how I am dressed.

There is a shift in how I feel and think. Things matter less. I am not so wound up and stuck in a groove of how someone thinks of me. I say what I feel and do not worry so much how that person feels about it. My brother-in-law asked me if I liked how his home was decorated and I said I did not like it. Before, I would not have answered directly.

In my movements I am less fast. I can walk more slowly and less stressfully. I always had to walk very fast before.

There are no thoughts on being video-taped this time. It has not entered my head to feel one way or the other about it now. I also told you, I felt very exposed. I felt I was in a negative situation then and now I am okay. I feel more in control; it does not matter what anyone thinks.

She had started to feel better within just three weeks of receiving the remedy. She did suffer the allergy attacks off and on, and Hyoscyamus 10M was repeated on six or seven occasions over the next two years. The last allergy attack was in September 1996. Since that time she has received Hyoscyamus 1M on a couple of occasions.

Her son also received Hyoscyamus.

Difficult respiration

Calcarea nitrica

Case 16

A young woman in her late teens, Ms. S.D. consulted me in April 1996, with the following complaints: difficulty in breathing; vomiting and heavy feeling, feeling as if everything will come up; weakness.

D: Describe your problem from the beginning.

P: All of a sudden it started. One night, I had my dinner and vomited. Earlier this used to happen two or three times a week. Since the last fifteen days it is happening everyday. I have breakfast and I feel giddy; I have lunch and I feel giddy. Even if I have water, just water, I feel everything will come out. I do not feel like eating; I feel very heavy at the time, plus I feel a difficulty in breathing. Now there is no difficulty, but then I feel a difficulty. That is all.

D: Tell a bit more.

P: If I go home and have lunch I feel giddy. After dinner I will be giddy.

D: It has increased since fifteen days?

P: Yes. I had been out of town and I vomited. Since then it has been everyday.

D: When did it start?

P: Three years ago.

D: Tell me how it started?

P: It started all of a sudden three years ago. I had my dinner and vomited and then it used to happen once in a while only. I took medication and it helped for a while, but it all came back. Now since the last fifteen days it happens everyday.

D: What happens?

P: It feels as if something is moving under the sternum and my food will come out. I cannot eat and cannot even drink water. I have to eat forcibly; I do not feel like having anything.

D: So it usually happens after eating?

P: If I do not have water or food, it does not happen. Once I have food or even water, I cannot move from my place; I need to lie down on the bed. I feel like vomiting and I feel giddy. I cannot do any work. I am relieved after vomiting. I have vomited so many times.

D: How long does it last?

P: Sometimes I feel better only if I vomit. Sometimes I am okay in half an hour.

D: What happens?

P: I feel giddy, a heaviness in the chest, difficulty in breathing and I feel everything will come out.

D: Can you describe what you mean by giddiness?

P: Anxiety, uneasiness. I just lie down. I do not want to talk to anyone. If someone talks to me I want to throw something at them. I want to lie down and be alone. I cannot even speak at the time and describe what is wrong with me.

D: What do you feel?

P: I am going to die. I feel as if my heart is moving downwards.

D: Is it like fear?

P: No, not fear. It is a vomiting sensation.

D: Does it cause you fear?

P: No, all of a sudden I am not alright. Sometimes I vomit, sometimes there is only nausea.

D: And you have seen a doctor about this? Were any tests done?

P: Three doctors. They gave me medication. They did not ask for me to have any tests done. On the medication it was okay. But once I stop the medication it starts again.

D: Do you have any other trouble?

P: No. I have just fainted once or twice.

D: Tell me about that.

P: It has not happened in the last one year. All of a sudden I had had to sit down. 1 I felt faint, and for a second or so it was as if I could not see anything. The first time I was out shopping with my brother, and I felt I was fainting. For a second I felt I was blind. Then, one time I had fainted in the college laboratory: I suddenly dashed into bottles of chemicals.

D: What else?

P: Nothing else. This is the only severe or major problem I have.

D: How does it bother you, this problem? What happens?

P: It happens only after food, otherwise I am perfectly okay. Now, if I go out, I have to make sure I do not eat or drink. That time is so terrible I cannot tell you about it. I feel so sick I start crying. I have no relief from medication. I cannot eat anything when I go out. I have to keep a gap of one hour between going out and eating. I feel I might faint anywhere out on the road. I cannot eat food and go out.

D: Do you feel things beginning to go round and round?

P: Yes.

D: When does that happen?

P: Now it happens every day. I have breakfast and then I have to go on the bed and lie down.

D: Is it any different if you eat more or less?

P: Even if I have had one slice of bread it will happen. It is not related to the quantity of food. At first I did not take care. Then everyone told me to consult a doctor.

D: What is the effect of this on your life?

P: I cannot go anywhere, it is so terrible. I am afraid what people will think, they might wonder what is wrong with me. I do not feel like going out. If I go out, I cannot lie down anywhere. If I go to a party I cannot stand, I have to lie down. My mother asked me to join a course, I cannot join one. My life has become terrible. When my mother asks me to go and get her some vegetables, I tell her that I cannot go; I am afraid I will fall down in the street. I feel if I go out it will get me into trouble. I go out only for an hour in the evening and return very fast. It is always on mind that if I faint who will bring me home. So I do not go out of the house.

D: So how does that affect your life?

P: I cannot move out of the house. I cannot study. I cannot concentrate on my studies. I had a terrible time in my graduation year. I cannot eat anything. In my last year of college my mother took me to the exam hall. Now I do not feel like studying because I cannot concentrate on studies.

D: What else cannot you do: you cannot study, you cannot go out? What else?

P: I cannot do any housework either. I have to lie down after working. I tell my mother that if she needs me to do work, she should tell me before I eat. I cannot even pick up a glass after I have eaten. I feel very weak from within. I had taken iron injections for a while. My legs used to pain a lot two years ago.

D: Tell me of your interests and hobbies?

P: Because of this, I am not interested in anything. I used to like music, stitching and embroidery. I used to enjoy going out with my friends for picnics and parties. I used to die to have my parents say yes to my going out. Because of this problem, I cannot go anywhere. My parents have never stopped

me from going out. 2

D: What else can you tell me?

P: I get angry fast. I cannot bear uncleanliness. If someone tells me something, taunts me, I am not going to leave that person.

D: What do you mean?

P: If someone indirectly taunts me, I will not leave that person. I am not forgiving. Some people forget. I will never forget that person; I keep it in my heart and I will give that person back. I get angry very soon.

D: What do you do when angry?

P: Usually I am only verbal. I just say something bad to that person. That is all.

D: What else about your nature? Do you mix easily? 3

P: I used to mix easily before, now I do not. I used to make friends easily. Now I do not mix with anybody, I have completely changed.

D: What is the change?

P: I used to mix, but now I do not. I used to like going out with friends, but now I do not. I used to like friends coming over to my place and now I feel like being all alone.

D: What else is changed?

P: I get angry very soon now. Also, now I am not interested in any work, in taking up computers or some such course. I get tense very fast.

D: What about?

P: About very small things. If I put my clothes on a hanger and someone touches them, I say: "Better not touch it! You will spoil my clothes." My mind is always there, that he will spoil my clothes. Or if someone spills water.

D: And before?

P: I used to be very carefree. Now I am totally reverse. I have become very stubborn.

D: How did that change come about?

P: All of a sudden when this problem started. My parents wanted to send me on vacation and I said: "No, how will I reach you if something happens?" I used to say: "Let's go tomorrow!", and would start packing my bags immediately. Now I do not want to go. If something happens, the doctor is not near. I do not want to go anymore. There is a total change.

D: Was there anything that caused you any kind of tension a while ago?

P: Yes, I do feel tension at times. When everybody says: "You do not know how to cook", or "Your nature is not good, you are very rude", I do get tense.

D: What do you feel?

P: Very bad. I do not like anyone to say anything bad about me. If someone says something about me, I will give back in the same way. If they say that I am not doing the table properly, then the next time on purpose I see to it that it is dirty. I do not forget things. 4

D: So three-four years ago, was there any grief or upset?

P: No.

D: Think about it.

P: No, nothing of that sort.

D: There was nothing that upset you, disappointed or frightened you?

P: No. It was just all of a sudden.

D: What are the dreams that you see?

P: Of having a nice house, of robbers, thieves, ghosts and of flying. I dream of being very thirsty

suddenly, of urinating.

I am sleeping and I feel a fire all around me. There is no one to help me and I jerk and get up.

I dream that I have forgotten some work, like I have forgotten to lock the door.

I have romantic dreams. I have dreams before exams, of failing an exam.

I have dreams of insults.

D: What is the dream of flying?

P: I am flying in an airplane and the plane is going to crash.

D: Can you repeat that again?

P: I feel I am falling down from the plane. The plane is going to crash. Then I wake up. 5

D: What is "insults"?

P: If someone insults me during the day, that is all I remember at night. It comes again and again, that I had been told this.

I cannot sleep on my back; I do not feel sleepy and will not sleep all night. I can only sleep on my abdomen or side.

D: What are the romantic dreams?

P: I dream of nice, smart, handsome husband.

D: What are your other ambitions, or visions of the future?

P: Fashion designing. Because of all these problems I could not do this.

D: Why did you want to do fashion designing?

P: I used to be very interested in clothes, wearing and designing them. So I filled out the form and everything was ready. Just two or three days before I was to go, I told them I did not want to. It had been there in my mind for so many years, but suddenly I felt that I do not want to go.

D: What do you mean when you have said that you do not like uncleanliness?

P: Things cannot be here or there. I should not find things in the wrong place. I should not find dishes in the drawing room; they should be in the kitchen. The bedsheet should be proper. The pillows should not be here or there. Things need to be in order. Everything should be in its proper place, then I can sleep. If the bedsheet is not ready, I throw it away and put a new one, and then I can sleep. I want the surroundings to be clean.

D: How do you react to plants?

P: I hate plants. If my mother leaves for a few days, then it is my duty to water them. I just hate it. We have to bring some in and take some outside. I hate doing all that work related to plants.

D: How are you with animals?

P: I hate animals. 6 I just cannot bear them. There was a dog outside, and I could not bear his look. I am very frightened of animals. My brother once got a stuffed dog, and I thought it was real. He brought it near me and I was so scared I jumped over the bed. 7

D: Do you hate animals or are you frightened?

P: I hate them and am frightened. They make a mess. I cannot bear uncleanliness and so I do not want a pet.

D: What do you like if you hate plants and animals?

P: Whatever I used to like has become a dislike. Going out, picnicking, partying. Now I dislike everything. There is nothing I like in life now.

D: Why?

P: I do not know. I used to like to talk on the phone and now I do not feel I like it.

D: What do you feel?

P: I do not feel anything. I have done a lot of embroidery; I used to keep awake nights and do it.

Now all likes have become dislikes. I do not feel like doing any work now. 8

D: Something must have happened in your life to bring on these things.

P: Nothing. It just came suddenly.

D: Something must have happened.

P: No. I failed the eleventh class and my parents said it was okay. I did not want to repeat the year again, because it meant I would have to study again. I wanted a career. So the twelfth class I did privately, and then got admission into a graduate course and then all of a sudden this started. Before that I was perfectly okay.

D: Was there any situation that was unpleasant or frightening?

P: No.

D: There must have been some situation.

P: No.

D: Do you like to watch movies?

P: Yes.

D: Which ones?

P: Comedies.

D: What kind of movies you do not like?

P: Horror, fiction, war, things that make me sad. I like things that make me laugh.

D: Do you like to read?

P: Yes. Film magazines, fashion books, "Women's Era", but no hi-fi books, no Shakespeare.

D: What do you like to eat?

P: Coke. Schezwan crab is my favourite. All vegetables.

D: As a child, how was your nature?

P: Very shy. I was very scared of going to doctors.

D: Can you tell a bit more about that?

P: I was scared of going to the doctor. I used to be healthy, but then suddenly I became sick.

D: What do you mean when you describe yourself as shy?

P: If someone came at home to visit, I would go to the other room.

D: Till how long was this?

P: As I got older I started mixing with people, made friends, became very outgoing. Then when the problem started, I became very shy once again. 9

D: Did you have any fears as a child?

P: Animals.

D: And?

P: I am very scared of high places. If I look down from a high place, I feel giddy. I am scared of water and drowning.

D: You said you were scared of doctors?

P: I am very scared of the doctor. I have been wearing spectacles since I was a child. I used to be very scared of going to have my eyes checked. Once, I was told that the doctor was going to give me an injection. I was very scared and then the doctor had called the compounder as well to hold me. Once I had to have an operation. I was most terrified.

D: What operation?

P: I had an ear operation. I used to get pus in my left ear. My aunt had touched it accidentally and then it hurt so, and pus would come out. I cried and cried. I had to go to the doctor every six months to have it cut and cleaned. It would swell up and was very painful. I was told I had to have an

operation and had changed four doctors for that, because my mother was very scared of operations. It was so painful! Finally I had the operation.

D: Which do you tolerate better: heat or cold?

P: Cold. In the heat I feel giddy and sweat a lot.

D: If the windows have been opened or are closed, does it make any difference to you?

P: I prefer to have them open.

D: Why?

P: I like the air coming in, otherwise I feel hot and nervous.

D: Nervous?

P: Anxious. Sometimes I switch on the air-conditioning as well.

D: How much thirst do you have?

P: I used to drink a lot, every two hours. But not now since the last fifteen days.

D: Do you have any menstrual problems?

P: My menses are normal.

D: What else do you like in food and drink, besides Schezwan crab?

P: There are many things that I like and now I cannot eat, even my favourite food.

D: Do you sweat much or little?

P: I sweat in the armpits, hands and feet, only a little.

D: This thing with high places does it still bother you?

P: Yes. Above first floor I get dizzy. I feel I will fall down.

D: What about airplanes?

P: I have never travelled, except when I was a child.

(I asked her to wait outside for a while, went over her case and then called her in again.)

D: When you eat, what is the sensation? Is it fullness?

P: I feel very heavy in the chest. I feel something is moving up and down.

D: Do you feel suffocated?

P: Yes.

D: How are you in a lift or in crowded places?

P: I feel giddy when it is crowded.

D: Have you ever been alone in a lift?

P: No.

D: Any other situation where you feel suffocated?

P: Yes. If I am in a crowded room or in a crowded car, I feel like going out into an open place. I feel faint in a crowd.

D: Do you experience belching after aerated drinks?

P: Yes.

D: Does this make you feel better or worse?

P: Better.

D: In what way?

P: I feel very light.

D: When you experience this heaviness after eating, do you eructate?

P: No.

I asked her to stop all other medication and see me in a week. I asked her to contact me if there was any increase in her symptoms or if there were any episodes of fainting and vomiting.

Case analysis

Her chief complaint is nausea, giddiness and anxiety whenever she goes out of the house. This prevents her from going anywhere, confines her to within the house. Before this problem started, she used to enjoy going out, and her parents never stopped her. What she used to really enjoy doing earlier, she is unable to do now. And she says that these symptoms started all of a sudden. This cannot be. There has to have been something, an incident or a situation, to have precipitated this. Her parents never prevented her, so there must have been something else in her life that brought it on. But she does not reveal anything of the sort, and even on repeated questioning insists that it started all of a sudden.

She uses the word "sudden" a lot. She sees things as happening suddenly. A similar reaction is seen in the dream of fire in her house, from which she wakes up with a jerk. This is similar to the suddenness she keeps on mentioning; it is as if she is reacting to a house on fire. The other dream of the danger of a plane crashing conveys the same feeling, one of sudden danger to her life. Her reaction to the stuffed dog her brother brought home is once again the same.

The theme of the house also comes up often. She has to be in the house, she cannot go out. She cannot go on a vacation, because her parents will not be there. But in the house she feels suffocated and desires open air. Her dream is that there is a fire in her house. Here the two themes connect: there is a sudden danger in the very place of her security. This is her feeling. The reaction to such a situation would be to get out, but her anxiety of attacks keep her within the confines of her home while she longs to be out in the open air. This is her problem.

Some of the other important features in the case are that she is very sensitive to horrible things and sad stories, is afraid of injections, doctors, dogs. She sleeps on her abdomen. She used to be timid and shy as a child. These features and the theme of the house or place of security remind one of *Calcarea*. She dreams of being married to a nice man, being secure.

The other elements in the case are of this sudden danger, the fears of falling, of water and of drowning. These remind one of *Argentum nitricum*. This is confirmed also by the aggravation from being in closed spaces, and the desire for open air. What is missing however for *Argentum nitricum* is the performance, the attack and defence, the metallic component. Also, there are the feelings of hatred and revenge, which are definite *Nitricum* elements.

There is in her a contradiction. On the one hand she is introverted, shy and scared, like she is in a shell. On the other hand, she has a desire for open air and used to be extroverted. Both these are very strong. She is definitely mineral and structured. In the dream of fire in the house, one can see the *Nitricum* component acting on the *Calcarea*, danger (*Nitricum*) in the place of security (*Calcarea*). Even though she is at home, she is unable to go out (*Calcarea*) and yet she feels suffocated and wants the open air (*Nitricum*). In the very place of security is the feeling that there can be sudden danger; this is the remedy *Calcarea nitricum*.

There are no rubrics of the remedy in the Repertory. The prescription was based on the above understanding.

She was given a single dose of *Calcarea nitricum* 1M on 26.04.96.

Follow up

04.05.96 (One week later)

P: I feel better by ten percent. I can eat a little now.

Since the last week I have been getting tired soon. I cannot climb stairs, even one floor. I feel weak.

Before, even drinking water was difficult. Now I can eat, but there is uneasiness.

I still do get tense.

Remedy not repeated.

04.06.96

No trouble in the last one month.

Placebo given.

She continued to follow up every month and did not require any repetition of the remedy.

27.09.96

D: Since the beginning what have been the changes?

P: Now it is much better. I feel much relieved. But I do not think that the problem of vomiting has gone completely, because it does happen once or twice in a month. And I have a lot of cold since two months.

The feeling of giddiness is much better than before. I used to feel that every now and then. I now feel it only occasionally.

Now I am also much happier in the sense that earlier I used to just sit lonely in the house. I would not talk with anybody. Now I like moving around, roaming around, going out with my friends, going to movies. Earlier I used to feel that if I move out of my house, I will feel giddy and faint on the road. Now that feeling is only occasional. Earlier it was just impossible to go out of the house. Now I can go anywhere I feel like. Earlier I would have to think ten times and would have to take someone along with me. Now I can go anywhere.

D: Have you had any dreams recently?

P: No.

D: You used to have a lot of fears as well. You had mentioned the fear of high places, doctors, injections...

P: Yes, yes, yes. I still have those.

D: These fears are as much as they were earlier?

P: Yes.

D: And something with being in a lift or a crowded room?

P: Yes, that is still there. If I am in a crowded room or a crowded place I start feeling giddy. I feel that my heart is moving downwards. I cannot breathe. I have to take a deep breath. I move out into a place where there are fewer people.

D: Is the feeling as intense as before?

P: No, it is much less.

D: When did you notice that?

P: I have noticed many times. Earlier if there were a few people in the room, I would feel very giddy. Now it is not all that intense. Sometimes I feel giddy, and I feel that my heart is moving downwards.

D: On the whole how much do you think you are better?

P: Seventy-five percent better than when I started the treatment. And when I was on allopathic medication I would be fully alright. But when I stopped it, it would start all over again. I do not know if I stop the medicine, will it start all over again?

D: If you stop this nothing will happen.

P: And I feel very weak. If I have to climb stairs, I pant. I cannot stand in the kitchen for long. I have to sit.

D: Tell me: you were very scared to go out. Did this start with some incident, some fright?

P: No, it started all of a sudden. I was in college, and one night I had my food and vomited. It was all of a sudden.

D: How was your nature before that?

P: Before that I was very happy, very cool, very light. Then, all of a sudden one day I vomited and

that was it. From that day all of the problems started. All of a sudden, I had my food and it started.

D: When was this?

P: Approximately two years ago.

D: I am just trying to understand one thing more. You say that you were okay two years ago and then suddenly the problem started. I feel that there must have been some incident before that time, that upset or worried you. Can you remember?

P: No. I do not remember.

D: What was the situation in your life when that happened?

P: My life was quite normal, quite happy.

D: With your friends was there any kind of tension? With regard to your studies, or was there some difference of opinion with somebody?

P: No, I do not think so.

D: Had someone scolded you? There must have been some incident, even minor, fifteen days or a month before that, around that time.

P: There was nothing of that sort.

D: Was your relationship okay, with your friends, your parents, your relatives?

P: I do have problems with my relatives, but not with my friends or parents.

D: What is the problem with your relatives?

P: They just keep interfering.

D: In what way?

P: They come over and they say that your daughter keeps moving here and there and you should tell her to sit at home, and why does she dress up so much.

D: Tell me about this aspect. Did it used to bother you?

P: A very close relative of mine used to keep doing this. She would say: "Don't you have any manners? You should have cleaned the bedsheet on waking up in the morning. Take away the blanket and keep it in its proper place." My parents never told me anything. Even if I cooked the best food, she would pinpoint mistakes. My mother found nothing wrong. I told this to my mother one day, and she would always take my side. So, I had no problem.

D: So, what aspect of you would this relative criticize the most?

P: Mostly my not doing the household work, and just loitering around with my friends.

D: What is "loitering around"?

P: She would always tell my mother to tell me not to go out with my friends.

D: What would you feel when she would say that?

P: Very bad. Even now she pinpoints my mistakes.

D: Tell me about this thing with loitering. She did not like it?

P: No. She would always tell my mother: "Tell her not to go out. This is not the time to go out. Tell her to do the household work. This is the time to do the cooking." Even now she says these things. But now I do not care a bit.

D: So, what would happen? She would tell your mother not to let you go out?

P: Yes, and then my mother would tell me. But I used to say that I wanted to go out, whether she liked it or not. I would say: "I am going to go. If you fear that I will run off with somebody, I am telling you that I will not run off with anyone."

D: When was this?

P: Since I started going to college.

D: And then, was there any confrontation with this relative of yours?

P: Yes, we had a lot of fights. Fighting in the sense of taunting.

D: Would she taunt you or would you taunt her?

P: She would taunt me and then I used to taunt her kids. If she should say something to me, the next time I had the chance I would say something to her kids, and then she would come running to fight with me.

D: How would you taunt her kids?

P: If they did anything, I would tell her. When they grew up and started roaming around, I told my mother: "Now why does not she have the same view? Why does not she apply it to her kids?"

D: When you used to go out, did you feel that she would say something?

P: Yes. I used to feel that she will go home and tell my mother, and then once again my mother will start with me. She would come at the same time I was going out. And she would always spice things up and report them. She would exaggerate.

D: How would she know that you are going out?

P: She knew the time that I used to go out with my friends. She would see me going with them. And she would see what we were doing.

D: What would you feel then?

P: I used to feel: "Oh God! She has seen me. Now she will go home and tell my mother something or the other." So, I would have to rush back home before she got there.

D: Why?

P: So that I could tell my mother that there was nothing wrong. She would never say anything while I was there. She used to backbite. So, I had to rush home to tell my mother that there was nothing wrong. Because if she would reach home before I did, my mother might feel that she was telling the truth while I was lying.

D: What would she say? Give me an example?

P: She would tell my mother: "She was talking to this guy and the way she was laughing!" Things like that. Even if I smile, she would make a big deal out of it. Even if I talk over the phone, she will not move from there; she wants to know with whom I am talking. She will keep sitting there, and the minute I put the phone down, she moves out of the room.

D: Was there any incident where she had seen you and told your mother about it?

P: No, this keeps happening everyday.

D: So would there be any anxiety created because of this?

P: I would just hate her.

D: Would you be tense as well?

P: Yes.

D: When?

P: Whenever she had seen me, the tension would start. I would feel that I will have to rush home, otherwise there will be a big problem. And she is still the same. The only thing is that I just do not look at her, do not bother now.

D: Is it changed now?

P: She is the same, but I do not bother. I used to feel earlier that she had seen me and now she will go home, and do this or that. Now even if she comes home, I do not even look at her, even if she is sitting next to me. Earlier if she said something, I would answer her back. Now even if she says something, I do not listen to her. I do not say anything. I do not bother. It does not bother me.

D: Since when?

P: Since the last four five months.

D: How did this happen?

P: I just discussed her with my friend. She told me to ignore her and that by ignoring her she would feel that I do not bother and would leave me alone. And I think it is successful.

D: And internally the tension is there?

P: No. I feel if she has seen me, she has seen me.

D: Previously what was the tension?

P: If she saw me at a restaurant, she would come home and tell my mother that I was sitting there with some guys and girls, and that she had better scream at me when I returned. She used to like that.

D: Would your mother do that?

P: Initially my mother would not say anything. But when my relatives say things, then she gets annoyed. When they are not there, she does not say anything.

D: And when she screams at you, does it affect you a lot?

P: Yes, I definitely mind it.

D: What happens? What do you feel?

P: I feel very tense that if she listens to my relatives, I will lose my place. She will always listen to them then.

D: Lose your place?

P: I am her daughter. But if other people tell her lies, she might listen to them. That tension was always there.

D: Then what would you feel? What would it mean to you if your mother did not believe you?

P: She would lose trust in me and stop me from moving around. She would start hating me.

D: Are you very close to your mother?

P: Yes.

D: What would she mean to you?

P: Everything.

D: Meaning...?

P: If she goes out, I feel when she will come back. I miss her a lot.

D: What is missing when she is not there?

P: I miss her a lot. I like her company. I feel that she should return or I should go to her.

D: What would it mean to you if she did not trust you?

P: She will not believe me. She will always think I am lying. She lets me go where I want because she trusts me. I do not want her to lose that trust.

These things are there even now: clashes, differences of opinion with relatives. The only thing is that I turn a deaf ear to them.

D: What will you feel if she tells your mother?

P: I say: "If you believe her, you believe her. If you believe me, you believe me. You do what you like." Before we used to have hours of discussion about this. My friend told me not to bother.

D: Did your friend tell you this now, or was she telling you before also?

P: Before this I never told anyone about it. She advised me and I listened.

D: Now when you go out and see her, how do you feel?

P: I do not think anything. My feelings towards her are neutral. If my mother says anything because of this, I only listen to her without saying anything.

Remedy not repeated.

Jan Scholten's idea of *Calcareo nitricum* (from "Homoeopathy and Minerals") is that they have the

fear and delusion that people will observe (Calcarea) how they enjoy themselves (Nitricum: extrovert), and will think that they are enjoying their lives too much. They are afraid that people will disapprove of them if they enjoy the good things in life, and they become anxious in situations where people enjoy themselves, such as parties, going to the cinema, to the restaurant, etc. They also develop anticipatory fears which are worse before going to a cinema, an outing, or to a restaurant. The fear can be so intense that they may faint or hyperventilate, or even get a heart attack and die. The fears are much worse if there are people present who may observe them. They are extremely sensitive to what others will think of them. They are especially afraid of situations where people are packed into a small space, such as restaurants, planes, trains and lifts. If they cannot get out their fears get worse. They must be able to escape, to have open space.

If this is seen from the perspective of "Basic Delusion", the understanding is a little different. Calcarea needs the shell or the protection, while the Nitricum feeling is of sudden danger. The basic delusion is therefore that there is danger in the place of security/home. This entails a need to get out, but at the same time there is a fear of losing one's security, and therefore a need to remain within the home. A subsequent feeling could also be of facing danger when one is outside the home, and therefore the need to rush back home and remain there. Jan Scholten's idea can be understood from this perspective thus: If one is to enjoy oneself and be extrovert, one has to do it at the risk of losing one's security, because this involves going out of the house, going against set social norms, etc. But if one strongly desires security one has to please others by remaining within the confines of social norms. These two qualities balance each other out in Calcarea nitricum, viz. the need to remain within the house (for security) and the need to get out of the house (away from the danger).

23.04.97

P: There is no more nausea. I can eat anything in any quantity. I used to feel that if I go out, I will faint and fall down. But now I can go confidently anywhere. Till now I have no problem and am perfectly alright.

My health is okay. Sleep is okay. Now no dreams, since four or five months.

I am very happy. I have cooled down; I used to be very short tempered and would get angry at trifles. For example if the house was not clean, I would be upset. Now, I will clean it myself.

Even now, I get very tense over small matters. For example if I am waiting for a bus and it has not come, I feel: "Why is it not coming? Why is it not coming?" I keep thinking about things. If I meet someone who does not greet me, I would keep thinking why she did not greet me.

My speed in doing things has reduced, but it is much better now. I would not feel like doing work.

The fear is still there that my aunt will tell my parents things about me. But it is less because I do not bother even if she has seen me. I still do not like her.

My parents were trying a few months ago to force me to get married to someone. I did not want to get married so soon, because I would be loaded with tons of work. I used to get very angry and used to yell. I was very tense and used to cry quietly in the bedroom. Amongst others I would be laughing. But the vomiting and giddiness did not recur. But now these problems do not happen when I am tense. Also I get less tense, and I am able to divert myself when I am tense.

I am anxious as to whether the problem would recur with tension.

One dose of Calcarea nitricum 200C was given to her.

She has not had any recurrence of the panic attacks.

Suicidal sadness

Coffea cruda

Case 17

Mr. M.D. , aged sixty-four years, had been my patient for one and a half years. He had been given *Argentum nitricum* and then *Stramonium*. Although he kept insisting that he was better, I could see that neither of the remedies had produced any change. I called him once again to do a detailed case, one and a half years after he first consulted me. I had asked him to write down whatever he was feeling. He started his story by saying that he had not been able to write anything because when he had started writing, he got a tremendous congestion in his head.

P: When I did my prayer I started to write, but it started with a clash of thoughts.

D: What were the thoughts?

P: Only pain, and then I started getting a migraine. I said to myself: "Writing is out of the question, so let me look at the thoughts." They were two, professional and personal. Everything was rushing and going into the thoughts, and I could not sort out anything. So there was no question of writing.

D: I do not understand.

P: You said that I should write out fully. I felt it would be extremely difficult to write. I will take time, is it okay?

D: We have lots of time.

P: I did my prayer ritual and then sat down. Then I made an attempt to write, and this started... a crush or crash of ideas, and I could not distinguish one from the other. It involved pain and this congestion of the head, and the congestion and the good old migraine started again. Writing was out, and I tried to make out the thoughts that were dashing and preventing me from expressing my problems. After some time, I realized that I could look at them from two angles, professional and private. The two cannot be separated, but for convenience I separate the two. There was a time when there was total fulfilment. It has been a struggle from the beginning. But there was a brief time when I came up with new things; there was a lot of recognition, a lot of everything. And I also met with tremendous friction, and it all ended up in a collapse. My background is finance, but I could take the total business, the total corporation. That was my greatest strength, which was appreciated. But it became a problem later on, because it posed a threat maybe; that is my perception. There was a lot of opposition. My greatest strength was to look at the whole corporation and put it together. And I got recognition and then that became the source of my failure, because when I came up with new ideas there was resistance. I thought of streamlining, computers. Whatever people are now thinking of in the nineties, I had thought of in the eighties. 1 Of course, I got my promotions and all that. The top ones used to call me with their problems; everything was okay. At home also there was no problem. But then I was put in the cold storage. Then I took early retirement and started my own practice, thinking that what I could not do inside of my corporation I could do now. That proved wrong, it was a very baseless assumption. They just wanted what they wanted and were willing to pay any fee for that. But you go beyond what they want and tell them that this will not really do, this is better, they say: "No. This is not what we require." So I had to decide whether I wanted to do it for money or for myself. I decided to do it for myself. So my practice which was picking up, I ended two years ago. 2

There are a lot of people who are associated with me and they used to appreciate, understand. They took a lot of support and help from this, and I thought that in stages we could evolve a total system. There was no final shape to this as yet. All of them did very well for themselves and I was very happy. They used to phone me up, even after I stopped my consultancy, and they used to seek my help. They said they learned a lot from me, but that also came to an end, one after another. I started understanding that it is all about relationship. You expect to benefit from something, you draw on that and then you reach a bottleneck. That is it: the relationship is ended. I did not expect

anything from them. 3

But if I had to, for example, do an organizational structure for a new venture, I had to know the details. That I would never get. I would say: "Let us meet", but they would refuse. They would say: "The meeting will be later when the bosses decide the final figure." I had to do it all on the phone. I would say: "I need to do it in person. I only need a broad idea if I am to suggest something. I do not need the nuts and bolts." But, no! It is like this: today X calls me up and tells me a long story about people who made successes of themselves, who were total write-offs, total failure situation. I do not know why they used to do that. They used to say he had an open mind. I agree I was close minded. Then, that would be goodbye. One by one it started happening this way, and over two years it all came to an end. I did not realize it. One by one they left me. I spoke to my son. I said: "At one time they were so close." He said: "Now they cannot put you in the picture. Whatever they could do without putting you in the picture, they have done. Now they have no use for you." I said: "What about relationship?" He said: "Once they got what they wanted, they left. They only wanted what they could get from you. There is no one. Forget it." Today I realized it: I thought whatever they have done is okay, whatever I have done is okay; that is how life is. But then I had not digested it. I could not take it in my stride and that affected my personal life.

By that time the children had grown up. I have one son in the United States doing very well. He had called me to come and visit. I had refused because I did not have the money for the ticket. I said: "If I come, it will be on my money, not yours." He said it was all our money and so I went. I made a mistake. I succumbed to that. The pull from the grandchildren was too strong. We went there, but it was a fiasco. But I learned a lot. In the USA people appreciated my ideas. 4 They were surprised at everything I had tried to do here. They said: "Why don't you stay, you will make it big in six months." I said I could not live in the USA, I did not want to make it in a new environment. I could not do it. I came back.

I have a second son who is married and has a child, and we are now looking after that grandchild. My youngest son: that is what is keeping me going, to see my obligations and responsibilities through, see my last one finish school. And then what? Now I think I am hankering for something for myself. Earlier that was not there, but these days it is. What I want, I do not know. I cannot just put a finger on it.

(He sighs.)

The other day my granddaughter asked me: "What do you want?", I said: "I long for open spaces." She said: "How will that help you?", I said: "I do not know. Only when I go there I will know." I come from a village and of course it must be a wreck right now, but I long for the open spaces. Children have their own priorities, they will not have patience for an old timer like me. One is a paediatric cardiologist. The other I stay with, he is a chartered accountant. But my son and I hardly speak one word to each other in the whole day. With my daughter-in-law there is a lot of communication; we speak more. Some notes I had written up, she read and appreciated them. She asked me to go in for that, but again the question is: for whom? What will I do with these things? Then I showed them to my son, and he said that they were okay, but if I was thinking of publishing them, I should forget about it because no one wants to read these things.

D: What had you written about?

P: About management. In finance there are so many things. In text books they are all explained in the same way; there is always a fixed format. Youngsters get confused on reading these things, so I tried to give a new direction to that so that anyone could understand what accounting is. From there I planned to go to the other areas and come down finally to the total integrated system. One friend

of mine took it to a multinational company. The man there refused saying that they would not need his job anymore.

I have never had a social life; no wide circle of friends, no visits. I have always been a workaholic. Even when I came home, I would always work on something, how to improve this or that. But as long as I was an employee I helped a number of people to do a better job and this gave me a great deal of satisfaction. Today if I meet somebody, that somebody will try best to see how to escape from me. I do not force myself on anyone. If someone calls up and asks for advice, I give it. I have a tremendous feeling of alienation. I feel alone. There is nothing to look forward to. This has affected my personal life. I feel my children and wife do not like me; I know it is irrational. 5 Today I realize it; I did not know it earlier. There have been some nice gestures from my son.

I had no money left two months ago. Money had to be paid for some shares. Somehow my son and daughter-in-law realized it and they quietly gave the money to my wife, without telling me.

Somehow from this gesture I was totally shattered; I started to cry. I felt I should die. I told my wife that I should never have been born, and even if I was born, I should have died at an early age. 6

D: How did you feel?

P: When?

D: At the gesture of your son; you said it shattered you, no?

P: Shattered means... even now it comes up. It was not that it hurt me. He used to offer me money every month. I said: "No, I can afford it. If I need the money, I will come to you", but he knew I never would. By quietly giving it to his mother and saying it was a loan...

D: So, what did you feel?

P: Something came up, I do not know. He was not there. He and his wife gave the money and went off. I saw my wife put the money in the cupboard. I broke down completely.

D: What was the feeling when you broke down?

P: This sort of thing, giving the money to his mother and saying that we could pay it back after the cheque is cleared.

D: How did you feel?

P: (Almost choking) What have I done to deserve this?

D: Meaning?

P: This sort of understanding! 7 I used to say: "This fellow is useless. He will not even talk to me two words a day." The cheque is cleared and I have not repaid him. That takes me back to my feeling of alienation. Have I allowed this feeling of alienation from my professional life to percolate into my private life and corrode and poison it to such an extent that end up in this sort of situation?

D: What are the dreams you get?

P: For a month I am on sedatives.

D: Why?

P: Earlier when I could not sleep, I could read or write, and now I have nothing to read or write. And then a sort of terror strikes. And last night it happened again and I was alone. Suddenly I felt a sort of a terror. And my dreams are all about this.

D: What is the feeling of the terror?

P: Loneliness. It is like this: the room is dark, and I am alone, alone in the dark sitting in the chair. Then the light flashes close to me. There is only light, and then dark, and then light. The dreams are dirty, filthy, of confined spaces, faceless creatures. I know there are people around me, though I do not recall a single face. Filthy and dirty, and no light or air, and I wonder when I will get out of this. Long back I used to dream about heaps of human excreta; the damn thing comes again. I want to get

out of this. I wake up.

The other dream I used to find soothing and uplifting.

D: What were those?

P: I would dream of music. It was not anyone or any person singing, but only patterns. In my dream the note grows and grows, and there are only stretched out pure notes; there is no rhythm. I do sing in my sleep.

D: You sing in your sleep?

P: Yes, and disturb everyone else. And my sister says I sing well but I think she is being charitable. It causes a lot of nuisance. When I am awake I do not sing.

In one form of music the rhythm overlaps and the notes lose their identity; in the other it did not. I heard a raga in my dreams and the earth opened up and I found a wide open space and the flowers and plants coming up. 8 I told my son about it, and he laughed at me. I asked him once to accompany me to a music performance. The artist sang the same raga I had heard in my dreams. Before he began, he explained that this was his teacher's favourite raga and it had to do with the earth opening up and a plant opening up.

D: Tell me about the dream. You say you dream of music; do you see some sight?

P: Yes, trees. I see a bud flowering. I see growth, colossal, colossal, immeasurable growth, non stopping. A tree grows. When I see it, it is just a stalk. Then it branches, and each branch grows farther and farther, on and on and on.

D: That is what you see in the dream?

P: Yes.

D: And then you hear music?

P: That is the music; along with it there is music.

D: If I understand you, with growth there is music?

P: Yes. With each note there is more growth in my dreams. Does this make sense to you or are you also being charitable? I used to be very happy in my dreams, I did not want to get up.

D: Any other good dreams like this?

P: Yes. All about nature.

D: What were they?

P: Rivers flowing. I like the sound of water running through the pebbles. I long for it. I used to live in a village by the river. I used to go there alone and listen to the flow of water. I long for those things, when I say that I long for open spaces. I like forests. 9

D: Any other dreams?

P: Yes, of persons. I call out the name of my eldest son in my sleep. A lot of dependence I had developed...

D: Why are you sleepless?

P: The very thought of going to sleep wakes me up.

D: Can you explain?

P: I am wide awake. I can sleep in a chair. But the thought of going to sleep in my bed wakes me up. Earlier things would bother me, but now there is nothing.

D: How was your sleep pattern earlier?

P: It started ten years ago.

D: What was the problem?

P: Setbacks in my career.

D: What would you feel?

P: I had tremendous anxiety.

D: About?

P: Career. What will happen.

D: What did you do with this anxiety?

P: I would drink and smoke, and go into a funny state of mind.

D: You would drink and smoke and do what?

P: Nothing.

D: Mentally?

P: I was churning.

D: What were you feeling?

P: Why? Why? Why?

D: What were you feeling?

P: It was a project of the company, and I discovered thirty million rupees were down the drain. I wanted to put an end to that.

D: Why did you want to put an end to that?

P: Thirty million rupees were going into the pockets of the people (in the corporation). 10

D: How did that concern you?

P: Someone else asked me just that question, and I said: "If it does not concern me, do not put me in charge, relieve me." Of course it did not concern me, but I could not stand it, that it had happened and I was the accountant. By that time the whole stink had spread.

D: What stink had spread?

P: They found out I knew. I said: "Okay, relieve me of my job."

D: What did you feel?

P: I was scared they would sack me, they would relieve me.

D: Did they relieve you?

P: No.

D: Then what did you feel?

P: I refused to go back. Then they said that they would sack me, and that would be the end of my career. I said: "Okay, you sack me." But then I was told that they would not sack me; they would try and win me over.

An elder person whom I respected sent an emissary to me, with the message that since I was hard up for money and had no savings, they would give me a million rupees to fudge the accounts. I refused and was really angry. I felt let down.

D: Why?

P: He had done all this for money. I used to get violent thoughts. I wanted to mercilessly slaughter each and every one of them. They did not deserve to be where they were. It was total chaos. They came back later on.

D: Did you feel that you would be responsible later on?

P: Yes, I felt I had to discharge to the best of my abilities.

D: Would you be blamed?

P: No, I was an expert and no one would find it out. Ultimately I did it. It was a total mess. 11

D: Why did you do it?

P: That I have never been able to understand. And I never wanted to do it. I knew I would not be responsible in any way; I only had to correct the mess. If I did not do it everyone else would be in trouble. They all came to me and begged me to do it.

D: What did you feel?

P: I regret that decision now in retrospect.

D: What were your thoughts when you were sleepless?

P: I was worried about the future.

D: In what way?

P: Financially.

D: In what way?

P: About being thrown out on the streets, because I had borrowed money.

D: What was the other side?

P: That they would not be able to throw me out, because they had cut a sorry figure.

D: What did you do with this fear?

P: I felt numb. 12 Even after this whole thing was cleared up and made to look nice I regretted it so much that I went into depression and was on antidepressants for months together, which gave me a prostate problem. (Laughs.)

D: What was the feeling in that depression?

P: I would not talk to anyone. I would smoke, drink, walk up and down and think: "Why? Why?" My son thought that there was every chance that I would commit suicide, and I had to be persuaded to take treatment.

Case analysis

The various features in the case are: constant activity of the mind and the need to create, innovate, come up with new ideas; tremendous sense of alienation; feeling completely shattered when he is shown understanding; tremendous sensitivity to pain and on the other hand, numbness; very beautiful and extremely frightful fantasies; feeling that he is in a dirty, filthy, closed place and the need for open spaces; sleeplessness. Together, they form his mental state.

The first thing is the feeling of alienation. He feels, totally alone, has no communication with anyone. The other feeling is that he has to be useful so that people will care for him. He cannot expect any good from anyone, unless he does things for others at the cost of himself. Now he wants to do something for himself; he has never considered himself before. He feels trapped in a dirty, filthy, closed, narrow place, and longs for his own beautiful place.

He had been given Stramonium for one and a half years but that remedy did not work.

It seems from an understanding of the case that he needs a remedy from the "drug group". This feeling of being alienated and the strong feeling of isolation are features of this group of remedies. He feels shut in a dirty place. Drug remedies have symptoms to do with beauty, visions, dreams, delusions of beauty. This dirty feeling is the opposite of that.

There is also in him a desire to be useful and do for others (benevolence).

So then the next question is which is the drug remedy he needs? This is dependent on symptoms. One has to rely on solid data to make a prescription and not on concepts.

His main role in his work is to create something new. He thought way ahead of the others, his progress was too fast for them. When his new ideas were not accepted they put him in cold storage. They gave him the promotions and the salary but he was not happy. So he retired early. There was success up to the point where he was needed for his ideas, and when this stopped, failure resulted. He sees himself as a creative person, he wants to create, to come up with new ideas all the time and not just do things for money. The rubric for this is: "Activity, creative", and the remedy is Coffea.

The moment one comes to Coffea the whole case becomes clear. "Sleeplessness from ideas and

thoughts" is the symptom of Coffea. Coffee makes your mind active and creative. There are also the symptoms: "Delusion, sees beautiful landscape" and "Desire to do good deeds to others".

You will recall now his words at one point in the case: "The sense of alienation from my personal life percolated into my private life." The use of this kind of symbolism is interesting when seen in the light of the remedy.

So I asked him a question to confirm my prescription.

D: Tell me about coffee?

P: It is good that you ask me. That was the time in crisis that I began drinking coffee. I would drink six to ten cups a day, then my whiskey would start at night. Before I did not drink any.

D: What did coffee do to you?

P: Coffee used to make me feel that everything was okay. Even now I take three to four cups of coffee a day.

D: Are you fond of it?

P: Very.

D: What happens without it?

P: I am okay.

D: Any sedatives?

P: Yes, one daily. You see when my son was nice to me, I felt life was so worthless I should end it. I started to cry.

D: Because?

P: What is the point in living like this?

D: What is the point in dying?

P: I will not be able to feel anything.

D: What?

P: All this pain, and this search for some satisfaction; this craze. I felt everything is futile.

D: Why is everything futile?

P: What does all this get me? But then I felt that there must be something I must be doing. I should be productively using my time, doing something.

D: For what?

P: For satisfaction.

D: For yourself?

P: For myself. All these years I wanted to do something for the family, now I want to do it for me. I do not know what I wanted to do. At that stage my feeling had become very bad. Am I losing balance?

D: With all this you are very clear in your ideas.

P: The psychiatrist who treated me told me the same thing. I never wanted to be on drugs. I should have said: "Nothing doing." They were giving me seven tablets a day. At night the fear develops that I am going off my rocker.

Case analysis

One of the most important symptoms of the case is: "What did I do to deserve this?" Translated into the language of the Repertory it is the rubric: "Ailments, from joy". The nice gesture from his son shattered him, he had been so considerate. This is again Coffea. This means that there was nothing he could have done that would have been so great as to have deserved this.

The feeling of Coffea is: I will only get love and consideration if I do for others and help them. If I am totally selfless, benevolent, only then do I deserve any kindness. Then his son, for whom he had not

done much, gave him the money in such a nice and kind way, and this shattered him. All his life he only got love from doing something for others, otherwise he felt not loved at all. This is the exact feeling of Coffea. Unless he does for others and selflessly gives to everyone, he will get no love, kindness or sympathy, and he will be isolated by the group, alienated. He has to do things in order to belong; he has to do, especially in a creative way. If he just gets something without doing anything, he is shattered. He cannot accept something for nothing, he cannot accept charity (remember he used the word "charitable" on a couple of occasions).

Rubrics:

- Activity, creative;
- Ailments, from excessive joy;
- Benevolence;
- Delusion, sees beautiful landscape;
- Industrious;
- Violent rage;
- Sensitive, oversensitive, music, to;
- Anxiety, conscience, of;
- Ideas abundant;
- Numbness;
- Forsaken feeling;
- Ailments, from sudden, pleasant excitement;
- Fear, of impending danger on going to sleep;
- Fancies, exaltation of;
- Plans, making many;
- Quick to act;
- Remorse;
- Sleeplessness, activity of thoughts, from.

He was given a single dose of Coffea 200C on 02.09.95.

Follow up

09.09.95 (One week later)

P: I experienced some choking after the interview. I wanted to go home and shut myself in a room. I prayed for answers.

Dreams were of immense growth but no pleasure. It gave me some solace that they were related to music.

For the first time in so many years I was observing things that I had not been consciously observing. Standing in my balcony, I saw birds and open skies. And the thought came to me that the open spaces that I was longing for were here. Why should I go to some God forsaken place for open spaces, unless I am looking for space to walk about in?

I suddenly remembered a dream that I had had and had forgotten to tell you. It was about a dried up tree with dark, blackish branches that begin to grow with the music. I thought that the tree was me. I have considered myself useless but I still want to grow. And I am capable of growing with that music, whatever it was. But what is the growth or the music I do not know. I struggled with it and that was the first night I could not sleep. And then I realized that it was this sort of wrestling with it, that had got me into trouble. So, I should leave it and let it sort out on its own. Only I should be aware and conscious of it at all times and allow things to take care of themselves. I should not try to force things. Struggle will only suck me into the damn thing again.

Much better in the last week. I was feeling compressed inside. Wanted to hold everything, not giving anything. But it does not bother me that I was deficient. I feel open now, a sort of unfolding, and I am allowing that to happen. I am at peace with myself and that continuous, nonstop churning that was there is almost not there. If it comes up once in a while, I allow it to go down on its own. I am not looking to go anywhere to seek open spaces. I am not looking to do something productive. The most productive thing I can do is to grow internally; that is the only thing that I can do and must do. At this stage that is what I owe to myself and others, and not putting an end to life.

Placebo given.

Comments: In this follow up one can see that there is some awareness coming into him, and there is a sense of freedom. He is able to be in the moment and enjoy some things that he had not done before. He is able to observe himself, the way he perceives himself. The sense of pleasure in the dreams has gone down, but he is able to consciously enjoy things.

16.09.95

His sore throat is better. He used to get irritated with "endless gossiping" but now it does not disturb him.

He had the dream that there was a high hill that was broad and green. It had no trees. He climbed up to somewhere in between and saw many furrows through which water was flowing. He came down and took a look at them and had the feeling that life flows continuously. He had the feeling that whatever was going on inside of him was like a muddy, viscous fluid boiling. He wanted to go inside of himself and find out what was internal, but on going inside he did not find anything. He had the feeling that the process of cleansing had begun.

Placebo given.

He was following up every fortnight and needed no repetition.

10.02.96

He is feeling much better. When his health goes down, he stops and reasons. He has dreams of confined places. In the earlier dreams the floors were dirty and wet, but now everything is being cleaned up.

He sings in his sleep.

Placebo given.

02.03.96

He has been feeling empty in the stomach since one week and his hands tremble. His sleep is very poor.

Coffea 200C, one dose repeated.

06.04.96

He is feeling confused and mixed up. The old feelings keep coming back. He feels that he may have been rash in holding other people responsible for his problems. He feels that his way of looking at things is not right.

He has nausea, headaches and is feeling the churning again. His sleep is very poor and he wakes up twenty minutes after he falls asleep.

Dreams of flowing water, streams, rivers, very clean, pure bubbling water. He is sitting with his granddaughter and telling her how clean the water is and she splashes the water on him.

Coffea 200C, single dose repeated.

13.04.96

The foglike state has cleared up. He is still sleepless. He has music going on in his head. He used to feel lethargic but has now begun to exercise.

Remedy not repeated.

09.05.96

P: The feelings still come up, but there is no pain. It happened over a period of time and if I talk about it, it does not exactly convey what happened.

I lost my father at the age of ten. Those memories came again and again. He suffered a lot with cancer, and those memories came again and again. Now it is not just that, but also the nice things that happened in those years; the understanding and support that I got. Previously, the memories were only of the pain and now I remember the support and understanding also.

What does it mean? I am sixty-four and carrying memories from when I was six years old. Is it that other people try to make my life miserable? It was ultimately the way I looked at it that was the problem. That sort of a thing developed into a distorted mental make-up in which I would see only what I wanted to see. My memories would get complete and there was a wall or stopping point beyond which I could not see. I could see the whole of the incident and then the pain went away.

My father used to help everyone in the village. The doctor would stop by and pay his respects to my father. The memory used to be that my father used to help everyone in the village and was very useful, but when he was of no use to them the doctor rejected him. This was the part of it I remembered. I asked the village doctor for medicines and the second time I went, he said: "This is the last. Do not come back." He was very angry. He told me to get lost and I was weeping. But now I also remembered this man (the doctor) came out and picked me up and was very kind to me. He said: "My son, don't you realize that your father cannot swallow anything? Nothing will help him, it will get worse and worse. Let us let him die in peace." Before the memory used to stop at the point when he told me to get lost.

D: What does it mean to you when the memory stopped at that point? What was the feeling?

P: My father lying helpless and his so-called friend not willing to lift a finger. When the memory was completed I realized that he could not even swallow. I did not understand. It just came and got resolved. I do not know how. Like that so many of these things.

Why can I suddenly see the whole thing? The memories became complete and the pain disappeared. Why could I not see the whole before?

I had a feeling that I was not accepted by people, and if I tried to be accepted, I would be hurt. That thing is not there today.

It was not what had happened but what I saw had happened that was the problem. The way I saw them then, and the way I see them now is the difference. I saw things then as indifference of the highest order, felt nobody cares for me, total dismissal of the highest order.

I had a vision, after the remedy, of a big caldron and in it was a thick, brown, viscous fluid. I said: "This is what I am in; this is my mental state, my turmoil." I saw it boiling. I thought if I get through this brown mass then I will be free. Then I went through it and I found an open space and in this open space I am living now.

I used to rack my brains about why I had said this nasty thing to so and so? Today I can understand that it reminded me of a thing that happened a few days earlier, and I had put the lid on it. But at that time I had to flog myself.

I have stopped seeing dreams of music, but I still sing in sleep. My wife says the singing is unbearable, that I keep on bleating and calling it singing.

Only once I had this dream where music comes up and I saw the shrubs and flowers, and then it went.

In December I had become like a zombie, but now I am not like that. My memory and my grasp are

improving.

D: Tell me in one sentence what has been the change?

P: From hopelessness to hopefulness. Up until a few months back it kept coming and coming, and I felt I was destined to be unhappy. I badly wanted to be happy. I am not hoping for anything. I am hoping for balance and happiness. Something deep in me has conjured up this whole thing. If none of this is here, I will not be constricted and it will be open.

D: Why does it bother you?

P: It does not. Have I conjured up everything? For example the incident with the doctor. I only remembered half the thing. Did I conjure the whole thing up? A certain thing I tell you, it is God's own truth. But it is not the truth. I realize it is now much wider. It will convey the wrong picture without the end, like with the doctor. I could not help it.

D: When you could not help it why do you feel you conjured it?

P: I did not conjure it, it was here that it was conjured. Even when you feel you are honest and crystal clear, it is not so. There is an element of self-cheating and self-deceit going on.

Coffea 200C, single dose repeated.

Comments: His understanding of the process of disease is exquisite. This brings out so clearly that disease is delusion.

We only want to see the part of life that fits our delusion, that is only part of the whole truth. When you get awareness, you see the whole truth and the pain disappears. It is neither painful or painless, it is just what it is. This is healing.

He continues to follow up and still needs dose of the remedy sometimes. He is now very cheerful in life and is well connected to his family.

Asthma

Theridion curassavicum

Case 18

Miss O.S. , a woman in her twenties, consulted me in April 1994 for asthma from which she had been suffering since the age of four.

D: Tell me about your problems.

P: I have a blocked nose day and night. It is worse from slightest wind, from cold, and better from warm. From the age of four to fourteen I had it. Then between the ages of fourteen and twenty-two I was completely healthy. Then I changed continents and it began again. I was a shy child who liked to sing and dance, liked to do theatre. I loved to be with someone who was caressing me, magnetized. I am better in the warm weather.

The first asthma attack was when I was in the metro. My mother had said to the children that if one of us got lost we would meet at the next station. There I got an acute attack. As a child I had a fear of the dark (I still have it), and of horrible things. I cannot watch violence on TV. I get breathless when I see something horrible.

I remember as a child I wanted to defend people, for example, my sister. Once, when my father hit my sister, I went very angrily to him and told him not to hit my sister. I hit him and asked him to stop. Once my older brother was hitting my younger brother, and I got out a big knife and told my brother not to hit him. I said that I would kill him even though he was my brother. I remember it well, he was frightened and let him go. A new child at school was put into the garbage can, and I was so angry I took him out and fought the leader of the boys. I always wanted to defend, would think of minorities. 1 For example, I was angry about the Red Indians, or about abused children and women. Once as a child, my mother had a birthday and we had bought her a special cake. I wanted to carry

it, and it fell down and the dogs ate it. My mother was so sad and angry, she hit me and I got acute asthma and fever. I am very sensitive to criticism. Once I was painting and my mother said that my trees were ugly. Since then I have not painted. That was enough for me. Another time we were singing in school and I wanted to sing in front. The teacher heard me and asked me to sit down. Maybe I did not sing well, but I have not sung again. I want to be very perfect, very good in what I do. I always feel I am not good enough. For example, I am the best out of a class of forty but am afraid to get into my profession because I fear I am not good enough.

One of the strongest feelings I have is that I feel threatened. I always think someone is coming behind me or someone who is coming towards me will jump, will hurt me or take a knife and hurt me, or kill me. I have the fear and dreams of being raped and I am afraid. I do not like being observed and often I do not like being talked to. It disturbs me, molests me, sometimes especially when men talk to me.

My hobbies: I love to dance. I feel good when dancing. There is no asthma or blocked nose when I am dancing. I love music, reading, climbing mountains I love, and nature. I love everything sensual, beautiful colours and flowers. In my room, I like it beautiful. What for me is beautiful, that is important for me. Then I can be calmed and rest. 3

I have a lot of dreams of snakes. I dream that I am in the water and there are a lot of black snakes around me, and they are funny. I like them. I feel alright. I also had a dream that a large black snake was telling me to come through a door. It was saying: "Come, come through the door." I had to walk beside it and I was so frightened. Another time I dreamt that a brown snake came out of the water and ate me. Another dream was of a blue snake swimming on the water and it could fly. I have also dreams of water and huge waves, they are so big (gesticulates), they take me to the deep ocean where I am completely alone and forsaken. This is one of the strongest dreams. I did not like water, for years but now I like it. Once I dreamt that I had murdered a little man, and then buried him in our garden and felt guilty. I dream that men follow me, to rape or kill me. 4

I am very thirsty and drink a lot, four to five litres in little quantities. I blink my eyes all the time, especially in the evening, when I am nervous or do not want to look at things. I have photophobia in the evening. I desire sour, salt and butter, oil, fried things, fat things.

I think that I am also quite sympathetic, to an extent that I may cry if someone tells me sad things about their life. It hurts me when they suffer. 5 I am sensitive to rudeness, reproaches. I am worried about what will happen to my family. I get difficulty sleeping when I worry about my father who is in a big city. I worry about what will happen. I feel I have the responsibility to make things good, to help them, etc.

I have a fear of dogs, of the dark, of being injured. Sometimes it is not normal. I really feel that men want to injure me or kill me. I fear my own impulse because I fear that if someone touched me, I could kill him. I am glad I do not have a gun or something like that (laughs), because I fear that I could get very, very violent.

The blocked nose is completely better from exercise. When I exercise and get warm, I am completely free. If it is a bit cold or the fan is on, the nose is blocked immediately.

When I was a child, I felt a bit sad. I felt responsible as a child for others and it was too much, and so I could not breathe properly. Then I changed countries and it was good, but I met my ex-husband. That was a very strange relationship. He had another child with another woman, and he was always between her and me. I stayed because I thought he needed time to forget her, and it was humiliating. I thought that I was strong enough, and that he loved me. It was four years and at last he decided to marry me. The dark clouds cleared up. Two years later he met another woman and he

left me just like this. I wanted to jump and kill myself, and got Aurum metallicum. Time passed, I divorced and accepted it. In those four years it got worse with every day. I began to feel fear that I was forsaken and that everything was dangerous. 6 I was very frightened. The worse thing was that I thought my life was nothing without him, as though I could not exist without him. I took tablets to die, but only wanted to rest and sleep for months or years. I was hospitalized.

First I thought I will wait, I am strong enough. But it just got worse. Then it was enough and I wanted to die. But that is a part of the past now. I have received Natrum muriaticum, Tuberculinum, Stramonium, Aurum metallicum. Maybe something in my mind changed with Aurum but not in my asthma.

At home I felt very good, very cared for and supported. The only thing I always felt was that I have to be good, to be good in school and sports. And I always was. I could never be sad because my mother did not like it. I never cried even if I was sad. I was the leader of the group, not because I wanted, but because I knew things. I liked to organize, I had ideas. So they chose me. I like more to be alone. I do not like groups. I like to talk one to one.

(She pauses for a very long time.)

When I was eighteen, my parents did not like my moving to another country, especially my father. But I went anyway. I liked to live alone once I had moved, and yet feel forsaken; it is contradictory. I feel alone, very alone. Then came this man, my ex-husband. Then we divorced. I felt good. Since one year I do not feel so alone. I am feeling hopeful but when I see that nothing changes in my body, sometimes I am really alone and despaired.

I like order. If someone comes into my room, I will know what is different. I know exactly where things are. I am more calm when I know where things are, because by nature I am nervous, restless. It is difficult for me to sit still. I like to swim, to dance, to do sports. I am always moving my hands, always biting my nails and the skin of my fingertips. But I eat very slow, though I write very fast. I walk fast.

What else can I say? I was not as frightened as a child. I did not feel everyone would want to kill me, and now I feel it. That is the difference. I get very anxious when I have to talk in public, when I have to give a speech. Sometime ago I had to talk in public. My heart began to beat faster, and I was sweating and I thought of leaving the place. But I made it and everyone said it was good. And I know I make it good. It was always like this. It is also because I do not want to be observed.

Sometimes I am frightened, for example, if a man touches me in the metro, harasses me or molests. My feeling is to want to kill the man, but my reaction is that I am paralysed. I cannot talk nor move.

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I feel best when walking in the mountains, being in the sun. The seashore is very, very good for me, and I like reading things about the soul that take me out of here. I like spiritual reading, mystical literature, what will be or could be after living here. What I do not like is mystery and violence. I like hearing music and dancing, then I am happy.

When I get angry, I can get very violent against the other person or against me also. I scratch, hit, shout and I can hit myself. I get angry when someone misunderstands me. That is again because I do not want to be criticized. Or if someone hurts a weaker person then I can be very, very violent. Nothing more.

D: Tell me what prompted your move to another country? 8

P: I had a boyfriend who moved and I did not want to separate. 9 I always wanted to be in my own country, but he left so I went with him.

D: What happened to him?

P: After a while we separated.

D: Why?

P: He was more of a brother. We were like brother and sister. I thought it is finished.

D: So why did you have to go with him?

P: The feeling that I cannot live without that person.

D: Can you talk about that feeling?

P: That is the most difficult feeling I can describe. I would not exist without being with that person. 10 I cannot exist without that person, like a little child without his mother. 11 A very little child who, if he does not get the food, dies. That is my feeling. I could leave my mother and father and family, back in my own country, but this person I could not leave.

D: What was so special about that person?

P: I was so close. I knew everything he wanted, I felt all that he felt, or I tried to feel what he felt. It was like being one person. Being one was very important to me. If he leaves, I am nothing because I am one not two. I did not exist for myself, I was he. 12 Sometimes that happens to me, when I get into a relationship I lose myself, and when they go I am nothing. It was the same with my husband. When he left I could have been dead, because I am nothing, because I was he. All my world, all that I feel, all that I was seeing, was him. I forgot what I want, even my activities. I forget my wishes and live only what they want and what they are, and lose it all when they leave.

D: Can you describe that feeling more?

P: A feeling of being completely forsaken, alone completely, and I will not be able to survive without that person.

D: Survive means...?

P: Live. I do not know what to do the next hour. There were days I thought I hope this day ends immediately; I do not want to live this day, because I do not know what to do or how to do alone. On the other hand I am a person who knows what she wants, I know exactly what I want to do, do things alone. I am strong enough. But in this relationship, I was completely crazy; I felt forsaken.

D: And that is the same as you felt with your ex-husband?

P: Yes.

D: What was the feeling?

P: Feeling all the time of being humiliated. Feeling of being in danger if he left. Fighting to have him stay. I wanted him to reserve himself for me. If he left, I would be alone and I just saw a black hole if he leaves. If he leaves, I will die. I will have no life of my own.

D: What is a black hole?

P: Empty, nothing. Just nothing. So if he leaves, I have to begin knowing me again, to survive by myself, to be me. The first feeling is the black hole, to feel completely in danger, completely alone. Like a little animal that cannot walk because it is so little. I cannot survive. Then it makes a complete change and I can be alone and do not need anyone.

D: Was it that you did not think for yourself?

P: I thought for him.

D: Can you describe that?

P: I always feel: "What do they feel? What do they want? Are they okay? What can I do so that we understand each other better? What can I do so that he is happy?" I am always thinking for the other one. Maybe because I have the fear that they will leave. I think I want to please others. When I was a child, I always wanted my father and mother to be happy and I felt the responsibility for it.

D: Describe the fear you feel.

P: I feel threatened. 13 The body reacts; I tremble and do not get enough air. Fear of men raping, of injuring me. Sometimes fear that women will also scratch me or injure me.

D: Where does it feel in the body?

P: I feel it in the stomach and chest.

D: What do you feel?

P: An oppression and I cannot breathe. I cannot get enough air. As if a knife would come into my stomach. I have to protect me. I have a fear of knives.

D: What else causes fear?

P: The dogs. I fear that they jump and bite me, especially black and big dogs. I fear dark.

D: And?

P: Seeing violent scenes. I tremble and feel very anxious and very sad also.

D: Anything else you are scared of?

P: I fear snakes. When I was a child, I had a beautiful snake and I lost it. It was my snake. There was a big stone and I carried the terrarium out, and the stone moved and was on her and I did not see it and the next day the snake was dead. That I will never forget. I was so sad. Now I am afraid of snakes, but as a child, of course...

I like cats but have an allergy to them. I have an allergy of many things, pollen, etc.

Case analysis

The solid, sure symptoms in the case: The first is that she loves to dance. She loves music. The second is her restlessness. She is so restless that she cannot sit in one space, moves all the time, blinks her eyes, is fidgety all the time. She needs constant movement. Also, colours have a strong impression on her; she loves colours and sounds. The other thing is her fears; the most peculiar of them is the fear that someone will do her harm, molest or rape her. She talks often of attack and defence.

If one looks at these symptoms the remedy that comes to mind is Tarentula. The rubrics to support this are:

- Colours, charmed by, blue, green, red;
- Dream: animals, poisonous;
- Activity, hyperactive;
- Ailments, from reproaches;
- Anxiety, stomach, in;
- Anxiety, chest, heart region, of;
- Company, aversion to, dreads being alone, yet;
- Dancing;
- Delusion, assaulted, is going to be;
- Delusion, faces sees, hideous;
- Fear, approaching, others, of;
- Fear, noise, of;
- Fear, touch, of;
- Fear, water, of;
- Hurried;
- Impulsive;
- Kill, desire to, sudden impulse to;
- Music ameliorates;
- Striking himself;

- Violence, deeds of, rage leading to violence.

But Tarentula has nothing to do with her main feeling, which is that she gets so involved with the other person that she thinks for him, feels for him, and feels that she cannot exist without him. So one has to find a remedy like Tarentula that has her exact feeling. Reading through all the remedies of the spider group, I came across the following symptoms under Theridion:

- Anxiety, chest, heart region, of;
- Confusion, identity, of, sense of duality;
- Delusion, head separated from the body;
- Delusion, head belongs to another;

So, Theridion fits the main feeling as well as the other symptoms. So, I questioned her further to confirm my choice of remedy.

D: You said you like dancing. How do you react to music?

P: I move immediately with music. Inside, I am moving and will dance all the night. I do not sit or stand, I just dance. I do not walk or talk, nothing. I just want to dance. I do it very often, and do it alone or with someone, I do not care.

D: What is your feeling when you dance?

P: I feel free. I can breathe. I feel healthy and can breathe and feel happy.

D: What else gives you this feeling?

P: Walking for hours, all day, in the mountains. You can walk and walk, and it is so beautiful to climb up the mountains. I have been walking for two weeks, fourteen hours a day. It is the best for me. I enjoy cooking for fifteen people, sitting and talking, music. I enjoy the company of others. And just lying in the sun.

D: You never sing?

P: No, because I heard that I do not sing well. So, I never sing.

D: Even in private?

P: I sing in the car. When I drive, I drive very fast and I sing, and I feel very free and happy. I like to sing.

D: What kind of music do you like?

P: From very sad music to slow, classical, to completely fast music to dance on, loud and fast. For example, the third symphony from Gorecki: it is completely slow and sad. There is one woman singing. She sings it after her son dies, and you can hear that. That is my favourite. I think I got Manganum because of that. But it did not work. But I also like tango. I like nostalgia, the combination of sad and happy.

D: What do you like in food and drink?

P: I like butter and salt, I could eat all day. Sour, I like yogurt with an orange for example. Fried things I like.

D: Do you like fruits?

P: Yes sour and very juicy. Mango, oranges.

D: Do you ever get startled?

P: Yes of course I get startled. If someone is rude or not polite to another who does not expect it. When I see a spider or a snake or a person come towards me very fast. I do not like fast movement from others, especially men.

D: What else?

P: Noises also startle me, loud noises. For example if there is a bell, like in school. Boom! it startles. Once I was given Tarentula and I got an asthma attack.

The other rubrics of Theridion for this case are:

- Delusion, of being double;
- Death, dying, feels as if;
- Delusion, jump up on the ground before her, all sorts of things;
- Discontented with himself;
- Fear, from noise;
- Fear, tremulous;
- Anxiety, trembling with;
- Frightened easily;
- Restlessness, nervousness;
- Starting, noise, from;
- Exertion, desire for, mental;
- Singing;
- Loquacity;
- Excitement, excitable;
- Confidence, want of self;
- Cowardice;
- Food, fruits, desire, sour;
- Food, oranges, desire.

Another symptom that is typical to Theridion, and which this patient did confirm at the end of her interview, is a very violent cough so that they have to bend double, it jerks the knees up and the head downward.

From a study of Tarentula one can see animal qualities and the nervous sensitivity that characterizes the entire spider group. These remedies have as a characteristic feature restlessness, so much so that there is a constant need to move all the time. This is the tubercular miasm, and the main sensation is the sense of oppression in the chest. This can resemble the acute miasm, with symptoms like "Running" and the constant motion. But this feeling of oppression is peculiar to the tubercular miasm. Theridion, as well as the other remedies of the spider group, belong to this miasm.

If the main feeling in the case belongs to a less proven member of a group, for example, the spider group, it helps to take the symptoms common to the main remedies of that group as belonging to that less proven remedy, as well as other remedies of the group. This case illustrates how a concept or theory can be applied successfully, once you have as your basis concrete symptoms.

Follow up

One and a half years after the remedy she is in an advanced training programme in her profession. She reported that two days after the remedy she had fever and a green discharge from the nose. The noseblock cleared and for the last one and a half years she has not suffered from it. No asthma or allergies.

More tranquil and not as restless or hurried. Still peaceful. Love oranges. Not feeling threatened anymore.

P: When I was eleven years old, I was raped and I felt I would die. My relations have changed. For one year I have a relation in which I do not lose myself.

I had a sore throat and repeated the dose of the remedy. I repeated it again when I began to feel lost in the relationship.

In my last dream as a snake, I converted myself into a blue snake and flew over the water. Before I

had always been bitten or eaten by black snakes.

Pain in the joints, asthma

Crotalus cascavella

Case 19

A forty-six year old woman, Ms. B.H. , who had been consulting me off and on with some acute complaints, returned in September 1994 after a gap of many years, complaining of severe joint pains and asthma. I called her a couple of days later and retook her case. I asked her to describe whatever she was feeling.

P: Yoga helped me a lot, and I stopped eating rice. That is the reason I used to get sleep and no dreams. If I do not write down my dreams immediately within fifteen minutes, everything is wiped out from my mind. If you tell me something, I will not remember it two days later. I completely forgot having an appointment with you; my daughter rang to remind me about it. I left in a flash and got on the bus without thinking what would happen to my children as I was leaving them behind. My memory is too dull. The thoughts I get are not good; all negative, about bad things. If you tell me something, I will pick out the negative things. If my husband invests in some shares and he asks me for my signature, I tell him that these will not do well at all. Plus I am scared of the dark. When in the dark, I get really scared; I feel two hands are coming from behind me to grab me. I do not go into a dark room; I send my children before me to switch on the lights. If I see any little reflection in the night, I feel someone is coming to grab me, to kill me. If I am alone at home with my servant, I feel: "Now he is coming. Now he is coming to grab me." Wherever I am sitting, I can only think of my death. If I am sitting somewhere I feel that here this type of death is possible. I think sometimes that I will get plague and I will die. I think that someone will come and tell my husband that his wife is dead. While waiting for the bus, I thought I would die, and there being nothing in my purse, how would my family know I was dead? I think then that they know my daughter and that they will call her and inform her. After that there are no thoughts. And especially because of this pain sometimes I see myself sick in bed, like a dumb person who cannot do anything and the whole family is sick of me. I had gone to secure a transfer for my daughter from a college outside Bombay to a college in Bombay. The man handling it told me that it will not be possible. That night I dreamt that I killed both of the men in charge. 1 I always see somebody doing something bad to me in my dreams, but if you were to actually see it, I am doing something bad to them. If somebody is sitting next to me, I may be talking nicely to her, but inside of me I am thinking that I am better than her. I feel: "What was there in her? I was just talking to her nicely and putting her up." These are the thoughts that are there in my mind; negative thoughts. I am different outside and different inside. 2 I do not want to become like that, I want to be nice. The thoughts are so bad. I can never think good things. Sometimes, accidentally, I get a good thought and I say: "Oh, wow! Today I had a good thought." Everything I will think is negative; I do not know how to think positive. My daughter is in love with some boy, and I was telling her that he will leave her, that he will not marry her, that all men are flirts. I cannot just think that my daughter is happy and is to be married. I can only think that he will leave her after they are married and she will return to us.

Very often whatever I talk comes true. That is the reason I do a religious chant, and even while chanting, I am thinking something bad. On the outside, I look very saintly. I think that there must be no one as saintly as me. I give people religious lectures. Inside I do not believe in God myself. My Guru had said that you should not speak, because when you do you are showing off how dumb you are. So you should just practice and not speak. My husband says that I talk so much, and that when he tries to gesture to me not to, I do not listen. Because when there are people around, I get

absorbed in talking and I think I am on top of the world. I want to show off. I think that there is no one as clever as me in this world. 3 But when I am amongst people again, I forget that my husband has said not to talk too much. I forget about everything that he has said to me. I think of other people as being mad, stupid, idiotic, ignorant, not knowing anything, while I am the only one who knows every thing.

Do you want to ask me anything?

D: You are doing well.

P: I think that I love my family the most. I love my children, but lose my temper with them when they are sick, and hit them. When I was leaving, my husband called me because he had some problem, and I said: "Your sons have given me work to do. Plus I have to answer the phone and I have to go to the doctor. You, too, go to the doctor. Why are you calling me?" I do not cooperate with them and help them. When my daughter had a pull in her back, I said: "Go to the doctor, why are you troubling me?" Of course if something would happen to her, I would feel a pain, though I do not say it. 4 But my attitude is different. People will not understand that I love my children. My attitude is very wrong. I know I should be loving and caring. I shout when they are sick, instead of taking care of them, and say: "Why are you all falling sick and doing this bad thing?" 5 I do not know what kind of a love is this. Any small complaint I see as a major complaint. If my son has a headache, I think he has a brain tumour. I cannot think something small, like he has a headache and I should give him an aspirin. I make up my own story in my mind. My maid of twelve years was found to be anaemic, and I told her immediately to go to her mother's house and do whatever she wanted there. Inside of me I do not mean it. I mean that she should just go to her mother's house. But the way I put it is very bad.

I have never noticed it all these years. Now my children have pointed out that my attitude is not right. I talk as if I am lecturing or as if I am fighting. It is as if they do not do as I ask them to, I will kill them! Once someone filmed me talking to someone else without my knowledge; that is when I realized it.

Has this got to do with my pains?

D: Yes.

P: My menses have stopped completely since the last six months. I sometimes pity my husband that he has put up with me. He is very cool. 6

Anything else? 7

D: What else?

P: Earlier my husband would tell me my bad points and he would be angry and we would end up fighting. There is no such day that my husband and me sit and talk without fighting. We must fight. Ninety per cent of the times I fight. I do not know what kind of a person God has made me.

Outside I want to show I am the best person in the world. I will do the best for you and for everybody. But inside the egoism is different. If the woman next to me is wearing nice clothes, I think she does not look nice, and were I wearing them I would look better. I will tell her that she looks nice, but my thoughts are that I would look better. 8 I will praise nice jewellery, but my thoughts are that I wish I had it. And God has given me everything. I have a good husband, money and children. Why is my mind like that? He has given me the best of everything, so why should I think this way, that I should be the best person around? What is giving me all these bad thoughts? I want to be good but what is the inner one doing? 9 Outside I do not speak. For my family I never think bad. I give them everything. I do not have friends. Now I have two or three friends from my religious group. For them I go out of the way. These thoughts, jealousy comes with people whom I

barely know or know very little. For the people I love I will never think this way, and will give them what they want.

Previously I used to be very fond of jewellery. But now I am not. But if my religious group says that I should leave my husband, I will never do it. I am very attached to him. I do not like the thought. I want to remain with my husband and family. I cannot make them as happy as I want to. So, I feel: "Why make myself miserable and harm myself? Forget it. Let them go to hell!" 10, and I think only of my own happiness rather than that of others.

What else?

D: You continue.

P: I do not know what to say. I feel my dreams are all bad, because my thinking is bad. If I think good the dream will be good. 11

D: What are the dreams?

P: I told you of them. My daughter was refused admission in a college. I dreamt that I killed both the administrators. The other dream is that someone is forcing me to eat meat, but I am a vegetarian. My husband says that often. I dream of whoever does negative to me. 12 I dreamt that I just went and killed both those people when they refused me admission.

D: How?

P: I do not remember how. But it was in a very weird way; not in a smooth way. 13

D: Do you remember any dreams from childhood?

P: I used to have this dream often when I was young that I was the richest woman in the world, living in my own beautiful, big house and able to do whatever I wanted to. 14 But if anyone gave me misery, I had people around me who could do what I wanted them to. 15 I had asked my mother, who is being troubled by her daughters-in-law, to come and stay with me, and I told her that she was the luckiest woman because she was my mother. People would come to me with their troubles. I was like an underworld Don, like the Godfather. I would give orders to finish off this or that person. I had an ample amount of money and would give money to people, there was no end. I was the happiest person in the world, nobody was as happy as me. I would not see any misery for myself. I would not see my death there. 16

D: What kind of problems?

P: If anyone had problems related to money or to their in-laws, I would take care of them. I remember the location by the sea, and I had a beautiful bungalow with a pool.

D: Do you remember any other dream?

P: No.

D: And what was your feeling in the dream?

P: I was very happy to be helping so many people, so that I would wish it would come true. But now I do not want to be like this because I would then have a lot of enemies. That time I was young so I did not think that I could have enemies, but now I know.

D: You know...?

P: When you become big you have a lot of enemies around you. I thought that I was the biggest person, so I must have enemies. 17 I am very scared of pain, no one should harm me even a little. So now even if you ask me to dream this way I will not.

D: Because...?

P: Because I must have so many enemies. Even if I had a lot of people to help me, there would be a lot of enemies to harm me too. Also, I used to watch many movies when I was young. I was very fond of movies at that time.

D: What kind of movies?

P: Any Hindi films, so many. You know how girls create a movie image. In the dream, I never got married or had children, because I did not want to have a weak point. You know how in the movies they find out a person's weak point; they kidnap his children or his family. So I never had any weak points. 18 I was the strongest person. I am afraid even at the thought of anyone harming anybody in my family or me. I will not dream such dreams now. Maybe that time I was a child. I never thought of marrying.

D: Why?

P: I do not know. I do not know where this marriage came from, and I had children. I am quite attached but I told you that the love is of a different kind.

I get a lot of leucorrhoea; it stinks. I have to change my panties two or three times a day otherwise I start to get that odour myself. I hardly use perfume because that gives me asthma. I have to change two or three times a day. It is not normal; it is really too much.

That bullying nature is still there in me. I want to show everyone that: "Yes! I am really big. I am better than you."

Even now do you know why I am telling you all my problems openly? At the back of my mind there is that thing, that you will think that I am honest. I want to be good next to you. Wherever I go I want to do something or talk so that they feel I am something. I want to show my presence, that I do exist, and I am a good person.

D: What does "good" mean?

P: Good means good. That I am the best person. That I am better than anyone they have met till today. That I am better than all their friends.

D: Why do you want that, that others should feel that way?

P: I do not know why I think that others should feel that I am good. If I get an answer for that, I will become okay, no? Even with God I cheat.

D: How?

P: I do good because I am scared of God. I know if God wants to punish me, it will be a big punishment. I pray so that He should not punish me. The basic thought is that I am scared of someone harming me. The main thing in me is that I do nice things so that no person should harm me. If they do something bad, I cannot take it. 19 Then I may even commit suicide if someone does anything bad to me. But now I will not do it because I used to have these thoughts of suicide before I became a devotee. Now I heard that Lord Krishna 20 says that I will become a ghost. Now I am scared; I do not want to trouble other people the way the ghost is troubling me. So I will never do that. I will take whatever pain is there. So, see I am cheating God, as well. Very often I am told to do some service for the Lord. But I do not do it. I know that I have harmed the person by not doing it. But to compromise for that I start to distribute the Gita 21, and say to God: "I know I did not do that for you. But see I am doing this for you. So you, too, minimize the punishment for me somewhere." I am cheating God as well. Because I am scared of him, that is why I do good for him.

It is not that I have the urge to be good. The minute I have given you the Gita and shown you the path and you have gone ahead of me, I will say: "Hey, why did I show him? Why should he go ahead of me? He should be behind me." I have been told that maybe I was the one to show that person the road, but maybe in his previous life he was ahead of me. And so now also he will go ahead of me. Just because you were the one to show him the way does not mean that he should be behind me. They say to try and understand this. I try and understand this. But these silly thoughts, they do not leave you; they are behind you like a devil. It is as if there is a devil who is behind me preventing me

the moment I try to do something good. 22 It is like Eve who was asked to eat the apple. There is a person behind me all the time, and when I want to do something good he keeps telling me not to do it. I understand that it is not nice. I understand everything, but again that one... Then I just say: "Sorry Krishna. You can do everything. So, if you want you change me. As a human being I cannot do anything. I will take whatever path you take me on. I am trying to my best, but I cannot. So, you help me to do good." I have the urge to do good to people. That is the reason that I talk nicely to them. But then what comes up in my mind? That is the devil. And Krishna says that He is within the devil as well. So that means He is making me do all this. 23 So, I tell him to make me a nice person; I want to become nice. That is the reason I have surrendered to Krishna. Maybe I have not surrendered one hundred percent. But in the Gita Krishna says that if He wants He can do anything. So, if He wants He should do it.

I have gone to Him because I am scared. There is the fear of punishment, of pain. I have never faced severe pain to this day. I have never faced something happening to your closest ones, that is the shock one has in life. I know that now my cup is full and it might happen to me. So, that thought keeps troubling me, I do not know why. When I hear that someone else faces a severe accident, it may be scaring me that it might happen to me tomorrow, and then what will happen. When I see other people with a problem, it scares me. There is fear. That is why I am scared to go in the dark. After talking to people, I am scared of having spoken the wrong thing, what will they have thought? I always think negatively. I feel that they must have misinterpreted what I intended to say. This whole war goes on inside my mind; I do not tell anyone about it. There are two people within my brain, talking. One says: "Yes", the other says: "No". Then one says: "No", and the other says: "Yes". 24 Nobody knows what I am. I think you are the first person who knows what I am, the person within me, myself.

D: Who are these two people?

P: How do I know who they are? But there is somebody talking constantly inside. Whether I am occupied or not, I see those two people talking, constantly talking. Whenever I am cooking, I can see these two people; one says to do one thing, the other says not to do it. The thoughts are there. If I have spoken to someone over the phone I feel: "They must have thought this way." Then I feel: "No, they must have thought that way." Then again I feel that they must have thought something else. The bad person always overpowers. The good one is always covered up. The bad one is always ahead.

D: What does the bad one say?

P: Bad things.

D: Like what?

P: I will give you an example. At my Yoga class the other day, one woman was explaining to the Yoga teacher about Krishna. I felt that it should be put in another way and so I told her. She said that I knew better than her. Then I became egoistic. Later I felt that I should not become egoistic just because she said that I knew better. But then another part of me said that she does not know anything. The bad one comes up and tries to push the good one down. At our religious discourses they tell us that we are all equal and should never think that we are better than anyone. I am trying to tell the other person that this is how to be. But then he says: "No, no! You are really good. You are really genuine. Try and understand that you are better than the other person." All this while I am doing Yoga! I am listening to my instructor, who is really very good and she asks you to concentrate. And at the same time I can hear these two people talking as well. I am told to keep myself busy, and I am trying. But those thoughts will never stop no matter what happens. Now, after I have spoken to

you, once again there will be a battle between those two, as to why I told the doctor this or that. This will go on till another thought comes. If I am doing a religious chant, the thoughts come. We have been told that if there are any thoughts when chanting, we should try and avoid them, and think of Krishna. Once I realize that I have a thought I think of Krishna, but then again a new thought about something that happens in the day comes in. Again I try to remove it, but again another one comes. But you will not believe that after one hour of chanting everything is wiped out from my mind.

D: What are your hobbies and interests?

P: I have no interest in anything, no hobby. Things please me for a short time. I go shopping and then feel: "What rubbish I have bought!" Pleasure is short lived. Recently I ordered some jewellery having seen someone else's and it is in the process of being made. I called the jeweller and said that I do not want it anymore. Maybe it is that you feel now you have it and it does not give that pleasure anymore.

D: When did these two voices start with you?

P: I do not know.

D: How long ago?

P: This one I really do not know. I thought that everyone has two voices. Don't you have two voices? So, why are you asking me this question? When I am talking, they are not there. It happens when I am sitting quietly, not talking or listening, but doing something like ironing or cooking or chanting.

D: What do you like in food and drink?

P: Now, that is a good question. I like rice only; I love rice. I also like spinach. I like ice, very cold things, cold drinks.

D: What do you like very much?

P: Rice 25 and curds. The dietician had said to stop eating all this, and I told her that I would never go to her. She said that she was telling me for my good, and I said that I would die like that only. Rice and potatoes, I like. If you cut these two things out of my diet, there is nothing left. You will not believe that I have been eating only rice since yesterday. You can call me at midnight and tell me to have rice, and I will have it.

D: What weather do you like better?

P: Cold, obviously! Who likes hot weather? But I cannot stand air conditioning.

P: I like greenery. I love to be with greenery. I can spend hours there. Trees. I like to go to cold places, not where there is a lot of heat. This afternoon I was to go out with my daughter, and I said: "Let us go out." And she said: "What kind of a mad dog has bitten you, that you want to venture out in this heat?" The heat I cannot bear.

D: How are you with animals?

P: I hate them, I hate them. I do not like it. 26

D: Why?

P: I am scared that a dog will bite me. I do not like animals.

I like parrots that talk and repeat what you say. But liking and looking after them are two different things. Which are you asking me? If you ask me to look after a dog, I will say: "Get lost!" I love parrots, but if you ask me look after and feed, and clean his cage and his shit, I will say: "No way! Get lost!" When I was young I used to like horse riding.

D: What makes you very happy?

P: Right now I am happy because I feel I have let out whatever was bothering me. I wanted to sit and tell someone, but they would have thought me to be mad. If someone told me these thoughts, I

would have said they were mad. I do not have anyone to whom I go and tell these things.

I love to talk. I am a very bad listener. We are told to be listeners at our religious discourses, but I love to talk. I talk no end. If I am talking something nice and we have to reach somewhere, my daughter will be saying: "Mother, we are getting late. Let us go." I say: "Let it go! We will see about that tomorrow. It is such a nice topic!" Basically I like to sit and talk, because the other person is listening to me. I am not sure that wherever we have to go, another person will listen to me in this manner.

D: How was your nature as a child?

P: Very lonely. I would always tell my mother: "Why did not you have another daughter to whom I can talk?" My other cousins had the moral support of others; they had sisters. But I was alone. They used to tease me, and I used to get very bugged. So I used to feel: "Why I did not have a sister for moral support?" My brothers were much older. I used to feel, basically, very lonely. I had no one to talk to. If I talked, they made fun of me. They would be two or three; I had no one.

D: What else do you remember?

P: Nothing.

D: You got along well with everyone?

P: My brothers used to be very fond of me, because I was the only girl.

I did stop rice when the dietician asked me to, but I used to curse her from inside.

I hope you do not feel that I am mad.

(She also said she was angry when the interview was interrupted by phone calls.)

I want your attention fully on me, and I do not want to share the attention. I do not want to share those I like with others. The reason I tell my daughter that her boyfriend will leave her is because the thought scares me that she will leave me. So I feel that I can dissuade her from marrying him, and she will always be with me. I know that is wrong, but I feel that way.

During the interview, she was constantly switching languages, from Hindi to English, and then back to Hindi, and so forth.

Case analysis

Initially she was given Lachesis because of her loquacity, wandering speech, talking in two languages, antagonism with herself, jealousy, competitiveness. It was the best I could do at that point in time, but I was not happy with it. Around the same time I was doing experiments to establish the phenomenon of Group Consciousness, and I showed her case to a group of people in one room, while three people who had no idea of what we were doing, were made to sleep in a separate room and asked to note their dreams.

The first of them dreamt of a very muscular, macho man in a black, sleeveless jacket. He had very dark hair and from his face he looked Asian, may be Japanese. Then she saw a black sports car driven at jet speed by a woman dressed in black and with a hat on her head. There was an accident and the car was smashed. Then she saw a movie actress, and later a hill station covered with snow and people who looked like smugglers. While she was sleeping, she also felt she heard someone coming and felt that he was coming to kill her only.

The second person saw many shapes: one may have been of a liver or a tortoise. She saw a silver cross that started moving around her, and saw an image of Lord Krishna. She also saw one person killing another from behind with a knife. Later, she saw iron rods like in a prison, triangular shapes, a shark with sharp teeth, a round shape, like a ring viewed from above.

The third person experienced a constant fear that someone was trying to kill her. She saw herself standing on a high balcony and someone came from behind and tried to push her off. Then she saw

a number of white horses that ran to her at a great speed and she was very fearful of dying, but they all fell down and she was okay. She felt an emptiness in the abdomen from fear. She also saw a middle-aged woman cursing and shouting at her, as if she had done something very wrong to her, and she felt guilty and was afraid of being punished for what she had done.

From all of this, I understood the main feeling of the case was the fear that she would be killed by someone behind her: the danger was from behind. The other features duality, loquacity, jealousy and loquacity are common to all snake remedies and not indicative only of Lachesis.

I selected the following rubrics:

- Delusion, people sees, behind him, someone is;
- Thoughts of death, when alone;
- Dreams of murder.

I gave her *Crotalus cascavella* 200C, based on my understanding of the case. (I later conducted a proving of this remedy and understood it better. The same has been included in my book, "Provings".)

Follow up

February 95

Shoulder pain better. Knee pain persists.

Very sleepy. Restless, impatient with house work.

Curses herself.

Dreams: snakes everywhere. Being upstairs, snakes below. Feeling that she will fall off or be pushed into snakes below. Feel that she should better surrender to God, he will save her.

Rash on left wrist.

Says she has sobered down a lot. Negative thoughts still present.

Remedy not repeated.

September 95

Loose motions.

Dreams: ghosts, weird faces.

Feels shadows behind her, someone will come from behind and kill her.

Gets angry over small things. Negative thoughts still present.

Crotalus cascavella 200C repeated.

September 96

(*Crotalus cascavella* 200C repeated once in November 1995 when she suffered from severe loose motions.)

Asthma since three days from cold drinks. No knee pain.

Very short tempered.

Crotalus cascavella 200C repeated.

A fortnight later, remedy repeated again in 200C potency, because her asthma was not very much better.

October 96

P: Asthma still present, intermittently, frequency reduced.

Heaviness in abdomen as if I am pregnant.

I am less irritable. Earlier I had a fear of the dark, but now when alone, even if the lights are on, I feel there is someone behind me, a shadow, coming to kill me. Horror movies aggravate. I wake up between 4:30 am and 5:00 am to pray. I keep the light on twenty-four hours. At night, I wake up with a jerk from the least noise. Dreams of snakes are lessened, but I have bad dreams. I am never in

a pleasant mood on waking.

Jealousy has reduced. Fear of God, guilt and feeling that I will be punished is less. I am still scared of death. Lord Krishna says: "Death is like forty-two thousand scorpions biting you at one time."

Calmed down, I do not lose temper so often. As long as Lord Krishna is there, I know no one can harm me. More religious. Fears still present.

Given *Crotalus cascavella* 1M because physical complaints are less, she is doing well on the whole, but her fears are still very strong.

April 97

(Between October 1996 and April 1997, she needed the remedy in the 1M potency on four or five occasions.)

P: Fear in the dark, as if someone is behind me. My house is big and it looks like a haunted house. I try to control bad thoughts. I am not trying to find bad qualities of others. The ego is a lot less; I feel the other person equal. I think good thoughts ninety percent of the time. Now I do not even feel myself degraded. Earlier if I heard that someone could do a thing well, I would feel that I cannot do anything. Now, I know that you can do something and I can do something else. The attitude of positiveness is coming in me slowly. I feel myself healthy. Jealousy totally gone. I feel a sense of equalism.

Now, no dreams. Peaceful sleep.

Anger has become less. I used to be jealous and so I was angry, and then I would feel like killing them. Now that is not there.

I used to have a dream that I had been lost in a jungle, and someone had captured me and they are trying to harm me. Now I sleep for six hours and I sleep more peacefully.

More religious, but no fear of God. Even if He wants to harm me, what can I do? But I will never miss a prayer. The day I do not do a prayer my attitude is back to anger.

I still feel that there are two voices in me. But earlier I would feel as if controlled by evil, now I feel I am controlled by a good force. Earlier there was fear; now there is no fear. If I am idle there is someone talking inside of me.

I fear to be left alone, though less than before. The thought does come sometimes that if all these people go what will I do? Feel God will always be with me.

I hate animals, snakes. Eeks! Even if they are showing snakes on TV, I close my eyes. Do not even talk about snakes!

I had seen a movie in childhood where two girls had been put together with snakes. The dream that I have of being captured comes from there. Even after all these years I still remember. I feel like puking when I see snakes. If I watch horror movies, I get very scared. I feel that it will happen to me. If I see someone's scarf flying, I feel it is a snake. The feeling about the snakes is the same.

Craving for rice and potatoes is less, though I still love to eat these.

Asthma, knee pains better. Asthma intermittent but no major attack since two years ago. Presently asthma, since yesterday, because of unaccustomed work.

I have become very active.

If anything happens to my husband or children, I cannot bear it. My world is so small. Even if they have a slight diarrhoea, I become upside down.

I get panicky very fast, but on the whole I am much more calm.

I am still very talkative, but I try to control myself.

Rash better. I used to get rash from going in the sun, but now I am able to go in the sun.

I used to sneeze if I sat under the fan. That is totally gone.

She continues to follow up and intermittently gets attacks of breathlessness, though she has not had severe asthma. She does not get fearful dreams anymore. The remedy was repeated in the 1M potency last in October 1998, when she had breathlessness, and she was immediately relieved with it.

Asthma

Strontium carbonicum

Case 20

Mst. B.G. , a seven year old boy suffering from asthma, was brought to me by his parents on 13.01.95. Both his parents contributed to the following history, and mention of this has been made wherever necessary.

D: What is his problem?

Mo: He is an asthmatic child. He gets too much cough.

D: So can you tell right from the beginning, when he was completely okay?

Mo: Last December he got this problem and was admitted into the hospital. He was kept there for two or three days, given glucose, etc. Then he was okay. Now if he runs or if he drinks something cold, he gets continuous cough.

D: Tell a bit more.

Fa: Before December he was completely okay. He had some cough. Then suddenly in December he had a lot of cough, that is how we found out that he has asthma. Then he recovered, but every month he has asthma. He eats something cold or there is a seasonal change or it is winter and he gets pain in the chest, and he has a breathing problem. He is on three different inhalers, thrice in the morning and thrice in the night, two Salbutamol inhalers and a Cortisone based inhaler. Because this season it is very cold, the doctor asked to keep them on continuously.

D: And with these inhalers, is he okay?

Fa: He has cough but not the breathing problem. If he gets the breathing problem, it lasts forty to forty-five minutes at a time. His problem is more at midnight, 5:00 am, 3:00 am. That time he really breathes fast and coughs.

D: Is there any family history of asthma?

Fa: No, from neither parent's side.

D: So what happened in December 1993, that this started?

Mo: He had a lot of cold drinks and food, for example, grapes that were chilled. Since childhood he is very sensitive to cold.

D: He used to get cough on taking cold drinks?

Mo: Yes, since childhood.

D: And this comes more at night?

Mo: Yes, at 4:00 am, 5:00 am.

D: What position does he take? Is he able to lie down?

Mo: Yes. Sometimes he gets up and coughs and is breathing heavily. Then I give him the inhaler.

D: What other problems does he have?

Mo: Stomach problem; he has worms and he complains of stomach aches.

D: When?

Mo: Anytime. If he goes three or four times to pass stool, he complains of stomach pain.

D: What else about him?

Mo: As such, he does not have any other trouble.

D: Okay, can you tell something about him, his nature, interests and hobbies, his relationships, his

studies, etc.? This is very important in Homoeopathy.

Fa: As far as his nature goes, he is very friendly. At the same time he is quite shy also with new persons. Once he gets familiar, he gets friendly. As regards his studies, he is very normal; not very brilliant, only normal. You have to really push him to study. His habits are late night sleeping, late waking up. He likes to overexert. He will not sleep even if he is feeling sleepy, he will just pull on till he has overexerted. At that time also he gets his breathing problem, from overexertion. As far as his eating habits go, he eats all foods, especially non vegetarian food, likes chicken and mutton, and fruits.

D: (To the mother) Can you tell something as well?

Mo: Yes. His nature is very cool. He does not get angry very fast, he is not short tempered.

Observation: The boy stares vacantly as his parents speak for him.

Fa: He has a scared type of nature.

D: What do you mean?

Fa: If someone hits him, he will not hit them back. If I scold him, he gets scared and the effect remains for two hours. He is fearful from anything. If there is a fight going on, also he is scared; he thinks that something will happen to us. He is fearful.

D: Can you tell a bit more about that?

Fa: You want some examples? Okay. One day I had a fight with someone in the neighbourhood. My son was playing with another boy from the neighbourhood and they fought. Then his father got involved and he told my wife something. So I fought with him. Now this child has the fear that if he plays with that boy, once again there will be a fight because of him. He avoids that boy.

D: That example is very helpful, it helps us understand his nature. Tell us a bit more.

Fa: His nature is such that he never tells a lie. Either he may not answer or... but he will not tell a lie, whatever may be the result. That is one point about his nature.

D: So either he will keep quiet or what will he do?

Fa: He will just keep quiet, then we know that he has done something wrong. He will never say that he has not done it. If we ask him if he has done it, either he will keep quiet or he will tell the truth.

D: What else? What you are saying is very useful.

Mo: Before we got the appointment with you, we were to go out of town. But I wrote a note to the teacher asking for leave for him, saying that we have a doctor's appointment. And he said to me: "Why are you writing a lie? We are not going to the doctor. We are going out of town." 1 Then it was a coincidence that we got a call from your clinic saying that we have got the appointment. What he means to say is that we should not say or do the wrong things. We should say that we are going out of town, but do not tell a lie. Because his teacher told him never to tell a lie, so he too agrees with that principle.

Fa: He does not fight, is not jealous, is not revengeful. If someone hits him, he does not have to have revenge by hitting him back. And he is very adjustable.

D: In what way?

Fa: Like if he wants something, say if he wants a toy and the shopkeeper tells him that this is not for someone his age, it is for a younger child, he will say: "Okay." He will agree. But then he will ask for something else, a bigger size bike or something. But if we promise him a toy and we do not get it for him, say for two months, he will not say: "Papa, you had promised me this."

D: He will not say it?

Fa: No. And that is why, since the last two years, I have promised him a new bicycle and I am not buying it for him, but he will not say it. (Laughs.)

Observation: The child ducks under the table at this point, and will not come up even though his mother coaxes him.

D: Is he feeling shy?

Mo: Yes.

Observation: He finally emerges after much coaxing, and then buries his face into his hands. 2

D: When does he feel shy like that?

Mo: On such instances, when we discuss him with a new person, or when we praise him. If we say to someone that our child does not do this or that, that time he feels shy. Or if we scold him because he has done something wrong, he feels shy.

D: Does he do anything wrong?

Mo: Yes, he does. Sometimes he hits his younger sister.

D: Does he hit her badly?

Mo: No.

D: How old is she?

Mo: She is three, and he is seven. But he does not hit any other child apart from his own sister. If his cousin sister asks for a toy, he will give it to her. He will not hit her.

D: Does he ever say something like his sister is given preference to him?

Mo: Yes, sometimes if we address his sister affectionately and not him, then he does say it. He says you will call her affectionately and not me.

D: Why will you not call him affectionately as well?

Mo: We do, but sometimes we may just call her, we may miss him out, and then he feels this way.

Observation: He lifts his head up and looks at his mother. I ask him his name, but he will not look at me and will not answer either. He is playing with his ears.

D: What is he doing with his ears now? Does he do that often?

Mo: No, whenever he is shy he does that.

Observation: His mother asks him to sit up, to sit properly and he obeys, but still avoids looking at us. He looks a bit sleepy and they say that they have brought him directly after school.

D: Say a bit more about him.

Fa: He was born in the eighth month. My wife had high blood pressure in the eighth month.

D: (To the mother) Did you have convulsions?

Mo: Yes. They took me up for a caesarean section because the blood pressure was high. And when they were operating and I was unconscious, I was having convulsions every half an hour. The doctor put the chances of the child's survival at 0.1%. In fact he had said that he will not survive. Now the doctor asks me if he is normal and if he studies.

D: So, the first eight months were okay? Did you have any problem in the first eight months?

Mo: The first seven and a half months were okay. I did have swelling of the hands and feet.

D: Did you have nausea and vomiting?

Mo: No.

D: Were there any other problems during pregnancy?

Mo: No, none.

D: Did you have any cravings during pregnancy, any desire to eat any particular thing?

Mo: No, nothing like that.

Observation: She is dressed in very bright colours, predominantly bright orange.

D: How were your moods during pregnancy?

Mo: I used to do all my work.

D: Was there anything that you were worried about, that you were tense about, that you were upset or sad or angry about?

Mo: No, there was nothing like that.

D: Are you sure?

Mo: Yes.

D: Did you get any dreams during pregnancy?

Mo: Yes, I had dreams of God. Lord Shiva 3 told me in my dream that I would have a son. I used to worship him.

D: How many times did you have this dream?

Mo: Once.

D: In what month did you see it?

Mo: In the seventh month.

D: And you used to worship him daily?

Mo: Yes, I believe in him. I used to worship him. If there is any problem that I have I pray to him. I also used to fast on Mondays in his name, but not anymore.

D: So, had you prayed to him for a son?

Mo: No. But in my dream he told me that I would have a son.

D: What was your feeling in the dream?

Mo: I used to tell everyone that I will have a son, because God told me.

D: What did you feel when you saw Lord Shiva in your dream?

Mo: I was very happy. It was a big thing for me that God appeared in my dream.

D: Have you dreamt of him before or after?

Mo: No. The other day I dreamt of a Goddess. 4

D: What was the dream?

Mo: She came out of a photograph and garlanded me.

D: What did the dream mean for you?

Mo: We had been planning to visit her temple but had postponed the visit because it is winter time, because of our son. After this dream I thought that we have to go to her temple.

D: So, you are very religious?

Mo: I do not know the religious rituals but I believe in God.

D: What are your other dreams apart from these two?

Mo: Yes, there are many. But I have forgotten them now.

D: Any frightful dreams? 5

Mo: Yes, many times, but I cannot remember now.

D: Try and remember, do you get any frightful dreams at all? Anything frightful... like someone is running after you, robbers, animals, snakes, you are falling... anything frightful do you remember?

Mo: Yes. I remember this dream where my parents have boarded a train and I am left behind. Many dreams I have seen but I do not remember.

D: What is the dream? Tell me in detail.

Mo: My parents have boarded the train and I am still on the station platform. Many times I have seen this dream.

D: What does this dream mean for you?

Mo: I used to come with them from my town to Bombay. I am not from Bombay. After I was married I live here. So maybe because of that.

D: Tell me a bit about your nature.

Fa: She is very impatient, reacts very fast. For example if something goes wrong, she immediately reacts on the opposite person.

D: For example?

Fa: If I do something that she does not like, she reacts immediately to that: "Why are you doing that?" Or if the children are undisciplined, she immediately shouts at them. She has an angry kind of nature, she is an angry person, hot. 6

D: (To the the mother) What weather do you tolerate better?

Mo: Winter. 7

D: What are your interests and hobbies?

Mo: After marriage, I like to look after the the house, my children, their studies.

D: And before?

Mo: Before... cooking, stitching.

D: How particular are you about order and cleanliness?

Mo: I am particular about cleanliness.

D: What big griefs have you had in your life?

Mo: When my son had his first asthmatic attack, my husband was not around. I had to take him to the the doctor myself. That time I was very upset. I was crying. I told my mother about it also. And my husband was not there. Usually he always accompanies me whenever we have to take the child to the doctor, even if it is for a cough.

D: What was your feeling then?

Mo: I was crying. I was feeling: "What will happen now?"

D: Is the child also religious by nature, does he also pray?

Fa: He does not, of himself, anytime suggest that we go to the temple. If we ask him to come along he will. In fact, many times he refuses also. 8

D: And what weather does he tolerate better?

Fa: In summer he gets irritated because of perspiration. And the winter he cannot suffer; he gets cough, cold, asthma.

D: But in general, does he feel more hot or cold?

Mo: He feels very hot.

Fa: Even in winter he wants to have the fan on.

D: And what interests and hobbies does he have?

Fa: He likes to do cycling, swimming and playing all the time.

D: (To the father) How is your nature?

Fa: Literally the opposite of my wife's.

D: In what way?

Fa: I do not get angry very fast. I am very cool, try and understand things patiently.

Mo: Both, father and son have similar natures.

D: How?

Mo: They are both very cool, and both have a lot of patience. They both do not get angry very fast.

D: (To the mother) How do you react to animals?

Mo: I like them, but do not like to keep them at home.

D: (To the father) So, what griefs have you had in your life?

Fa: Twice. Once at the time my wife was to deliver, and there was a chance that the child would not survive. And immediately three weeks later my mother suffered a paralytic attack, a brain infarction; at that time I had a real shock.

D: What was your feeling then?

Fa: I was feeling that she was the backbone of the house, and she was holding all people together, I felt that our family will go back... it will not be the same because she was the backbone of the house, everything was on her. She was okay in the night when she slept and then she did not wake up in the morning. She was in a coma.

D: And then?

Fa: She recovered after three days in coma. The doctor said that her memory was gone. Her eyes were still. That was a shock for me. I felt that our backbone is gone.

D: You felt that your backbone was gone...?

Fa: Yes, because she was the one who was holding everybody, including my father, herself, my brother. She was looking after everything in the house. Suddenly, overnight she became like that. I think that was a major shock compared to the first one, and they both happened at the same time, only three weeks apart. Of course, in the first instance I had a happy ending: I had a son, and the mother and child were both okay. But with my mother I felt like I had lost something, like I lost my mother. When I see her I still feel internally: "Why is she like that? Won't she recover?" The others feel that a hundred percent she will not recover. But I still feel that she might recover, that there is a one to two percent chance.

D: How is she now?

Fa: She does everything around the house, but she has no recent memory. And she does not react to anything, she just sits. She does not laugh or cry. Most of the times she sleeps, she likes to sleep.

D: So that was a big shock for you?

Fa: Yes.

D: What was your feeling, if you can describe it again?

Fa: I was crying for six or seven days.

D: And what was your feeling when you were crying?

Fa: I was feeling that it is beyond our control, that whatever we do we cannot get her back in the same position. I was feeling: "Why is it so?" There cannot be a miracle that can bring her back.

D: What did it mean to you, she being like that?

Fa: I felt that we had lost a lot of things.

D: Lost what?

Fa: We had lost our courage.

D: Lost courage...?

Fa: Yes our courage, and who will guide us in our life?

D: Who will guide us...?

Fa: Yes, because she was the main guidance, like I told you she was the backbone.

D: Guidance meaning...?

Fa: Guidance in anything, in my studies, as far as my job goes. Whatever I learned, I have learned from my mother. So, I was feeling that if my mother is not there who will guide us? Who will guide my kids?

D: Guide means...?

Fa: Guidance in our lives, teaching them better things. And I still feel that the situation would have been different, were my mother to be okay. 9

D: What would have been different?

Fa: Different in the sense that I would have felt better. The position of our house would have been different. Because my mother's nature was such that would attract a lot of people from the society.

A lot of people used to come and go. Now it is not the same. 10

D: What dreams do you get?

Fa: Mainly regarding my business, that I have made a loss. I get dreams of all negative things.

D: Like what?

Fa: Like I have made a loss in business, like somebody died.

D: Who died?

Fa: Once I saw that my father died and I was feeling something vague; in the morning when I woke up, I was feeling that something has gone wrong with my father. 11 I do not see any positive dreams, that something has gone really well.

D: What are the good dreams?

Fa: That we are going abroad, the family, and we are enjoying ourselves. But that is not very frequent, I dream very rarely.

D: In what way does your son's nature resemble yours? 12

Fa: We both do not get angry very fast. Also, he does not have a fighting nature.

D: You do not fight either?

Fa: No, I do not like to fight. I believe in compromise.

D: But you narrated an incident where you did fight...?

Fa: That was because that man started it, and he was abusing my wife. I feel that in compromise there is more growth in life for everyone. Okay, there is a loss, but in the long term there is a profit, because there is growth.

D: In what other ways are your natures similar?

Fa: In our eating habits.

D: In what way?

Fa: Whatever I like to eat, he likes as well. We both like chicken, mutton, Chinese food. We both like the same fruits: bananas, grapes, mangoes. We both prefer rice.

D: How particular are you about order and cleanliness?

Fa: As far as my person goes I am particular. Otherwise I do not bother. I feel my wife will look to it. I am not particular about keeping things in place, not organized.

D: Are you also like him in feeling that you should not tell a lie?

Fa: Yes.

D: Why? What is your reasoning behind it?

Fa: I feel that if once I tell a lie, I will have to tell a hundred others to cover for that. Of course, I maybe telling lies but I do not believe in that.

D: How did you get along with your parents?

Fa: If I wanted to do anything, I would ask my mother, not my father.

D: Why?

Fa: Because we had the feeling that if we asked our father, he would refuse, or then ask us to ask our mother. So, it was better to ask mother.

D: And was your nature also like your son's as a child? Like if you were not given the bicycle, you would not ask for it?

Fa: Yes, I remember. In our days we had a lot of cousins coming over and they would go on picnics. I was the youngest, and they would say: "We won't take him." I would cry for two or three minutes, and then my grandfather used to say: "Come I will take you out." And he would take me with him to the vegetable market and settle the issue. I used to forget that my cousins had gone on a picnic.

Mine was a forgetting nature.

D: Why? You do not demand anything?

Fa: Even as of today I do not demand anything in my house.

D: You do not demand anything? Whatever you get you take, that is it?

Fa: Yes. I do not demand anything. I do not fight also, that I want my share. We brothers split and I never said: "I want this; this is mine." Whatever my brother took I let him take, whatever is mine is mine. So, in that way I do not have a demanding nature.

D: Your natures are really similar, no?

Fa: That is what I feel, yes.

D: So, I have to understand your nature, why you do not fight, do not demand. What is the feeling behind it?

Fa: Maybe some satisfaction that I have everything, so why should I fight? Why should I demand for small things?

D: What will happen if you fight?

Fa: I feel that if I fight there will unnecessarily be a bittiness amongst the two people. In that relationship there will be a strain; we will not see each other lifelong. At least this way we are talking to each other, we do not hate each other. It is okay. It is fine, we smile at each other on the street and go our ways. 13

D: And what do you lose, if the relationship does snap?

Fa: I feel that relationships are very important in life.

D: What kind of relationship?

Fa: Any kind of relationship, whether it is friendship or your relationship with your brother or father, any kind.

D: What kind of relationship do you hold to be the most important?

Fa: Friendly relations. I like to make friends. Now I have reduced all that because of responsibility, I have to go to the office. But previously I had a lot of friends.

D: Tell me about the friends.

Fa: Friends from school days, college friends.

D: And what kind of friends do you make, people your age, above your age, below your age?

Fa: When I was young, all my friends were above my age, older. 14 Then as I grew older they were my age. When I was doing higher studies then they were of my age. When I was in school, my friends were from college.

D: Why? Why did you not make friends with people your age?

(He shrugs and his wife adds:)

Mo: Our son is also like that. He likes to make older friends. He is in the third class at school, and he makes friends with children from the fifth and sixth class.

D: Why?

Mo: He has to say of people his age: "They are children." And he likes to make older friends.

D: What does he get from making friends with older children?

Mo: He gets to learn new things.

D: Like what?

Fa: He learns how to talk from them. They talk in a manner different from children of a small age; so he talks in their manner, their style. He wants to talk all big things, no small things. He learns to play games, sports.

Observation: The child speaks for the first time, and asks his mother that they leave and go home. I urge him to talk but he still refuses, and asks to be taken home.

His parents give a history of a bony deformity of the thumb of the left hand since birth, which had been operated on when he was four years of age. Also, they add that he was late in walking, he started at the age of fifteen months. He started talking when he was one and a half years old.

I try once again to get him to talk, but he keeps on looking at his parents, nodding his head and refusing to speak.

They add that he has very dry skin.

Mo: He also had a problem with urine. He would get frequent fevers and whenever he would pass urine he used to cry.

D: (To the child) What do you want to be when you grow up?

P: Engineer.

Mo: Like his father, he too wants to be an engineer. He likes to imitate his father, go to the office in a car, etc.

D: What snacks does he like to eat?

Mo: Salted, fried snacks. Chinese food.

D: Does he like bread and butter?

Mo: Not too much.

D: What about cheese?

Mo: He likes it sometimes.

D: Pizza?

Mo: He is very fond of pizza.

(I put the question to the child whether he likes pizza, and he shake s his head affirmatively.)

D: (To the father) So tell me one more thing about yourself, because now we are coming to some understanding of what is going on. What do friends mean for you? What is the significance of friends in your life? What do you get from your friends? What do they mean for you?

Fa: I feel true friends do not have a selfish nature amongst themselves; there is no selfish relation between them. Whenever you meet them you should enjoy. It does not matter if your friend meets you after six months, but whenever you meet you really feel closeness; that is a friend. That way, everybody is friendly to you but a close friend is one who is not selfish.

D: Is there somebody who is very close to you in friendship, before or now?

Fa: Yes, before also there was someone who was very close, and now also there is someone who is very close.

D: So, can you tell me about this person who was very close before, and what was your relationship with him?

Fa: He was my friend right from kindergarten till the time I was in Engineering College; we were together thirty years. We stayed together, ate together, drank together.

D: So what did he mean for you?

Fa: He was really my support.

D: In what way?

Fa: In every way, you can say my moral support. Whatever I used to do, right or wrong, we used to discuss. It was a closeness. 15

D: And were you a support for him, too?

Fa: I think so.

D: Who was more, him or you?

Fa: I think he was more.

D: Why?

Fa: Because of my nature.

D: In what way?

Fa: Because, I rely on friends.

D: For what?

Fa: For anything.

D: For what?

Fa: Whenever I want to enjoy, like if I want to enjoy something, or I want to go out I do not go alone. If I am going out of station, and I am not taking my family with me, like if I am going on a business trip, I take one of my friends along. Where I really feel a closeness, that person I will take along. That way I really rely on my friends.

D: For what?

Fa: For anything, for small or big things.

D: How much does he perspire?

Mo: Too much.

D: From where?

Mo: The face, neck, especially the face.

D: How does he react to sudden noise?

Mo: He startles if there is a sudden noise, for example thunder.

D: To little noise as well, like if something falls down?

Mo: No, only loud noises, like firecrackers.

D: Is he scared of firecrackers?

Mo: Yes.

D: Does he have any other fears, like of darkness, of being alone, etc.?

Mo: Yes. He is frightened in the darkness, of thunder, firecrackers, fighting.

Fa: Or if we are travelling in the night and something happens, something goes wrong with the car, he feels it.

D: Has he ever told of any dreams?

Mo: Yes, this morning only he was telling me about one.

D: (To the child) What was the dream you saw?

P: Of a snake.

D: What was the snake doing?

P: There was a car going along, and there was a snake hanging from a tree.

D: Does he ever mention having other dreams?

Mo: He says he gets dreams of ghosts. And sometimes he says that after he has seen a snake on TV, he gets dreams of the same.

D: What is his position during sleep?

Mo: He sleeps in all positions, sometimes on his back, sometimes on his sides, or abdomen.

D: How does he react to other animals, dogs, cats, cockroaches, lizards?

Mo: Yes, he is scared of cockroaches and lizards.

D: What are you most scared of?

P: Ghosts. Tigers and lions. And dogs.

I gave him medication for a week, and asked them to taper off the inhalers gradually over a period of time, advising them to then try to restrict their use to emergencies.

Case analysis

The most obvious thing about the child is his bashfulness, how he refuses to talk and hides either

under the furniture or behind his hands when he is shy. Also there is his vacant, blank staring look. He is also very fearful, especially of fights, darkness, animals, etc.

The other thing that is apparent is the similarities in the natures of father and child. They are both non aggressive, yielding, do not like to tell lies, do not get angry easily, make friends with persons older to them, and even have the same likes and dislikes in food. So, to understand the child we must understand the father.

The main thrust, in the case of the father, is on relationships. He feels that he must not break relationships, because he is dependent on them. If he wants to go out of town, if he needs guidance, if he needs moral support, if he wants to learn things, he turns to his friends and family. And he (and the child as well) makes friends with older people. He relies on older people who have the experience to guide him, to show him the way. Like his mother, who used to guide him about everything and who was the backbone for him. He does not feel completely capable in himself; he needs someone to guide him, to be his backbone. If there is a crisis there will be someone to fall back on.

His dependence is almost childlike, he feels like a child who lacks in experience. More than a small child, it is the feeling of a teenager or a young person who is going to go out in the world on his own, who is going to leave the protective shell of home and family support. He does not know for sure what is right or wrong, what path to take, and he looks to his elders to show him the way initially, till he learns for himself. In the Periodic Table of elements, Group IIA has Magnesium, Calcium, Strontium and Barium. While Magnesium represents the age of infancy when the child needs nurturing, Calcium represents the age of childhood, where the dependence is childlike and the need is for protection against the outside world. Strontium is the age of adolescence and teenage where the individual, no longer a child but not yet an adult, has to go out into the world on his own, and looks to his elders or to experienced persons to guide him as regards what is right and wrong, advise him about his career, about keeping the right company, etc. Barium represents the age of adulthood, the time the individual has to take on responsibilities, and make himself a useful member of society.

On the basis of this understanding, which had been backed by a proving of Strontium carbonicum that I had done some time before taking this case, I prescribed for the boy Strontium carbonicum 200C. The detailed proving of this remedy has been published in my book, "Provings", while for my understanding of the remedy I refer the reader to my book, "The Soul of Remedies". In the absence of a proving of this remedy I would have, after having taken the case, felt that there were features of both Calcareo and Baryta present in the case, and I would have looked for a remedy that had both these. In the Periodic Table, Strontium lies between Calcium and Barium.

Follow up

20.01.95

His cough and asthma are much better. (His father puts the improvement at ninety-percent. He is only coughing a fifth of what he was coughing earlier.) He has stopped the inhalers totally. He complained of stomachache twice and passed worms in his stool. He is being very stubborn which is not usual for him. 16

Remedy not repeated.

07.02.95

He passed more worms in his stool. He has not had cough or breathlessness.

Remedy not repeated.

02.03.95

They had been on a trip to North India and there he had a little cough but no breathlessness. He continues to bite his nails.

Remedy not repeated.

06.04.95

He is having stomachaches and has been passing worms in his stool. His cough is better and his nail biting is less.

One dose of Strontium carbonicum 1M was given.

11.04.95

His cough is much better. He is eating things that he had had to stop earlier as they would cause a cough, for example cold drinks, ice cream, fruits, curd, without much trouble. He seems more confident, is passing remarks about things where earlier he was quiet. He is not very stubborn like he had become after the initial dose.

Remedy not repeated.

26.06.95

He has a lot of cough.

Strontium carbonicum 1M, single dose repeated.

He continued to follow up once a month and required a repetition of the remedy once in December 1995 and another time in December 1996. On both occasions a single dose of Strontium carbonicum 1M was given.

28.09.96

His father reports that his health is quite stable but he does get some cough and breathing trouble when he eats bananas and curds. He likes bananas but his parents do not let him have these. He gets the trouble when he is taken to a cold place; this time he got cough after walking thirteen kilometres. He does not get breathless but complains of pain in the chest and congestion. He has used the inhaler only two or three times in one and a half years. He does get a mild cough once in three or four months. He gets cough from fumes from vehicles. He is not giving up nail biting. He is not very confident, even in saying things where he is right. He cannot be very sure. He also lacks in confidence when talking to new persons, or when he is questioned, or when he is asked to do something that is not usual for him, for example if he is asked to sing or dance. He does not fight like other boys when he is asked to keep out of a game. If someone shouts at him or damages his bicycle, he will not put up resistance. But he is able to talk with his parents with more confidence and share things with them which he never did earlier. But he is very shy at school and is not able to tell his teacher anything; his mother has to speak of him. He is scared that he may say something wrong and his teacher will hit him.

Many times he demands foods that his sister can eat and he is not allowed to. He does not get very angry very easily. He is quite compromising and obedient.

He continues to follow up. The asthma attacks have reduced in frequency. He is coping well at school and has gained some confidence.

Atrophic gastritis

Cocculus indicus

Case 21

Ms. N.O. , married and in her early thirties, consulted me on 15th April 1995 with an acute pain in the abdomen. An endoscopy had revealed that the stomach, oesophagus and duodenum all had ulcers. She had been advised surgery and her family had no faith in Homoeopathy. Her husband told

me that if I could produce some results in one week they would not go for surgery.

When I started with the interview the woman was crying, and was trying to compose herself but kept on crying.

D: Tell me what are symptoms you have.

P: I have stopped milk, I have stopped all proteins because I get so much gas, so much acidity. Every two days I have a severe headache. I still get gas. The endoscopy showed that certain paths were so eroded that there was a malformation there; it was severe gastritis. The gastroenterologist gave me a course of medication, but the subsequent reports were even worse. I cannot sleep all night. I sleep with my head raised and legs down; we have raised the bed by seven inches. I cannot sleep because everything comes up to my heart and I feel I am having a heart attack. Then it goes to the head, to the knees, to the feet, something releases to the extremities. It never used to go to the head, but since the last two or three days it has started happening. It is all aggravated before and after my periods, very much. The doctor detected hiatus hernia and those malformations. The blood reports were good, but the stomach report was very bad. I have not been sleeping since the last two years like this (she begins to weep again) and have tried sedatives. But this has been going on since so many days.

D: How did it start?

P: During my second delivery I had a very big stomach and I had to have a second caesarian. The stomach was very flabby, and I was told at that time that if I did not exercise, I would get hiatus hernia. I gained weight. After that I had a loop inserted and the loop was lost. I got pregnant with the loop. When they did a curettage they could not find the loop. I got pregnant again, had an abortion, and then I had a tubal ligation. After that everything has started, I do not know how. I could not digest food... and since I was a child I used to get headaches, acidity. But I never used to vomit. I had severe headaches and acidity. It is getting worse day by day, day by day, day by day. (Weeps.)

I am afraid he is suspecting cancer in the stomach and the malformation in the report bothers me. And if he sees the last stool report, he is going to do extensive tests.

D: What are the symptoms presently?

P: Presently this hiatus hernia is worrying me a lot; everything comes up, not the food but the gases. I feel scared to go walking on the beach alone, because anytime I get these spasms. Everything comes up to the heart and there is a pain and release, and then it goes to the head, and after that there is a rush of blood everywhere, even to the legs, the knees. Both the knees start to pain. Even if I try very hard, I cannot sleep.

D: Because?

P: Because of these symptoms, and I do not get sleep at all. My husband has been sleeping with me for one month like this, with the head of the bed raised because of the hiatus hernia. I do not know what to do, what is wrong, doctor.

D: What do you feel about it?

P: I am very fed up now, doctor. I am so tired of this (weeps). Though I do not sleep, the day has to go on because I have two boys. I have to do things for them. Even if I lie down, I do not get sleep; I have to take a sedative.

D: What feelings do you have about it?

P: I am very fed up, and very tired now.

D: Because?

P: Of what has been going on so long.

D: What has been going on?

P: The health problems. It has been almost four years since it started with small, small things. I have given up eating out totally. Even at home I do not eat pulses, proteins or milk. So, every two or three hours I feel hungry. I then eat fruit or a light snack.

Sometimes I have to go to the toilet four or five times. At other times I do not go at all. That is the way it started happening. They had been saying that I had colitis and I took so many antibiotics.

Two or three years ago I started to get spasms in the head. Anywhere at any time something would be pulling and it would release. Then it started getting stronger. I had a cervical X-ray taken and was told that was normal. I saw a neurophysician and an ENT surgeon and both said that there was nothing. Finally it was found that I had a wisdom tooth growing into the bone, and it was hooked so badly that they had to do surgery. During that time I had to take lots of antibiotics and painkillers for eight months. Till today I do not have normal sensations in the lower jaw because of what they did. Again in the following year the second tooth came up in the same way, and again we had that extracted. That, too, was a big surgery, and again for five to eight months a lot of heavy antibiotics, pain killers. The gastroenterologist says that has ruined my stomach absolutely. And it seems that the blood vessels have already started showing; the lining is so badly eroded in parts.

Every year there has been some surgery going on in my body. The tooth extraction took longer than normal. I had a caesarean section, then a second caesarean, then an abortion and then tubal ligation, and then the two dental extractions. This has been happening for one and a half years, very long. And then I have developed this. I have a very, very loose and flabby stomach, but now they have told me not to exercise. I cannot put my legs up and exercise because then it would push the stomach up. 1

D: What dreams do you get?

P: Usually what I plan to do. Something related to what has been happening during the day.

D: Do you remember anything else from the dreams, from now or before?

P: I have never had scary dreams. I have rarely been sleeping lately. Sometimes I feel that I am not sleeping, doctor, that I can manoeuvre my dreams. Whatever is my wish I can... I feel my mind is going on when I wake up in the morning.

D: I did not follow. What do you mean when you say you are able to manoeuvre the dreams?

P: My mind is working when I am dreaming, and I can plan the dream.

D: For example?

P: If, for example, I am dreaming that I am buying some clothes, then I can say not from this shop, but from that shop. I can do that in my dream. On waking in the morning I feel that I was not thinking; I was dreaming. But I could change that part.

D: Why do you change it?

P: I do not know. Maybe because I am always trying to find a reason for my suffering, trying to find out what has been going wrong in my body. Is it my lifestyle, is it my food, what is it that has been going wrong?

D: What conclusion have you come to?

P: There is something new that I feel and I try it out. But then again after a few days, it is back to square one. I am doing yoga as well, at present.

D: Can you give another example of changing your dreams?

P: I do not know how to explain it, but I can really manoeuvre the dream; I can change.

D: For example?

P: In real life, I do not know how to drive a bicycle or a car. But in the dream, I see that I know how to, and I am going at full speed and am enjoying myself thoroughly; things like that. Then I feel that I

can take this turn instead of that one. I feel that I can change the dream, and I am doing it. Because of the sequences of the events and the choices in the dreams, I feel that I am not fully asleep. It is very rarely that I can sleep flat throughout the night, and the day that I am able to sleep like that I am very grateful.

D: Is it a good feeling or a bad feeling, or it does not matter to you that you can change the dream?

P: The dreams have never been scary.

D: No, not scary, but the fact that you can change your dreams the way you want.

P: I have never been scared about it. I have been neutral about it. I do not know if it makes any difference.

D: Would you like to keep things that way?

P: No, I would really like not to be doing this.

D: Why?

P: Because, during the day I always feel that, had I done this differently it would have been better. Even if something happens to my children, I always feel that I have taken the wrong decision. Had I taken the decision then this would not have happened.

D: For example?

P: If I have given the choice to my kids to have sweets and cakes at a party, and then they get sick, I feel I should have been more strict. I feel I should not have done this, when I see them suffering. I feel this if anything happens to my husband or me or to my children. I always feel that I am not doing enough for them. I am a housewife and I am totally at home throughout the day. But I always feel that I can give so much more to them, but I am not giving them. This is with regard to everything: their studies, helping them throughout the day, everything.

D: Tell me more about that.

P: I keep telling my husband that what I am doing for them is not enough. If I do something more for them, they will be more outstanding, more bright; they will be better off everywhere.

D: For example?

P: With regard to their studies, in a way I believe that children should be able to study on their own, because we were not taught; we used to study on our own. So, I left my son to study on his own, but he is not very good, but not a rank holder. So, every decision

I take I feel: "Am I right? Am I doing this okay?" I left him to study and he is doing okay.

He finishes his homework, and has become quite responsible. But he would not get a rank. He would be somewhere in between the class. Before his exams, I would just make him study a bit. But then I feel: "Should I spend time with him everyday?" or "Should I get him a tutor?" or "Am I doing this right?" So, for everything I feel I am not giving enough input.

D: Do you feel that you are not giving enough input, or do you ask yourself whether you should be giving or not, what is right or what is wrong to do? Is your problem: "I do not do enough" or is it: "I do not know what to do"?

P: More than I do not know what to do, it is that I feel that I am not doing enough. And the lifestyle we have, doctor, I... Shall I tell you about my childhood?

D: Sure.

P: My mother did not have a mother, and she lost her baby. When she was two and a half years old, she lost her mother and she was raised by her stepmother. Then she lost her first baby and so I am the first child. She was very anxious and nervous when I was small. I was very well taken care of as a child, but used to have recurrent urinary tract infection. From childhood, I had to go through a lot of

testing. I was hospitalized for a day when I was six; they had a pyelography done on me which was okay. I was very thin and pale looking, and very frequently caught cough, cold and fever. Nothing but high fever. I had low stamina. Since my childhood, I had that sense of responsibility, that I have to look after... we are three sisters. We do not have a brother and I am the oldest. Either it has been drilled into me, or I have been feeling it myself, I do not know. But I felt that I had to look after them, after everyone when I grow up.

I met my husband at school when I was sixteen, and we went around for seven years before we were married. My family was very close and too caring. And his was a joint family and very tough. They were bothered about each other, but each one was a very strong person. My mother-in-law is an extremely strong personality, and my husband also. And I felt that because of the sensitivity I have, they were laughing at me, that I was so sensitive. I cared about every little thing, which they felt was not necessary. After marriage I started to have more problems for everything. My mother-in-law also harassed me initially; emotionally, workwise, in every way. Now since the last two years, I have come out of that. My husband and his mother were very, very fond of each other. He used to take care of me, take me everywhere. They have an open and a rich lifestyle. We have a cook and five servants; we live in a bungalow; we take annual holidays. But I feel it is not enough, I am not happy with that. I was a very good student, and majored in textiles and got a scholarship. But did not pursue my studies. Initially I was happy and then it started eating at me. I started to feel that what I am doing is not enough. I was not happy with what I was doing. 3

I do not have to cook or look after the house. So what do I do for the whole day? I have a maid for my children. And sometimes I feel that I do not need a maid, and I do not need a cook. But then I feel very scared I will not be able to cope up if I let the servants go. I always feel that way. 4

Whenever there has been a hospitalization amongst people at home, I have been so scared. When my father-in-law was in the hospital, I never used to sleep the whole night. At that time, this hiatus hernia got aggravated very badly. That was two years ago. More than my husband, it affected me so much. He was going through so much pain and they were not able to diagnose what it was. He was not affected, my mother-in-law was not affected. They were normal and could go to sleep at night. I could not go to sleep at night. So, every small thing gets blown up for me.

D: Every small thing means...?

P: If my son shows some discomfort, I start to think: "Will he start to vomit? And if he vomits, will something else happen to him? Is he going to get worse now?" My mind starts racing, absolutely. I keep on thinking ahead. And I always think very bad things; they are the extreme, you know. And for a fact I know that I am capable of so much more. I can go to the office; I can do so many things. I can really do something. I have the potential, I have the intelligence. But I cannot do anything. I have no opportunities. I cannot do anything. Where will I go? What do I do, doctor?

D: What choices do you have?

P: My husband is in the stock exchange and my mother-in-law tells him to take me there. But he is not ready to, because it is a very crude place. He would not like his wife to be with him and hear all the rough language and the way people deal. So, that is out. I used to do clothes. I had two or three exhibitions. But I feel that is not enough and every other person is doing it. I do not have that type of courage to go out and do something.

I love music. But I do not know...

D: You love music, but...?

P: I listen to music and I feel I should learn. But I do not think that it is enough. I am not doing anything worthwhile, I feel. My husband tells me that I am raising two good children, and that is

enough. But I do not feel that is enough. I am not happy doing just that.

D: What will you be happy doing?

P: I do not know, even I do not know myself. But I have to do something. And even earn a little money, I feel. 5

D: Why?

P: Because I do not like asking for money, at all. I want to do something but do not know what to do. Any other person would take it lightly to have to ask for money. I get very good allowances, am very well taken care of. But if I need money, however little, I think four or five times before asking. And if refused I take it badly.

D: You said something about not being treated well initially in your marriage...

P: My mother-in-law used to love my husband so much. He is her first son. And he also loved her very much. I do not know whether my mother-in-law felt that I was a threat to her. If I went to do some work in the house, I was wrong in the way I did it. And if I did not do it, she would say that I was not doing it. So, I did not know what to do: to do it or not to do it. Either way I used to be told that I was wrong. My husband never supported me for those seven years, never listened to me. I used to tell him everything, but he never listened. Better sense never prevailed on him. He felt that I was wrong all the time. Slowly, I started taking up for myself, speaking for myself. And since the last two years, it is quite different. My mother-in-law had gone to the extent of telling her friend that she was glad that my husband listened to her more than me, so that she had her son to herself. That was initially, when we had been married four years. Her friend told me. Two years ago, his mother told him that I was talking back to her, and he created a huge ruckus and told my mother. I felt very hurt that in spite of being with him for eight years... But suddenly since the last two years, he has started changing.

D: How?

P: He has started understanding how I felt, what were the reasons for my feeling that way, and who was wrong and who was right. He understands me and since the last two years he has been really giving me a lot of help. 6

D: So, what was it like initially: you said that either way you were wrong?

P: If I did something, I was doing it the wrong way. If I did not do it, I was wrong in not doing it. This was for any small thing, any decision.

D: For example?

P: For example, with the kitchen work. We have never had to cook in our house. When I cleaned the kitchen and arranged things, the next day she would rearrange it all. That meant I was wrong. And if I do not do anything, it was also wrong; it meant that I was not doing anything around the house. When bringing up my children, as well; she has always said that I have been wrong. Maybe I was wrong; I was new to it when I had my first child.

When my second child was hospitalized for loose motions at twenty days old, my in-laws created such a big havoc at that time. They said that I did not understand and took the poor child to the hospital. I was just twenty days out of the delivery. Through that time my husband has never supported me, or even been with me.

D: So, in that circumstance where you said that if you do something, it would be wrong, and if you do not do it, it would be wrong; what would you feel?

P: I felt very helpless. I did not know how to behave or what was right. I realized that I need to speak up for myself. Till today she is not able to give up the control of the house, the management, the cash box. Till today there are things where I am told that I am not right, but I do not bother now.

D: How does it affect you?

P: I felt very helpless. I did not know which way or what to do. And there was no other work to do to divert my mind.

D: You have written that you felt suicidal also?

P: Yes, I did.

D: When was that?

P: That was three years ago. At some times, when I am so fed up, I really think about it, but...

(Weeps.)

D: What do you mean by "fed up"?

P: I feel I have nothing to do, nobody needs me, and I am suffering so much. I cannot sleep, I cannot eat. I cannot enjoy myself because there is something going wrong all the time. Then I worry about my children.

D: What about?

P: Who will look after them if I do something drastic like that?

D: When you are ill, who takes care of you?

P: Nobody. I have a maid since nine years, and she has been looking after me when I am ill. My mother is there, but she cannot come to my in-laws' house every other day. I can tell her anything because we are very close. But if I tell her anything of my illness, she becomes so nervous and so scared that I have stopped telling her things.

D: How is her nature?

P: She is very caring and very soft.

D: How do you react to animals?

P: I used to love animals but I cannot hug or kiss them, or stay with them. But I love to see animals. I cannot have a pet for myself.

D: How particular are you about keeping things in order?

P: Earlier I used to be very particular. But since the last two years, I have started letting go. Now I am comfortable even in a little chaos and dirtiness. But initially I was extremely particular.

D: Why?

P: I do not know why. Each of my things was in a proper place. My children's things were done properly, my records were filed properly.

D: If they were not in place, what would you feel?

P: Very uncomfortable. I would go ahead and do the thing.

D: Why?

P: I did not like things lying around.

D: What would happen if they were lying around?

P: I just did not like it that way, I do not know what would happen. But since the last two years I am very comfortable. Now I am more comfortable if there is a little mess around me, when my children are playing around me with a pillow. Now my husband has become how I was about mess, and I have become just the opposite.

D: How do you react to plants or greenery?

P: Whenever I see a flower blooming, I just love it; I love to see it. I love flowers especially on a tree. I do not like them to be cut. If I see them blooming day by day, I just love that feeling. I love plants; I love to look at them.

Case analysis

The main symptoms of the case is anxiety for others, caring for others and anxiety about the future.

She is extremely sensitive to what other people feel, to their suffering. She needs to care for others and to do things for them. Her worst feeling is when she is not needed, when she is not required to do anything for the ones she feels responsible for. That is the starting point of her illness. As long as she has to care for and look after people, she is okay. But in her present situation the looking after is done by servants. She cannot decide anything because things are decided by others who are stronger. She only has to abide by the decisions of others. If she makes a decision or a choice she is told that she is wrong, and so she has nothing to do. She cannot live the role that she has envisaged for herself. She becomes unhappy as a result, and starts to have problems with her health.

When her father-in-law gets sick and needs caring and looking after, she is very sensitive to his suffering, is very affected by it. She becomes sleepless like a person who has been looking after someone who is ailing, although she is not involved in the actual work of looking after him. Here is a situation that would otherwise have allowed her to fulfill the role that she sees for herself, but she cannot realize it. So she develops symptoms as though she was actually looking after him. She begins to get burning in the stomach and gas, and she cannot sleep at night.

She feels all through as if she has no choice, although in reality she has a lot of options. She feels the need to abide by what decisions are already taken by her mother-in-law, and give up her power to decide or to exercise her choice for the sake of others. She restricts herself in this way. She wants that her husband should support her when she takes a decision, but she does not get his support. Her feeling that she has no choice continues until her husband starts to understand her and support her. From that time on her physical symptoms get worse.

Her pathology of acidity and flatulence now restrict her and make her feel as if she has no choice. They create in her the same feeling that her earlier situation of choicelessness created. The situation vanished with her husband becoming more understanding, and the pathology worsened so that she could continue to live her delusion. So now she, once again, cannot do what she wants, she cannot even sleep. This is the significance of her pathology. It also made her worry about who would look after her children.

Her main symptom is: "Anxiety/cares for others", and she becomes sleepless from this care. She is also tremendously sensitive. The remedy in the *Materia Medica* that corresponds to such a state is *Cocculus*. I asked her some more questions to confirm this. 8

D: Does going in a bus or car bother you?

P: No. Not as yet.

D: No dizziness?

P: No. But in a plane ride, I can never relax. I can never sleep. Even the slightest bump makes me apprehensive. But never in a car. And since I have been a child, I have been travelling so much.

D: Merry-go-rounds, giant wheels and rides... do these bother you?

P: I do not go for roller coaster rides, but they do not bother me.

D: Did you experience much nausea and vomiting during pregnancy?

P: No. I had very good health in both pregnancies.

D: Did you like reading ever?

P: I love reading, doctor.

D: Tell me about that.

P: Since I was a child a strong fantasy of mine was to have a bed and a room full of books. I love to read while lying down. That was the ultimate thing for me: to have many books. This was when I was six or seven, or eight. When I was in the sixth class, I used to read Ayn Rand: "Atlas Shrugged" and "Fountainhead". I have been reading a lot. But since the children were born, I gave up heavy reading

because all the time my mind would be in the book, that I have to finish it. I would leave every other thing for books.

D: What kind of books do you like very much?

P: I never liked thrillers or spy chases. I loved Ayn Rand. I love things with a little suffering in it. To be very frank, doctor, initially I used to love love-stories, but not now. I like Ayn Rand and Pearl Buck.

D: You used to like love stories?

P: Initially, yes.

D: Which kind?

P: I used to read "Mills and Boons" romances, Danielle Steele, everything. But I used to read, read, read. I could finish a book in two hours, sometimes one and a half hours.

I have never been an outdoor, sporty person.

D: These problems in your stomach, do you feel them every day?

P: Yes, since the last one year. Since the last one month it has become very bad, and especially in the last week. Before my periods, I feel so tense and tight, I cannot sleep. I get pain around the face and neck; something pulls all the time.

D: Are your periods still on?

P: Yes, today is the third day.

D: Do you get problems before the period?

P: Yes.

D: And after the period?

P: After the period they taper off, and then those fifteen days are wonderful.

D: This happens everytime?

P: Lately.

D: Let me see you in ten days.

P: What do I do if the doctor recommends heavy testing? I am taking so much medication: colloidal bismuth, vitamins, antacids, antibiotics. I get severe acidity whenever I take the vitamins.

D: Are you willing to give it all up?

P: Even if I want to, family will insist that I continue, especially my husband.

D: You have no choice?

P: No choice. Maybe I have made myself that way. Nowadays I am feeling very anxious about my children. If the doctor finds something wrong with me, if there is anything major...

D: You feel who will look after them?

(She nods in consent.)

D: From my side, I can tell you that with homoeopathic medicine you will improve very beautifully and your problem will be totally solved.

P: I believe a lot in Homoeopathy, but this next week is very crucial and I do not know what to do.

D: What is crucial?

P: The course of medication that I was prescribed will be finished. When I follow up I will have to have a stool test, and he will see all these reports. I will have to go through all that.

I assured her that she would get much better in three or four days and would be able to avoid the surgery in ten days. I asked her to continue to eat everything except spices and fatty food.

Her reports and the opinions of the gastroenterologists showed that she had severe atrophic gastritis, gastric erosions and hiatus hernia.

Rubrics:

- Sadness, trifles, about;

- Anxiety, others, for;
- Anxiety, from loss of sleep;
- Sensitive, oversensitive;
- Weeping, tearful mood;
- Grief, ailments from;
- Mildness;
- Loss of sleep aggravates;
- Despair;
- Discouraged;
- Lamenting, bemoaning, wailing, etc.;
- Discontented, displeased, dissatisfied with everything;
- Discontented, displeased, dissatisfied with himself;
- Offended easily;
- Menses, before aggravates;
- Menses, after aggravates.

She is extremely sensitive to what happens in her environment, and also her stomach is so sensitive that her diet is very restricted. She has to avoid many things. These are features of the plant kingdom, and this is confirmed by her love for plants and flowers. The miasm in the case would be sycotic, with this feeling of not being able to do anything, of being stuck. As mentioned earlier her diet also is restricted.

Staphysagria, Ignatia, Pulsatilla all come close to Cocculus. Staphysagria and Cocculus are both used to stun fish so they rise to the surface. Also, this liking of music, fine art and sensitive things is a strong theme amongst the plant remedies.

The main symptom of Cocculus is: "Anxiety for others". They feel they have to sacrifice themselves if others are sick. They should give a lot and sacrifice themselves to others' needs. They feel as if they have no choice, as if they cannot do anything they want to do. Cocculus has the rubric: "Recognizes everything, but cannot move". This is the feeling of choicelessness. In the dream, she does have choices, the dream was very significant. Further, Phatak describes Cocculus as "bookworms". They love sensitive, romantic books, especially girls. For my understanding of the remedy I refer the reader to "The Soul of Remedies".

In this case one can clearly see how the sickness created in her what the situation did not, because this is how she feels comfortable. If a situation does not provide those circumstances which will make her realize her delusion, her pathology will. In her childhood she was allowed to live her need to care for others, but after she was married there was no need to care for anyone. And so her pathology created the symptoms she would have developed if she was keeping up nights and actually caring, what she would have felt in the original situation. She attributes those feelings now to the pathology. Her symptoms worsened after her husband started to understand and support her. Initially when she did not have his support, she did not have any choice. Now she could take a decision and he would support her. So her pathology created in her the same feeling of choicelessness and restriction.

If a state does not have a situation to express itself, that is, if the situation suited for the existence of the state does not exist, then the state will express itself through the pathology. In this way one's delusion becomes reality. Everyone has inner vision of reality and if he cannot create it in the situation, it will be created through pathology. For example, if a person feels: "I need too much support, I cannot walk without support", he will have to create a problem in his legs so he cannot

walk so well anymore, and probably require Baryta carbonica. Healing means you do not need the pathology. You can see reality for what it is. Every symptom is a symptom of delusion. Every symptom arises from a false perception of reality. If a person feels very chilly despite hot temperatures outside, he is reacting to a false sense of reality or delusion. Disease is a disturbance of the vital force, it is an expression of a false perception of a situation that does not exist. This expresses in mental, emotional and physical spheres.

She was given a single dose of Cocculus 1M on 15.04.95.

Follow up

18.04.95

She reported a marked amelioration over the phone.

22.04.95

She feels generally better. The burning sensation is twenty-five percent better. She gets headaches which increase and decrease with the sun. Her moods are better.

Remedy not repeated.

26.04.95

She is able to eat better. She still has the gas trouble, but the burning sensation has reduced considerably.

She had gone to the beach and she was walking when suddenly the overcraft landed on the sand behind her and she was unable to move and her husband had to come and drag her away. 9

No dreams.

Remedy not repeated.

She continued to follow up every fortnight and did not require a repetition of the remedy in this time.

18.07.95

She has been having burning in the stomach and is especially uncomfortable after passing stool. She also gets headaches often.

She has dreams that both her parents have expired and she is very sad and is weeping.

She has been brooding and feels that every single day is an effort to live. She feels that she is only brooding and not doing anything.

A single dose of Cocculus 1M was given to her.

22.07.95

The acidity is better, as also is her emotional state.

Remedy not repeated.

She required a repetition of the dose once again, when her acidity and headaches increased.

12.10.95

She had had a cough and cold for which she had taken antibiotics.

She had the dream that her father was complaining of chest pain. She left him and went out of town. When he returned he was no more. She felt that she would now have to take over things in his absence.

She feels sleepy in the mornings.

Cocculus 1M repeated.

26.12.95

Flatulence, palpitations and sleeplessness.

One dose of Cocculus 1M given again.

25.01.96

She is having very frequent motions and a lot of nausea. She had to take antibiotics for the same. She is also getting headaches often.

She is weeping a lot. She has been suspecting that her husband is having an extra marital affair, but she is too dependent on him to do anything about it.

Cocculus 1M repeated.

24.02.96

She has a lot of loose motions.

Cocculus 1M repeated.

26.03.96

She has a lot of acidity and is having to take antacids. She has a lot of flatulence and eructations, and feels pain in the chest and abdomen. She gets headaches in the evening.

Cocculus 1M repeated.

09.04.96

She has some burning while passing urine. She also complains of flatulence. She is "nervous" about the health of her parents, her children and her husband, has become "paranoid". She gets tired easily and becomes breathless. She cannot get to sleep easily at night.

Cocculus 1M repeated.

28.05.96

She feels pain in the upper abdomen and in the left inguinal region. She gets acidity, fullness in the abdomen and nausea after eating. She gets headaches, and also cramps in the hands and legs.

The previous week had been very "hectic" for her because her father-in-law had developed some retinal changes.

One dose of Cocculus 1M repeated.

15.06.96

An endoscopy done by an eminent gastroenterologist showed marked improvement.

She still does get some some complaints before and after her menses, especially pain in the left inguinal region one week before menses. She also gets a little emotionally upset fifteen days before the menses.

She had the dream the previous night that her father had a heart attack.

Cocculus 1M, single dose, repeated.

30.07.96

Sinusitis, headache and upset stomach. "Churning" in the stomach.

She has not been sleeping too well because her father-in-law is to be operated, one of her sons is not well and the other has an exam. She feels tired, lethargic and feverish.

She had the dream of coming out of a tunnel and seeing something pleasant. 10

She has the fear that someone in the house will fall sick.

Cocculus 1M given.

The remedy was repeated twice in September 1996.

08.10.96

Her headaches and acidity have reduced. Her sleep is poor as yet.

She has dreams of insects and lice, and of running away from somebody.

P: I was very nervous about having a lot of scars, very scared to see the endoscopy videos, and slowly the homoeopathic medicines started to work. I was able to eat out again, but again in December I had a relapse which lasted until February. I was mentally upset, and had an upset stomach. I had another endoscopy and there were no scars, even the doctor was impressed. On and

off, I keep feeling a little low. I keep trying to have more confidence.

I am not so worried and discontent. I used to feel what I was doing was not enough. I still have guilt when I do not do enough, but in general I feel better. I am starting to have more balanced dealings with my mother-in-law. Before, any small thing for me was magnified. I felt that she disapproves of anything I do. Now I do not feel that so strongly. She has always tried to put me down in her son's eyes. I used to be very hurt, and used to cry and react more than I should have. Now I am able to tell her in my own way that I am right, and it is what I want to do. I used to always overreact. Now I can say what I want, I say it in a very nice way. Even with the kids, I feel a little more content. I still do not do anything for myself except walk and do yoga. I tried twice but I am not a seller. I like music and fine art. I like very sensitive things and fine things.

I have made many female friends. I could never do this before. We go out in the mornings without my husband. I am slowly trying to go out without him. He is being hurt and feels like he is not being cared for. Now I do not get carried away. If I react, it will make a mess of the whole thing, so I try to contain myself. I am happy for the last month. I am content and happy for the first time in a long while. At the moment, I am a little more settled.

Remedy not repeated.

A few months later her acidity and flatulence had reached a very manageable level. She could eat out of the house without any problems. She stopped medication after that, and continues to be in fairly good health, physically and emotionally.

Pain in upper abdomen

Plumbum metallicum

Case 22

Mr. R.F. , a forty-five year old man, consulted me on 29.06.98 for an acute abdominal pain which had been coming on and off since the last fifteen days. He came for the consultation accompanied by his wife, and carried with him a thick file of medical records. He was in a lot of pain as he gave the following history.

D: Please tell me whatever problems you have.

P: Since the last one and a half months I have a stomach ache. In the upper abdomen I get a gripping pain and a burning sensation. Since the last eight to ten days it was not there, then again it appeared for a day or so, and then disappeared. Then again this morning it has started and I have had to take a pain killer that the doctor had prescribed earlier. Even right now it is there, an extremely disturbing pain in the upper abdomen. This burning sensation in the upper abdomen is terrible. Now today, I have vomited twice after lunch; this is almost after one and a half months. If I give you the background, on the 10th of May I had some burning sensation and stomach upset. We were not in Bombay. I came back to Bombay and on the 13th consulted a doctor. He gave some medicines for dysentery and also for ulcers. It went on for three or four days; it went from bad to worse. I could not sleep the whole night; it was a terrible pain. On the 18th, early in the morning I vomited. I vomited with force, some two or three litres. And the pain subsided for some time, and then again it started. In the morning I was admitted into the hospital. They gave me intravenous fluids and an antibiotic, and said that it was food poisoning. For four days I was there and then I went back home. I was purely on a liquid diet and when I returned home they said that I could start on a soft diet. The moment I started that, the pain came back. Then we had a number of blood tests done. They asked for CEA. (Turns to his wife.) What else? I have forgotten.

W: (She prompts him.) Endoscopy.

P: No. Not endoscopy. They asked for an abdominal sonography. Nothing was found. Then we

changed doctors and this doctor advised endoscopy. First he suspected lead poisoning because I was also taking some Ayurvedic 1 medicines. So he had the basophil test done and that was normal. Then he did the endoscopy and he found that it was H. Pylori that was creating all these problems, and he gave the antibiotic for ten or fifteen days. (Once again he turns to his wife.) What was the name of the medicine?

W: Claribid.

P: Yes, Claribid for fifteen days, four tablets a day, and that gave me seventy-five percent relief. Various other medicines were also on. But the pain never went away. Then again we complained to him and he said that now it was better to get a scan done. We had a CT scan done which revealed nothing more than some fatty deposits on the liver. Then he prescribed some new medicines but we were losing patience. The pain was not going. I went to another doctor. He repeated the endoscopy. He too suspected H. Pylori infection. But the test was negative. He also asked for other tests: triglycerides, glycosylated haemoglobin, and CEA test for cancer; he ruled out that. Everything was normal. Then he asked me to go through a Barium test, and in that he found some portion of the intestine slightly dilated. He said that it might be ischaemia. He advised a colour Doppler test to see if the blood circulation was okay. We went for that. That was also found normal. He has one doubt till today and that is it could be Tuberculosis. He asked me to wait for fifteen days, to stop all medication and see if I am gaining weight or not. If not, we will get the Tuberculosis test done and then start the medication for the same. Ten days have passed and this is the second attack of pain in ten days. I have lost, in the last one and a half month, almost eight kilos of weight. Since the last fifteen days, I am on a soft diet in the morning, no spices whatsoever. I am taking a lot of fluid as he advised. 2 But when the pain starts, for example, right now it is there, you lose... if somebody asks your name you do not know... 3 that kind of pain it is.

D: Tell me what type of pain it is?

P: See, it is gripping pain, burning sensation simultaneously. And if you press it you feel slightly relieved. Absolutely in this uppermost portion, here (points to the epigastrium). And if somebody hits you from the back also, you feel relieved; in the lowermost portion of the ribs. Appetite is normal; I feel quite hungry. But when the pain starts you feel like jumping 4; it is terrible.

D: What?

P: It is so terrible, it is so disturbing; you cannot sit, you cannot sleep, you cannot do anything.

D: You feel like jumping?

P: Jumping in the sense you become very restless. And that whole pain is concentrated in the entire upper abdomen only. There is nothing in the lower abdomen.

D: Describe the pain some more? 5

P: Okay, fine. See, the pain... if I press it like this, deep inside it is giving me relief. (He presses his fingers deep inside the epigastric area.) Pressing it inside and upwards. This gives temporary relief. And the second nature of the pain is that it is spasmlike; I get relief for five to ten minutes and then again it will start. There will be an attack again; then it will last for ten minutes and then again subside for five minutes. When you pass gas from above or below, you feel relief for sometime. And when an attack comes you start perspiring badly. I mean when the pain comes I start perspiring, and you lose orientation in the sense that if somebody is asking you something, he has to ask you two or three times. (He arches backwards a little in his chair and then comes forward and sits erect.) And you feel a little better if you sit erect like this. While bending there is pain. And on sleeping also there is pain. I mean there is no position in which you get relief.

Besides, there are loose motions that are chronic; they are there since the last ten years. My bowels

are absolutely erratic; sometimes I go two or three times a day, sometimes not at all. Normally, in the morning, after lunch and after dinner is regular. When the pain starts it is as if I get anxious.

D: Anxious meaning?

P: You get scared; there is a fear.

D: Fear of what?

P: As if, you know, all of a sudden you have heard a bomb blast or something, for sometime what you feel... that kind of thing comes. 6

See, this time, today, it has started in the morning and it went on and on till I had lunch. After that it was aggravated and then I vomited twice. But I took some medicine after that, some pain killers. The typical pattern for the last one month has been that it starts at 11:00 am, then it will go on increasing, then it will remain till the evening, till 7:00 pm or so, and then it will subside. In the mornings there used to be nothing till 10:00 am or so. Today is the first time it started in the morning, no? (He asks his wife.)

D: Say something about your nature. 7

P: I am impulsive. I get excited fast and cool down also fast. In the last ten years I have lost the natural cheerfulness that I had earlier. I have had bleeding piles since the last ten years and probably since the day the piles started I have lost that. Before that I was considered the most cheerful man, and now it is exactly the opposite. But my wife and child have never seen me in a good mood around the house. All the time I feel tense for some or the other reason. 8 It is not the same reason all the while. Even some small thing in the office irritates me. If something is not done as per the way I feel it should have been done, it irritates me. If some thing has to be done, and repeatedly it is not done, it irritates me. I have a daughter, and so her development and upbringing also keep on worrying me; I keep on worrying what will happen to her. The office is also highly competitive: handling projects, construction of factories, etc.

(His wife reminds him about his hypertension.)

P: Yes, I have mentioned in the questionnaire that I have hypertension. I take two antihypertensives in the morning, and with those it is 140/90. I have the old problems of dysentery and bleeding piles. Even now the piles are a problem. If I apply a cream then the stool passes smoothly.

D: Say something more about your nature.

P: Yes. As I said I am quite impulsive, and I get irritated fast. What else? I have strong likes and dislikes so far as persons are concerned. With regard to food, I have no specific choice. I cannot sleep at night since the last four or five years. I am absolutely restless. I get up at least four or five times in the night; I feel thirsty. If you ask me about my nature that is what I can say: I am temperamental. And you know all the time I feel depressed. 9 My daughter also asks me why I sit and frown all the time. It is like a run down condition. When I wake up in the morning also I am not fresh. During working hours I am a little normal. But when I return from the office, I am exhausted totally; I do not feel like going out. Another thing about my nature: I do not like noise at all. Even if there is a child playing in my house, I do not like it. 10 I feel like sitting idle, alone. I do not feel like talking to anybody. I do not like watching TV. I do not like to do any activities, not even reading the newspaper. "Leave me alone!": that sort of a thing. And my nature is of course that I get irritated and tense more. For small, small things I get irritated. Earlier I used to quarrel and there would be outbursts. 11 But now, though I get the same irritation, I do not quarrel because it creates some vibrations in the family, and my parents live with me and they get disturbed. So I do not shout now.

D: So what is the situation in your work that is causing stress?

P: All the time tight schedules for project completion. Sometimes they are unrealistic tight

schedules. And my employers approach is that you deliver the job and take your money and if you do not deliver you get lost. There is no job security whatsoever. They pay higher than the market. But they all admit openly, including the chairman, that so long as you are performing it is fine, but if you do not perform say goodbye. Even if you have performed for five years for the sixth year that has no credit. You have to constantly perform. 12 There is also tough competition in whatever you are doing, for coming up in the organization.

Touring has now reduced, but three or four times in a month I have to go out for a day, to project sites. I have been travelling internationally quite a bit for the last three or four years. No rest at all; you know, for all twenty-four hours I am tired. If about my work you ask me, it is all tight schedules, competition, ever increasing work pressure 13, less supportive staff. I changed my job four or five years ago. For about sixteen years, I was with a company that had a totally different work culture. There unless you were dishonest everything was pardoned. And you had your own support; down the line also people were very well paid so you had support from your staff. Here the thing is that the top few are paid twice or three times the market rate, but there is no support down the line, and so constantly you keep struggling with inefficient people. And you do not feel like leaving the job also because you are paid twice or thrice the market rate. In fact I had resigned some time ago. I said that I could not pull on like this for any longer. They persuaded me and again gave me some award, and I continued.

D: What dreams do you get? 14

P: I sometimes worry about my financial planning. I have not made good investments. I have been earning satisfactorily, but have not made proper investments. I had made investments on the advice of my friends and all that is lost.

You were asking about dreams... mostly I forget when I wake up in the morning. Once, sometime I remember it was related to my office work.

I am constantly worried about my daughter. She is twelve years old. I have seen what it was like to get my five sisters married. They are all extremely well qualified and highly educated, but then too I have seen what the norms of society are. A girl child... that is always a cause of tension for me. At the back of my mind it keeps on hitting me: "What will happen, what will happen, what will happen?" If she is slightly ill, I get terribly disturbed.

D: What do you feel?

P: Sometimes I get nauseous, become absolutely sleepless, and I cannot concentrate at work. 15 I am more worried about her upbringing: that is also a psychological conflict I am going through. My brother is a literary man, a professor and a known philosopher. He advised us that she should study in the vernacular; we speak the language in our family. Now, although she has reached the seventh class, I am always going through the dilemma whether what I have done is right or wrong. In my life whenever I have not been in a position to decide I have always gone by my brother's advice. He may seem wrong momentarily, but I have seen over a period of twenty years that he has always proved right. So I took the plunge. 16

I feel that she should develop good habits; she should be regular, organized. I do not bother whether she gets good scores or not, but at present these things are not being done. I have married a non-working woman so that she can devote her full time to our child. But probably we have been brought up differently, in a much more alive and a much more educative environment as compared to my child. My grandfather would typically treat us as children. When we were studying he would not expect that at sharp 3:00 pm I will go and study. Everyday, for all three hundred and sixty five days of the year, he would call and I would go and study. Here, what happens is that my wife will tell

my daughter ten or fifteen times and then give up. I also am physically tired and physically unwell, and mentally I expect my wife to do it; I feel that it is her duty to take care of the children. Many times my daughter tells me to tell her a story, or to tell her things about my childhood. Even if we are taking a walk, I do not feel like talking anything. I have become an absolutely isolated person mentally. 17

D: How?

P: I do not feel like talking with anyone; not with my wife, not with my child. I do not like watching TV or reading the newspaper. If guests come home, I do not like it; I expect that they should finish their work in five minutes and then go away.

D: Why?

P: I do not like talking.

D: Can you describe this feeling a little?

P: I am unable to identify a one to one correspondence as to why it is happening. Most of the time if I receive phone calls, now even from my brothers and sisters, I ask my family to speak with the m. I do not feel like talking. I am exhausted for all twenty-four hours. 18

D: You say you were not like that before.

P: No, not at all. I was absolutely, a hundred percent different. If I was to talk about my college days, I participated in all extracurricular activities: musical evenings, elocution competitions, essay competitions. I was the most wanted person around. Besides my own class, even if someone else was going for a picnic they used to insist that I come along. I used to sing a lot of songs, recite poetry. Even in my family if anyone was going out, they would say that if I went along then they would enjoy. My nephews, nieces, all the children in the house used to love me; I used to play with them a lot, talk to them a lot. Getting my sisters married was a major tension, but all the time I did that with a very happy mood. Family tensions now are nowhere compared to what they were ten years ago; financially also we were not at all okay. During my studies I pulled on with scholarships. I had to get my five sisters married; my father was retired. But through all those pressures I was cheerful. I do not know... physical fatigue, or this piles problem... what changed me I do not know. I think my wife will recall that even when we got engaged I used to be in very good... we travelled a lot together. Almost every week I used to go and meet her. In fact I found that she spoke less and I was talking too much. Now it is exactly vice versa; I do not know how this is.

D: So, what happened to change it?

P: It is really difficult to correlate one to one. Physically I have not been keeping well. I married at the age of thirty-two. Since the last five years all the time I feel tired, exhausted. This job I changed just four years ago, but this is from even before that. When I return home in the evening I refuse to accompany my wife anywhere. I feel tired all the time. My nature has become irritable after this blood pressure and piles problem also.

My father's long illness also made me a little tense. He was staying with us. All the time you are living under tension as to what will happen to him. 19 He ultimately died of a cardiac arrest. He had diabetes since thirty years. I was the one responsible for taking his sugar levels. On Saturday, I used to take his sugar level and if it was high again there would be tension. My mother would not say anything, then after sometime she would come out and say that she had given him sweets the previous day. Then immediately I would get worked up and shout: "Why are you doing this?" I would take him to the doctor and the doctor would say that everything is fine, and when he would come out he would say that he had been asked to take two blood pressure tablets and had of his own accord reduced it to one. I was just... it was like a bomb blast. 20 I would lose my temper like

anything. I would say: "Why are you doing this?" I was so attached to my father that after losing my temper I would feel like weeping and feel: "Why am I doing this?" But now that he is not there, we realize that this is the behaviour typical to old aged people; they do not listen to anybody. I used to get irritated too fast and say all nonsense.

D: What dreams do you remember as a child? 21

P: When I was a child I had the feeling several times that I had dreamt of snakes or something that I was maximum scared of. I used to dream of fire. I had a feeling of falling from very high, and I had gotten up many times. That happens even now, as if someone has thrown you off from the top and you get up from your sleep. Sometimes I would suddenly wake up from my sleep, as if someone has woken me up; I would sit up suddenly and everyone would ask me why I have woken up. Then immediately I would go back to sleep. From the last couple of days I am on sleeping pills. 22

D: Earlier what other dreams did you have? Just try and remember.

P: Nothing specific. I used to dream of a lot of sea. Our house used to be close to the sea. But these dreams were never frightening.

I had an arthritis in my younger age, but there was nothing frightening as such.

D: What was these dreams of fire that you mentioned?

P: I would dream that all of a sudden our entire house is engulfed in fire.

D: And where are you in the dream?

P: I always see myself as separate. I am outside. I have run out of the house and am shouting. I would see myself as a dead person. 23

D: Tell me about this.

P: I could see myself lying dead on the floor and all my family members weeping. I would also see myself as a third party viewing or watching that.

D: What is the feeling?

P: I feel: "Why are these people weeping?" And I would want to talk to them. But in my sleep, being unable to talk, I would feel a pressure in the chest. I feel like telling them: "Do not weep. I am alive." I see my dead body lying there.

Then sometime while visiting a place I have the feeling that I have seen it. For example for the first time when I had been to a place of pilgrimage in West India, and I had the strong feeling that I had seen it a number of times before, that it was not a new place.

D: What other things do you remember?

P: (He suddenly looks very uneasy.) No, nothing. Now the second attack has come.

Observation: He begins to shift in his chair, and sits up straight with his back slightly arched.

D: What do you feel now? 24

P: I feel terrible pain, gripping pain. 25

Observation: He starts digging his fingertips into the epigastric region.

D: Gripping?

P: As if somebody is pressing it from inside. And also burning sensation. (He sits for a few seconds with all his fingers digging deep into the epigastrium.) I feel like gas is trying to come out from the top but it cannot come. Now see, the way in which I pressed it, I felt relief. The pressure should be pointed upwards, like this. (He presses his fingers inwards and upwards.) Because of my tense nature, and because I was suffering from hypertension we had a stress test done a year ago. That was absolutely normal.

D: What do you mean when you say you are impulsive? 26

P: I get irritated fast. For example, if my wife has forgotten something, I get worked up fast; I start

shouting. If there is good news, I want to tell everyone. I cannot keep it with me. I will feel better if I go and tell it to five different persons. 27

D: What do you like in food and drink?

P: I love routine food. I like some specific vegetables, like eggplant and bitter melon 28. I like sweets. I do not like snacks too much.

D: Do you like sweets a lot?

P: Not too much. Given a choice I would prefer simple food to decorated foods; it gives me more satisfaction.

D: How much do you perspire?

P: I sweat terribly. When I drive my shirt is almost completely wet. The entire head is also wet.

D: Does the perspiration leave any stains on your clothes?

P: Earlier it would stain reddish, when I was twenty or twenty-five years old. It was washable, but you could see a reddish tint, or a sort of saffron colour.

Now that pain has gone; it has subsided now. It was like a wave, and now it has gone.

Another thing: since the last ten years I have a problem which I cannot explain. It is not a cramp, it is not pain. It is a tingling feeling in this muscle, the calf, and also in this bone. (He points to the tibia.) I get a terrible tingling feeling in the sense that earlier I had to tie it with a rope or something, and then only I could sleep. But you feel like stretching it. You feel like stretching and stretching and stretching it. Now when you tie it with a rope or with cloth and then you stretch it you feel relaxed, completely. My younger brother must weigh around seventy kilos and he stands and jumps on both my legs. And this is a regular affair unless we... Believe me we have this thick wooden stick which my wife has to hit on my legs everyday. This will go on for almost five to seven minutes before I can sleep. 29

D: Then it is gone?

P: Once I sleep then there is no problem.

D: Is it always before sleep?

P: It is always before sleep. Earlier it used to come on only at night, but now it also comes on in the daytime. The moment I stretch, I get this feeling.

D: The moment you...?

P: The moment I stretch... you know when you stretch out, try to sleep, even in the daytime I get this feeling. Now I have also observed that after I have had a long flight of ten to twelve hours, I get this feeling. We did a lot of things for this, took a lot of medication.

But it is still going on. Only one medicine that acted was Tegretol (Carbamazepine). You take half a Tegretol, and within half an hour you just fall asleep, as if there is nothing, and you feel absolutely relaxed. But then a friend of mine advised me not to take Tegretol on a regular basis, and so we discontinued it. I also get relief if I apply a very powerful balm that produces a burning sensation. Or if I use a heating pad then also I get relief.

D: Generally, do you tolerate heat or cold better?

P: I tolerate the cold better; heat is something that is unbearable. Heat in the sense that if this room is at the point of suffocation, I do not mind; any level of suffocation I do not mind. In fact I like heat. If I go close to the boiler, I like it; I feel like standing there. Even on a normal working day if the heating pad is close to my body, I like it. But if I go out in the sunlight, within ten minutes I get a headache. I cannot even walk a hundred steps in the sunlight. The first symptom when I am out in the sun is that I get a noseblock, feel a swelling in the nostril. Then I experience nausea. And that

headache does not go for days.

D: Can you tolerate the cold weather?

P: Yes. I can tolerate any amount of cold.

D: And you can tolerate the heat as well?

P: Yes heat also, except sunlight.

D: When you say you can take suffocation what do you mean?

P: Suffocation meaning that inside the room if it is hot, it does not really bother me much. Sunlight is the only problem.

D: If the windows are open or shut, it does not bother you?

P: It does not bother me.

One episode I forgot to tell you, which I have written about. Three years ago I was admitted into a hospital for about twenty days. I had high fever. They treated me for malaria and for typhoid. The fever was not becoming normal. Then they asked for the alpha-foetoprotein; those levels were raised. They had suspected it could be due to testicular tumour, or liver disorder, or colitis. They suspected cancer of the liver and advised us to see another specialist. The endoscopy and radioisotope studies were normal. The sonography also was found normal and testicular tumour ruled out. They even suspected tuberculosis of the bones. After a variety of trials one doctor advised that I just relax by taking a holiday. I was discharged from the hospital as case of "Pyrexia of unknown origin". When I returned after fifteen to twenty days the alpha-foetoprotein levels came back to normal. I have been absolutely normal since. 30

The gripping pain has now gone totally, as if there is nothing. There is a slight burning sensation, that is all.

D: What are the situations that make you particularly tense?

P: Professionally, if I feel that I will not be able to meet targeted dates for completion of work, I become tense. Till we resolve the problem, I am tense. And at home I told you, one thought about my daughter and I am tense; it is like a bitter pill in the mouth.

D: What is that?

P: The moment I think about my daughter I feel what will happen? She is now twelve years old.

D: So, what is your worry about her?

P: She is not groomed as yet.

D: What do you mean when you say: not groomed as yet?

P: She is very irregular.

D: What do you mean: irregular?

P: She does not study regularly. And she does not keep her things in an organized way.

D: How are you in keeping your things?

P: I am also disorganized, completely.

D: In what way?

P: In the sense that if you see my table, it is not that my papers are in their proper places. I am not a very organized man. 31 I am excessively punctual.

D: In what way?

P: I like people meeting me and doing things in time. Or if somebody has given me a time, I will be there ten minutes before. I like to be there on time. For example to come here, I started to worry right from 3:00 pm whether I should leave half an hour before or forty-five minutes before. It is only a half hour drive and I had to be here at half past four. I feel that if there is a traffic jam, what will happen? So, in fact I reached here half an hour before in anticipation that even if there is rain it

should not create a problem. In professional matters also the same thing happens; I get very irritated if people do not keep time.

D: Has this been there from before your job?

P: No, this has been there right from the beginning.

D: What about catching a plane or train?

P: Yes, I am tense. I am tense at least half an hour before. Unnecessarily I get tense. For example if you are returning home, it does not matter if you are half an hour late. But if they say that the flight home is late, I start to get irritated. I cannot sit; I start walking around.

D: You walk around?

P: Yes. When I feel that things are not going as per the plan, then I get physically restless.

D: You plan things a lot?

P: Yes.

D: In what way?

P: In work, I plan things a lot in advance.

D: If you go on a vacation will you plan things?

P: Yes, we do meticulous planning. We give a lot of leave way for something not going as per our plan. As regards the hotel, I would like to go to a place I have already stayed on, or I will go to someone to give me an opinion. Even the car we have to hire, if it is in good or bad condition. If something goes wrong, for example if in place of a petrol vehicle I am given a diesel vehicle, I lose my whole day. I lose my mood.

D: What is the reason?

P: Because it is a noisy vehicle. For example for breakfast if we are told that we are going to be served one thing, and then we are told that it will not be possible and we will be given something else, I get very... For example you go to an ice cream parlour and you select one flavour out of five, and the waiter says that he will bring it. But then he comes and says that it is not available, I get irritated. "Why did not you tell me at first that it is not available, when I asked you. You should have checked up." And then I do not enjoy the ice cream.

D: Do you like ice cream or not?

P: Yes, I like ice cream very much.

I am also worried regarding my weight loss. After my blood pressure was detected, I have been trying to lose weight. Since the last few years I am very particular about my diet.

D: Are you fast paced or easy paced? 32

P: I am fast paced. I walk fast, I talk fast, eat fast. And I expect my colleagues also to do everything fast.

D: What are your interests and hobbies?

P: Since the last few years I have no interests. But before that I used to love music. I used to play two instruments. I also used to like to hear good Indian classical music. It is in the family. My uncle is a musician, and my grandfather was a musician. In fact my grandfather dedicated his whole life to Ramakrishna Paramahansa. 33 He established a chain of educational institutions in our native place, in the name of Ramakrishna Paramahansa. My brother is a preacher and a well known Sanskrit scholar. I am the only one in the family who is an engineer. The whole family is into fine arts and literature.

D: So, why did you take up engineering?

P: I am the third child; I have an elder brother, a sister and then I follow. My older brother came to Bombay on a scholarship to study literature. And he knew how difficult it was to earn money in that

field. So he started to tell me that if I was going to do the same thing then we would have a problem. So I became tense and started to study mathematics because I wanted to gain admission into a professional course to make more money.

D: But given a choice you would have also taken up arts?

P: Definitely, definitely. I would have been a lecturer or a professor. I like literature.

D: What literature do you like?

P: I like reading autobiographies, mainly. And incidents from the lives of scientists and preachers. Religion.

We do a lot of charity without telling anybody, which gives us satisfaction rather than anything else, in the field of education and health. If I see that somebody is hungry, I will take him to a shop and buy him something to eat. Many times people have to tell me not to be too kind. For example my management is pressurizing me to relieve my first assistant because she is not efficient. I cannot tell her to go, that is simple. I cannot tell a fifty year old woman to go; she starts to weep if I tell her something. I also consider that it is equally the responsibility of the management; if she is unfit, they have to say it. I am too kind and too sensitive. I am excessively attached to the family. If anything happens to someone in the family, we forget everything. My sister's children, my brother's children... if anyone tells me today that something has happened to one of them, I will leave any work aside and run there.

D: What do you feel?

P: I feel committed, responsible in a way. The same thing applies for my mother and father, both. For the last one year I was very disturbed because we thought that we had killed our father. 34 He used to live in Bombay and he went to our native place for fifteen days and had a heart attack. That has been disturbing me for the last one year.

D: What is that?

P: He came to Bombay having a chest pain, and we took him to a cardiologist right from the airport. We told him to do everything for him as if he was his own father. 35 He did an angiography and said that four of his arteries were blocked. He asked us what we wanted to do, and I told him that he should decide what was to be done. He advised that he undergo an angioplasty and that was also done. The pain continued even after the angioplasty. The foolish thing that we did was that we never asked for a second opinion. I just lost orientation 36; I have never seen my father in that situation. We never checked with another doctor. When his pain kept increasing we rushed to another cardiologist, who said it was foolish; multiple vessel angioplasty was not done in India. He said that restenosis has occurred. We were robbed of so much money. We had him admitted into the hospital again for a bypass, and the next day he developed severe pulmonary oedema, and before they could do the angiography he collapsed. I could see him dying but could not do anything. I feel so guilty, as if I have had the biggest insult in my life. I have accepted my defeat. I feel always that I am an idiot. I have no face to tell anyone that I can do something or think something. At least if I had asked some other people... We wept, and wept and wept. My father would do everything we said. And that is why you feel it more. He was like a child of six months; if you took him to the doctor, he would allow him to do everything. That, I cannot come out of it for the last one year.

D: What is your feeling?

P: I feel as if my negligence has killed him. I should have taken at least a second or third medical opinion.

I am also worried about why the pain is not going. More than the pain that also disturbs me: I am unknown diagnosis.

I feel far better when gas gets released from up or down.

D: What did you say, you feel in the calf... tingling?

P: Yes, tingling. I feel like stretching it.

D: Is it a kind of tension you feel in the calf, or what is it?

P: No, not tension. It is a typical tingling feeling, as if somebody is continuously running their fingertips over. My brother-in-law is a doctor and he said that this was called: "Restless Legs Syndrome".

D: Were your legs restless?

P: Yes, when you feel this, you feel like stretching the legs constantly. You tie them, and then again you apply further pressure to feel relaxed. Tegretol worked well.

Now I do not feel any pain at all.

D: When you get the pain in the abdomen, you like to stretch also?

P: Yes. It gives relief.

D: How do you like fried and fatty foods?

P: Not much. I like chillies.

D: You had a dream that somebody was pushing you off a high place? 37

P: I am suddenly falling off a high place.

D: Not as if you are being pushed or thrown?

P: No. All of a sudden, if the elevator comes down from a high place... that sort of a feeling you have in your sleep.

D: And when you look down from a high place also you feel that fear?

P: Yes. The same thing.

D: What made them suspect lead poisoning?

P: Because I had told them that the loose motions problem was since the last ten or twelve years, for which I had been taking Ayurvedic medicines for the last one year. They said that they get many cases out of the village of vomiting and nausea, where people have been taking traditional medicine, and when they investigate they find that the patient has lead poisoning. But they did that test twice, and both times it was negative.

He was given the remedy and asked to report after three days.

Case analysis

Some of the features of his case are:

- Constant performance pressure;
- Feeling of responsibility;
- Pain coming in "attacks";
- Feeling of sudden danger to his life;
- Structured manner of talking;
- Extreme irritability and sensitivity;
- Desire for sweets;
- Anxiety, from anticipation;
- Need to keep appointed time.

Miasm is syphilis or near to syphilis.

With such a cursory look at the case one can attempt to "fit" the patient into the remedy *Argentum nitricum*. But with a little more attention to detail it can be seen that there are very important aspects of the case that do not fit into the prescription of *Argentum nitricum*. The most striking of

these is the marked amelioration from very hard pressure. A man weighing seventy kilogrammes has to stand on his legs to relieve the "tingling" sensation! The same modality applies to his abdominal pain. He also gets relief from stretching. Further, his tremendous sense of responsibility is more like Aurum metallicum or Platinum rather than Argentum nitricum; it is seen amongst remedies of the heavy metal group. If one takes the symptoms:

- Abdominal pain, pressure ameliorates;
- Abdominal pain, stretching ameliorates;
- Extremities pain, pressure ameliorates,

the remedy that comes up is Plumbum metallicum. Now the rest of the case falls into place.

Plumbum is a heavy metal, one of the heaviest in the Periodic Table. It belongs to the last line of metals, along with Aurum and Platinum. Common to this group of remedies is

a very high degree of performance, as well as a very strong feeling of being attacked, and the subsequent need to defend. The emphasis on performance of an extraordinary kind makes these individuals also very highly responsible and conscientious. This is seen especially in Aurum metallicum which has the symptoms: "Delusion, reproach, has neglected his duty and deserves" and "Increased scruples of conscience". Amongst the symptoms of Plumbum metallicum are: "Delusion, castles and palaces, sees" (as if he is a ruler of the highest order), "Fear, assassins of" (as if he is a very prominent personality and there is a conspiracy to attack and kill him). All the remedies from amongst the heavy metals belong to the syphilitic miasm. For more details about my ideas on the remedy, I refer the reader to "The Substance of Homoeopathy" and "The Soul of Remedies".

This patient comes with the complaint: attacks of acute abdominal pain, with which he becomes anxious and loses orientation, as if there has been a bomb blast. An event of great stress for him was the illness and death of his father. He took up the responsibility of looking after his father's health, monitoring his blood pressure, etc. If the blood pressure was even slightly high, he would react immediately; for him it was like a bomb blast. His feeling is that he is responsible for his father's health, and even a slight slip up spells doom; everything is finished. So great is his feeling of responsibility. One can therefore envisage the guilt that he feels when he holds himself responsible for his father's death. Here he connects the chief complaint connects with an event of major stress in his life; this event could have served as an exciting factor for his present problem.

He feels responsible for his family, their health, getting his sisters married, his daughter's upbringing. His tremendous sense of responsibility is also evident from the high position he occupies in his company. His dreams of falling from a high place are related to this. His other dreams are of fire and snakes. In all his dreams there is danger to his life. His feeling is that there is danger all around him, and any time he can be finished. In one of his dreams he sees himself as a dead person. He is also dependent on the advice of others and does not seem to have enough confidence to take a decision by himself.

There are very strong modalities of Plumbum and an understanding of the patient that matches the picture or concept of the remedy. But what confirms the prescription is the gastroenterologists diagnosis of suspected lead poisoning. This is the Law of Similars: he has not consumed any lead, but his symptoms are similar to a person who would have been poisoned by it. This makes the prescription absolutely sure.

Rubrics:

- Abdomen, pain, pressure ameliorates;
- Abdomen, pain, stretching ameliorates;

- Extremities, pain, pressure ameliorates;
- Pressure ameliorates, hard;
- Delusion, danger, of, life, to his;
- Delusion, crime, committed, he had;
- Dreams: falling;
- Confidence, want of self;
- Talk, indisposed to, desire to be silent, taciturn;
- Company, aversion to, alone, ameliorated, when;
- Cheerfulness, gaiety, happiness, mirth;
- Ailments from anticipation.

A single dose of Plumbum metallicum was given to him on 29.06.98.

Follow up

02.07.99

P: After the first dose, at night itself there was relief. And then for the next two days there was no pain. There has been a dramatic improvement. Now in the afternoon hours, I still get some stomach pain. But then it subsides. It is not getting aggravated. I was scared to take food, I am still on a light, boiled diet without any spice.

Sleep is still a problem. On the day before yesterday, I could not sleep for the whole night. I slept at 5:30 am and woke at 7:00 am. That restlessness of the legs is still creating a problem. A heating pad under the calf gives a lot of relief. Now even tying is not giving relief. The pain is the same as it was. And the fissures and piles still give a problem. Stools are still irregular. In the immediate problems there is a dramatic improvement. The others are chronic problems. I had given up hope and my family members were totally frustrated. My weight has been steady since the last three days.

D: So, what was the improvement after taking the dose?

P: Normally after meals I would feel a pain in the stomach; a burning sensation and upper abdominal pain. On that day I did not have that. The second thing is that I could sleep well on that day. On the second day I could not sleep all night. Also, after starting this medicine my run down condition has improved a little. At home I used to virtually fall down; I was like a dead body. Now I can see an appreciable difference in that.

09.07.98

Generally better.

Much pain for two days, but better since the last three days.

Remedy not repeated.

11.07.98

In a lot of pain.

Plumbum metallicum 200C, single dose, repeated.

16.07.98

Pain much better, but comes once every two or three days. Intensity of pain is less.

Remedy not repeated.

23.07.98

Three or four attacks of pain lasting one hour each. Intensity very much less. Pain relieved from passing gas, and from taking antacids.

Remedy not repeated.

30.07.98

One attack of pain in the last week for which he had to take an antispasmodic.

Bleeding piles; passage of drops of blood with the stool.

Constipation. 38

Remedy not repeated.

18.08.98

Bleeding and painful piles.

Plumbum metallicum 200C, single dose, repeated.

22.08.98

Bleeding better but pain persists. Sleepless due to the pain. Pain aggravated for an hour or two after stool. Cannot do any intellectual work because of the pain.

Remedy not repeated.

19.09.98

Generally better, and has developed itching eruptions.

Remedy not repeated.

26.09.98

Gripping pain in the abdomen.

Painful haemorrhoids.

Plumbum metallicum 200C, single dose, repeated.

He continued to follow up once in a month. The pain did not recur. His blood pressure medication was reduced by half. The remedy was not repeated in this time.

12.04.99

Pain had totally gone. Ten year old problem of loose motions had also stopped. But four or five days ago, abdominal pain and loose motions after eating salad. The pain still persists today. The tendency to loose motions is also reappearing. Antihypertensives reduced, and blood pressure remains 130/80.

Tingling in legs still continuing. Cannot sleep unless legs are tied with a rope or someone jumps on them. Must hit the leg with a heavy stick when the tingling comes on.

While climbing stairs, palpitations and the sensation as if the heart will "ooze out".

There was an appreciable change in nature, especially in the irritability. This was also noticed by others. But now slight irritation is reappearing.

Headaches twice a week.

More cheerful. Earlier was dejected and withdrawn. Happy with the change in nature. Now spending time teaching daughter, planning holidays, etc. Everyone else is also happy with the change in nature.

Stress level at work remains the same but handling it better. "Whatever is to happen, let it happen."

Was tired fast, but now can go for a walk after a days work.

Earlier would completely lose concentration and was unable to read when there was stress. Now there is a radical change in that. Colleagues also notice the change.

Had lost interest in sex. Now there is a change in that.

Dreams of father asking whether everything is okay. No dreams of fire, falling, being dead.

P: The work environment has not changed, I have. I tried to excel. That I do not do anymore. I cannot change the world. I am not dejected but I compromise. I do not stretch it to that extreme. Sleep has improved.

Still irritated if someone is not on time.

Plumbum metallicum 200C, single dose, repeated.

15.07.99

Constipation.

Tingling in legs; must tie with a rope. Increased since eight or ten days.

Sleep disturbed.

One dose of *Plumbum metallicum* 200C repeated.

31.08.99

Blood pressure 150/90.

Restless since last one and a half months.

Headache like a cap.

Piles trouble. Constipation.

Feeling of general wellbeing is less.

Dreams of war and I am trying to save my family. I am taking whatever I can and leaving.

Plumbum metallicum 200C, single dose, repeated.

He continues to follow up regularly, and will require to continue treatment for a while.

Malaria

Stramonium

Case 23

One of my patients, a child of about seven or eight years, came down with high fever, with chills and vomiting. He was diagnosed as having malaria. I had prescribed *China* 200C to be given three times a day. But after two days his condition was the same. He was active and playing about in spite of the fever. Only when the fever was very high, he would want to lie down. He was also afraid of the dark. His fever had started when he had missed a particular homework assignment for school and he had been very scared that his teacher would yell at him. I gave the child a single dose of *Stramonium* 1M and the fever disappeared the next day.

Carbo vegetabilis

Case

One week later, his older brother, aged seven and a half years, fell sick and was also diagnosed as having malaria. His body temperature was 102 °F, and the fever was of a continuous type. *China* 200C was given three hourly without any effect and the following day the child was brought to the clinic. He was very weak, could hardly manage to walk. He had a dull look on his face. He put his head down on the table, and could hardly lift it up when he had to answer a question. He had not eaten anything since the onset of the fever, was refusing everything that was offered to him. His history revealed that he had to take a particular book to school, which his father had not yet bought for him, and he was scared that he would be yelled at by his teacher. He was fearful by nature, and with the fever was especially afraid in the dark. He could see monstrous faces in the dark. His blood smear showed malarial parasites. Based on this history, and deriving encouragement from the fact that his younger brother had done very well on *Stramonium* he was given the same remedy, but without any effect. He was hospitalized because of his very poor general condition. His urine sample showed the presence of ketone bodies. He had an ESR of 65, and his white cell count was 29,000.

The next morning his temperature was 104 °F and his general condition was the same. A paediatrician had been called in and had strongly recommended antimalarial drugs. One of my colleagues also took the case again and suggested *Stramonium* be continued. But by afternoon there was no change at all. I took the case afresh and obtained the following history.

The boy had seen his teacher shout at one of his friends for not having brought a book, and he was afraid that he, too, would be yelled at. The fever had begun the same day with vomiting, and as it rose higher the patient has become delirious. He had been lying down on a bed in the centre of the

room and in his delirium had told his father that the cupboards were falling and they would soon fall upon him. He wanted the fan to be switched on, but there had been a power failure at the same time, and in his delirium he could see two women fanning him.

He was a fearful child by nature, extremely afraid in the dark, and was seeing horrible faces in the dark. If his teacher ever shouted at someone else in the class, he would get scared as though he had been shouted at. He was slow in writing; he would write very, very slowly so that his handwriting was very neat and the teacher would not shout at him. In the bargain he would be lagging behind the class. It took him long to comprehend his lessons; he would have to read them three or four times over before he could understand them. He had been given *Baryta carbonica* until the fever had come on and had been responding well to the remedy.

Malarial parasites had been detected in his blood smear but he had not had a single rigor. He was very dull, and was hardly showing any reaction. When asked a question, he was barely able to open his eyes and mutter a few words, and then he would become listless once again. It was a dull, stupid kind of a state.

Looking at his general condition, I thought that he would need a remedy like *Baptisia*. But I looked up the Repertory and found listed under the rubric: "Delusion, walls falling", the remedies *Lyssinum*, *Cannabis*, *Argentum nitricum*. Then there is a subrubric: "Delusion, walls falling inward before an epileptic fit", and under it are listed *Carbo vegetabilis*, *Lyssinum*. Of these remedies *Carbo vegetabilis* caught my attention instantaneously, and then things started to fall into place. The desire for fanning is also a symptom of *Carbo vegetabilis*, as is this kind of lack of reaction. He had malaria, but not really a high temperature and no chills. In malaria the temperature can be very high and the chills very severe. The feeling of everything falling on him is a feeling of suffocation. The carbons are really thick, sluggish, startled and easily frightened.

This boy was in a state of collapse, as in a grave disease, with weakness and air hunger. He was by nature slow thinking and indolent. *Carbo vegetabilis* has been described as a remedy where everything is sluggish. Here are some symptoms of *Carbo vegetabilis*, as given in Phatak's "Materia Medica":

"The vital power becomes low from loss of vital fluids, from grave or serious diseases, from effects of drug and disease, or from obstinate complications... State of collapse in cholera, typhoid or other grave diseases when the patient is almost lifeless, cold body, breath cold, pulse imperceptible, respiration quickened, must be fanned very hard... Always weak, sick, exhausted... School girls and boys are sluggish, slow to learn, suffer from night terrors, will not sleep alone or go to bed in the dark. Lack of reaction after some violent attack, violent shock, violent suffering... Indifference, hears everything without pleasure or pain. Aversion to darkness. Fear of ghosts. Sluggish, stupid, lazy. Easily frightened or startled... Loathes even the thought of food... Aversion to the most digestible and the best kind of food."

He was given the remedy in the 1M potency. The first dose was given at 3:30 pm, at around 8:00 pm the fever rose to 106 °F and he was shaking with chills. I was called to see him. The first thing I noticed was that his eyes were open, and I reassured them. He was awake, not dull, and there was some reaction in the case now with the appearance of symptoms that one normally throws up in malaria, rather than the previous lack of reaction. The next day, he broke out into a rash from head to foot. His body temperature went up to 104 °F at 8:00 pm that day, and was 102 °F at the same time on the following day. After that, the fever did not recur, his appetite and general condition steadily improved. Both brothers continue to follow up, and neither of them have developed a similar problem in the last four years.

Appendicitis

China officinalis

Case 24

Mr. P., a man in his late thirties, who had been my patient for over ten years came down in July 1997 with an acute pain in the abdomen. He reported the symptoms over the phone to me, and said that he was better from hard pressure and from bending double. I suggested that he take Colocynthis 200C, but there was no relief. Subsequently he took an antispasmodic, but again without any relief, and I had to advise him to go to the nearest hospital and have a surgeon examine him.

He had to be admitted there, and was diagnosed as suffering from acute appendicitis. The same night he developed fever and rebound tenderness of the abdomen. The surgeon on duty suggested surgery the next morning, an opinion that was confirmed by a second, senior surgeon.

The patient was reluctant to have surgery, and he had been under my care for several years. I retook his case. He had developed an acute abdominal pain in the evening, and with the pain he had become very restless, almost beside himself. Bending double gave some relief but not too much. Then between 10:00 pm and 12:00 pm he had developed a chill, and accompanying the abdominal pain there was a stiffness of the extremities, so that he found it difficult to extend them but not to flex them. He was very anxious with the pain, did not know what to do, what would happen, and was unable to speak, even on attempting to. Also, the slightest movement would cause him pain. Since the fever he had developed a bitter taste for water and a tastelessness for food.

I asked whether he had been worried or tense recently, and he said that he had been upset that his sister was being troubled by her mother-in-law. I asked him what he felt about it and he replied: "Why are they troubling her so much?" Also, while I was taking his history he was concerned about not being able to report to work the next day, and how the others would manage things in his absence. He started to give phone numbers of people who would fill up for him while he was away. He had been on Kalium carbonicum for some time before this episode of pain, and I knew him to be very conscientious about work, but he would always do his work with much grumbling. He complained often that people were harassing him, and his tone of voice and the expression on his face gave one the impression that he was being troubled.

One of his usual complaints had been of flatulence, especially after eating. He would feel as if the whole of the abdomen was packed. He also had a desire for spicy foods.

I prescribed China for him on the following symptoms:

- Taste bitter for water;
- Delusion, persecuted;
- Chill at midnight;
- Stiffness of the extremities;
- Abdomen, inflammation of, appendix.

I gave him China 1M to be taken every three hours, and since I was very certain of the prescription, and also from my own clinical evaluation of the patient's condition, I felt that the situation was not acute enough to warrant surgery. I had him shifted to the Homoeopathic Hospital where there was a surgeon available in the event of an emergency. He was started on an intravenous solution of dextrose saline and kept nil by mouth, while the China 1M was being given to him three hourly.

When I saw him the next day, he was much more comfortable. The pain was much less and he was able to change position without much pain. The rebound tenderness was still present.

He continued to improve over the next couple of days ; the pain had reduced a lot, as also the rebound tenderness. He was still being given China 1M three hourly.

On the fourth day after admission, he was started on a liquid diet, and was shifted to semisolid foods on the fifth day. He was now able to pass stool without any pain.

On the sixth day, he was fit enough to go home. I asked him to now repeat the China 1M six hourly, and after two days he resumed work. Ever since there has been no recurrence of the acute pain, and apart from flatulence he has remained free from any physical problem. He has become less complaining, and he works without much grumbling.

Eczema, nephritis

Calcarea sulphurica

Case 25

A five year old girl, who had been under the care of one of my colleagues for infantile eczema, was brought to me on 30.11.96 with pustular eruptions, a result of the eczema having suppurated. The eruptions were all over the body, but especially on both the legs, from the knees down. Since the last two days she also had generalized oedema and her urinary output had dropped drastically. She had been diagnosed as having acute post-infective nephritis.

She had received the remedy Lyssinum from my colleague. She had been made to use a lot of steroid based creams before her parents had consulted my colleague. Once on the homoeopathic treatment, she did not need to use these anymore.

A few days before they had consulted me, the parents had taken the child on a holiday, and she had suffered a lot of mosquito bites. She had scratched and torn open the skin on her legs. By the time they returned home she had boils on her legs that were oozing yellow pus. Two or three days later, she developed oliguria and generalized oedema.

She now had continuous itching which was worse during the night, worse when she was hungry, and worse from the draught of the fan or air-conditioning. She always wanted the air-conditioning on during the night, but also wanted thin covers all the time.

She had become very irritable, abusive, and would shriek and strike. If prevented from doing what she wanted, she would scratch and bite. Her anger would come in fits, and she would cool down fast, and sometimes even be apologetic. At other times she was affectionate. If she started to weep, it would be a long time before she could be pacified.

She was afraid of dogs. She had a very strong desire for fried foods and a mango flavoured drink.

She was abusive and hateful, especially towards her grandmother. Her grandmother had always been very nice to her, yet the child was very rude and abusive towards her. She could not stand the sight of her grandmother. While they had been on holiday, she had been forced to sleep in the same room as her grandmother, and this had upset her a great deal.

She would get jealous if her parents were attentive to her sister and her cousin. She would start shrieking and screaming. She would also start shrieking if she was not allowed

to do what she wanted or if she was refused anything. She would become abusive and shriek: "I will throw you in the sea!"

The itching was very violent and "wild". She would tear up her skin. The pains were unbearable and would cause her to really shriek. She would become very angry if her parents would stop her from itching.

During the fever she was drowsy, had very little thirst, desired covers and did not sweat at all.

She had enlarged inguinal glands on both sides, over one inch in diameter.

In the past she had had episodes of vomiting. These had begun since birth and had been diagnosed as "Reflux" and had persisted until nine months ago. She had also had malaria thrice, and during one

episode she had suffered febrile convulsions. During the convulsion her eyes had been turned upwards, the body had become stiff, and there was no response to external stimuli although she had been conscious. During the fever she had had a desire for biscuits that were sweet and salted.

The child was very inquisitive and was constantly asking questions and touching things in the clinic during the interview.

Case analysis

It is an acute condition and her state is really exacerbated so that the characteristic symptoms are very prominent and can be picked up quite easily. The most striking features of the case are suppurative process and the mental state of the child. Her chronic eczema has become infected and is suppurating badly, and she has developed complications as a result. The remedy selected must have this sort of suppurative process in its pathogenesis. Further, she is very angry, abusive, shrieking, violent. She hates her grandmother, cannot stand the sight of her. She is very jealous if her parents are attentive to other children. Violence, hatred and jealousy are the symptoms here. The remedy that would come to mind is *Hepar sulphuris calcareum*. It is confirmed by the sensitivity to draughts of air and the desire for fried foods.

The rubrics of the case are:

- Anger, children, in;
- Abusive, insulting;
- Shrieking;
- Aversion, certain persons, to;
- Anger, trifles, at;
- Anger, sudden;
- Anger, violent;
- Violence, vehemence;
- Striking;
- Anger, temper, tantrums;
- Discontented, everything, with;
- Irritability, paroxysms in;
- Irritability, trifles, at;
- Nephritis, acute and subacute, suppurations from;
- Nephritis with exanthemata (Phatak);
- Desires fats.

I had her admitted into the Homoeopathic Hospital for observation and gave her the remedy in the 30C potency, to be taken twice a day. Her blood pressure and urine output were monitored at regular intervals.

The following day her thirst had increased a little and her skin looked somewhat better. But her urine output had dropped from 100 ml on the previous day to 75 ml. Her blood pressure remained normal and she was quite irritable. She had been put on a salt free diet.

I took the mother's history during pregnancy. While she was carrying the child she and her husband were living in the USA. Her husband was planning to shift back to India. If she returned home, she would have to live with her in-laws. She did not want this because it would mean giving up her freedom. She had a dream of her dead aunt while she was pregnant, and she also recalled having had dreams of snakes and of the ocean.

The mother was also worried about the health of her father, while she was pregnant. Another cause for tension was one of her sisters-in-law who, she felt, dominated her. She hated her sister-in-law,

and felt that her husband and in-laws were constantly comparing her with this sister-in-law. She felt that they were all very impressed with her sister-in-law, and no matter what she did they would never be impressed with her. She felt also that if she did not bear a son, her relatives would compare her with other women and would pity her.

This feeling of being constantly compared is a feeling of *Calcarea sulphurica*. Also there are the themes of unsuccessful efforts to gain appreciation, and jealousy. *Hepar sulphuris calcareum* is *Calcarea sulphurica* in the explosive form. It represents the violent extreme of *Calcarea sulphurica*. But the feelings are similar in both remedies: of not being appreciated. The reaction of *Hepar sulphuris* is very violent; he wants to set things on fire, kill, act cruelly and hatefully. It is a remedy of the syphilitic miasm. *Calcarea sulphurica*, with similar feeling, only complains and quarrels. The latter remedy I have classified as belonging to the ringworm miasm. The difference is in the depth of the feeling and the intensity of the reaction.

The *Hepar sulphuris calcareum* was continued in the same potency twice a day, and on the third day her appetite and thirst, both, had increased. She was less irritable, was in fact playful. Her urine output was nearly 300 ml.

Over the next two or three days she kept getting better: her skin was clearing, her urine output was on the increase and her irritability was definitely less. But she developed an intermittent fever with chills. Her body temperature was 101 °F and her blood sample showed the presence of *Plasmodium vivax*. I asked that the remedy be given four times a day instead of twice a day, and the next day the chills were less frequent. Around the same time that the fever had developed, the inguinal glands had also become fluctuant and there was the possibility of abscess formation. I now gave her a single dose of *Hepar sulphuris calcareum* 200C.

The next morning she had developed fresh pustules on her legs, but the chills had not recurred through the night. Her general condition was better. I had asked for a paediatric opinion so that her general condition and progress could be evaluated. The paediatrician did feel that she was improving, based on the improvement in renal functions, but also felt that the skin condition was bad enough to warrant the use of antibiotics. She was still running fever and he also recommended antimalarials. *Hepar sulphuris calcareum* 200C was not repeated that night, and the next day there was no fever and some of the eruptions had also disappeared. The remedy in the 30C potency was not enough to alleviate her state, even when repeated as frequently as four times a day. But in the 200C potency it produced a mild aggravation that started to wear off the next day.

She did not suffer the chills again, and her skin and moods kept improving steadily. The glands also reduced in size and eventually did not require drainage. She was discharged a week after admission, and the remedy was not repeated in this time.

She continued to follow up with my colleague and over the next year she did not suffer any physical problem. In that time *Hepar sulphuris calcareum* 200C was repeated twice, and she was later given one dose of *Hepar sulphuris* 1M.

I saw her a year later. The eczema that she had had from birth had cleared up considerably. She had started attending school regularly, which she was unable to do before because of the continuous, violent itching. She was seldom irritable, in fact had become obedient. She was playful, jovial and getting along with other children of her age. She would now cooperate with her grandmother, and though she still was not close to her she would obey her.

The system

An overview of the system

The process of case taking should be directed towards an understanding of the patient. The tendency amongst students and also practitioners is to meticulously, often mechanically cover all aspects of the patient's complaint and all areas of his life and then to repertorize the totality of the characteristic symptoms collected along the way and then find a remedy. While this method does work a lot of times it also fails very often. Besides it allows very little room for the application of homoeopathic philosophy. Case taking must undoubtedly culminate in remedy selection but perceiving the disease of the patients an essential step towards it, and this must be the aim of case taking.

It is essential to be as circumspect as possible in taking a case. Dr. Divya Chhabra likens each step in the case to a circle. Once one circle is complete the next step is a deeper and smaller circle, so that with each successive step one has to come closer to the centre. The case is complete when the centre is reached. In my own practice I have come to regard an ideal case as a series of four steps which can be compared with four spheres each within the other. The centre is common and each sphere is one level closer towards the centre. Each successive sphere comprises of a distillate of data obtained in the previous sphere or level, and in this way the spheres are connected and the case has a direction.

The four levels

1. First level

In the first level symptoms are simply gathered. These symptoms are usually very broad rather than precise. They may pertain to the chief or any other physical complaint or pathology, they may be general symptoms or symptoms of the mind. They may be casual words or expressions used by the patient, or anything at all that comes up spontaneously without having to delve deeper or resort to specific questioning. It is simply an overview of the case. It is like a dot picture where before one begins to connect the dots no particular pattern is discernable. It can also be compared with surveying an area before an archeological expedition with a view to mark out the suitable site.

The most important part of this step is to refrain from direct questioning, to ask broad and non specific questions and to listen in silence to what the patient says. Give the patient enough time in between questions and maintain silence where the patient pauses. Make note of all that is observable, spontaneous and seemingly discrete or unconnected. Data that the patient volunteers spontaneously is very important. The next question should be asked only after having waited long enough and not obtained any further data from the patient. When the patient has exhausted himself or when he starts to repeat what he has already said one can proceed to the next level where questioning begins.

Often the patient himself leads you to the next level if given the time and space to complete the first level. As Dr. Jurgen Hansel puts it: "I do not take a case anymore. I have learned to let the case take me!"

This level can also be compared with going along a flowing river, where one simply observes what happens along the way and in the surroundings. One hears the case in silence and lets the whole of the patient's being unfold. In this time one observes the patient as also the various phenomena that come up, and attempts to understand the patient.

2. Second level

In the second level discrete phenomena obtained from the first level begin to assume some discernable form. The second level is deeper and more distilled than the first level. It would be best

if the patient himself leads to the next level.

The second level is reached by picking up important hints from the first level and questioning the patient along those lines. Or when such a hint is not available one enquires about a possible exciting factor, any stressful situation in the life of the patient, his interests and hobbies, etc. For example if while allowing the patient to talk he has given the hint of some major stress one would ask what major situations have affected him, or if he has described a physical problem one would ask regarding the exact sensations and modalities.

Revelations from the second level help identify which of the discrete elements from the first level is more important.

Dreams are asked for only at the end of the second level. The time to ask for dreams is when one has scraped the bottom of the conscious feeling in each incident and situation. At this stage connections between the conscious and the subconscious are more apparent. The dream will light up many a connecting link between the various discrete elements in the first and second levels.

But one can ask for dreams several times during the case.

3. The third level is the level of directed enquiry.

Here, we go deeper with the patient into those issues or feelings which have been identified as important in the previous levels. We may be taking him into an area which he might not have looked into by himself. This applies to both mental and physical sensations.

Whatever has been found to be peculiar in the previous levels must be probed into and understood.

4. The fourth level is that of the epicentre or delusion or sensation.

Let the patient lead to that sensitive spot or situation of his being and let him be free to express it. One may have to circle around the spot once or twice before he leads us there directly.

Once that gate is opened one enters a different world than the conscious reality. That is the world of the delusion or dream. It should be looked for. When this has been found, the atmosphere changes and one is in a different world. In this world, one is often taken with the patient and is able to see through the eyes of the patient, rather than simply looking at the patient.

Here the connections are unearthed or the common point of the deepest mental and physical sensations obtained in the previous levels surface. At this point the miasm, kingdom, ideas gathered so far concur. It will converge to a sharp focus which will lead to remedy selection.

When we come to the remedy by this process we resort to confirmatory questions about the remedy and also about the kingdom. For example one can ask pointed questions regarding structure, animals or sensitivity to clarify the kingdom.

It is unwise to proceed to the next level before the patient has finished with the previous level. To jump to dreams before you have elicited all the observable phenomena is inadvisable.

This is the system that I follow in practice and that I apply in my cases. However many times when the patient is not leading you anywhere it becomes essential to modify this pattern a bit and improvise. For example, one may ask for dreams in the beginning of the case and then try and understand the nature of the patient.

Principles

A. CASE TAKING

1. The patient's complaint
2. Situations in the life of the patient
3. The patient's nature
4. Dreams

5. The physician's reaction to the patient
6. Physical characteristic symptoms
7. Past and family history of illnesses, especially similar to the patient's complaint
8. History of various treatments in the past, especially homoeopathic
9. Examination of the patient: general, systemic
- B. CASE ANALYSIS AND REMEDY SELECTION
 1. Tracing the connections or determining where lies the weight in the case
 2. Peculiar and characteristic symptoms
 3. Miasmatic evaluation
 4. Kingdom evaluation
 5. Source words
 6. Search in the Repertories
 7. Search in the source books
 8. Knowledge of source of remedies
 9. Totality
 10. Confirmation through characteristics
 11. Checking to see what does not fit in
 12. Sensations as if
 13. Diagnosis and knowledge of pathology
- C. POTENCY SELECTION AND REPETITION
- D. FOLLOW UP

Case taking

There are certain areas which, when they have all been probed into, give a "complete" case. These can be broadly divided into:

The patient's complaint

The chief complaint, either in itself, or together with other components in the case, may give an idea of the kingdom, miasm, stage of the disease and the delusion, either in part or whole. And this apart from any characteristic sensations or modalities of the complaint.

There are various areas to be paid attention to with regard to the chief complaint:

- 1.1 Description of the complaint;
- 1.2 How the complaint affects the patient's life;
- 1.3 Its significance in the life of the patient;
- 1.4 Why is it happening now?
- 1.5 The action taken in response to the complaint;
- 1.6 Expectation from the physician/treatment;
- 1.7 Manner of description.

Description of the complaint

Example 1: Case of Ms. U. N. (Case 7, p. 83). In describing her main problem she says: "I feel that my physical health is good; I am worried about my emotional health." Here, from the outset one gets a hint of a split between the mind and the body, or a sense of duality, which is known to be one of the chief symptoms of the Anacardium mental state. So this, obtained at the beginning of the case, is made note of and can be later seen to fit in with the rest of the case.

Example 2:

- a. If the patient describes his complaint as coming in sudden attacks, it could be that he perceives

that he is being attacked. Then one expects to find a similar feeling elsewhere in the case. See the case of Mr. R.F. (Case 22, p. 267). His description of his chief complaint is: attacks of pain, with anxiety as if one has heard a bomb blast. Later in the case he gives the same description for his anxiety when he would find that his father's blood pressure was high. He received a remedy from the metal group, of which attack and defence are themes.

The sudden attack may or may not be the whole of the delusion. It may be only one element of it, and it can get complete with other parts of the case.

b. If apart from this description of sudden attacks there is a childlike component to the patient's nature, then he may need a remedy of the acute miasm.

c. If the patient feels the attack and feels that this is happening for no fault of his, it may be likely that the remedy may be of the Halogen group.

d. Or he may feel the complaint as a sudden attack against which he has to defend himself, and this may prompt one to keep in mind a remedy from amongst the metals.

Further, one qualifies this description of his complaint.

Example 3: Taking once again the same example of the sudden attacks, if there is anything to indicate how he feels attacked, if he has stabbing pains as if a knife was being driven into him, then the same feeling of being attacked with a knife is likely to appear subsequently in the case. Or he may feel that the attack is as if a bomb was exploding (Case 22, p. 267). Again this makes this component of his delusion a bit clearer.

Corresponding to the sensation of the chief complaint one can often perceive a reaction. This reaction may be seen in response to the complaint itself, or it may be seen in some other area in the case.

Example 4: A patient describes his complaint thus: "I am slowly losing my hearing." There are two components here: slow (indicating the pace) and loss (indicating the sensation). The action that one would anticipate in response to this is carefully or cautiously conserving. This action seen later in some part of the case will confirm that this is his feeling.

Example 5: On the other hand if a patient says: "I am rapidly losing my hearing", this rapid pace should be an indication for alarm on the part of the patient. One then looks for the patient's reaction to his complaint, or tries to see if it appears subsequently in any other area in the case. *

How the complaints affect the patient's life

Example 1: The case of Cyclamen (Case 9, p. 105) who was suffering from chronic active hepatitis. With the pains and the heaviness in her abdomen she did not want to move. She could not go into the outdoors, to be with the trees and plants she loved, and she had to narrow down her food. So here her illness was restricting her. And this, coupled with her feeling as though she has done something wrong, brings to mind the idea of a prison.

Example 2: Case of Calcarea nitricum (Case 16, p. 183). Her complaint of vomiting brought up in her a fear that she might suddenly have the problem while she was outside of the house. So, her feeling was of sudden fear every time she was outside the house, and she was forced to stay at home and give up the things that she liked doing, viz. parties, picnics, meeting friends.

Its significance in the life of the patient

Very often patients develop pathology that means the most to them, or could be the worst for them. Sometimes this is more easily obvious to the physician rather than to the patient.

Example 1: A person whose success relies on the use of his voice will be likely to develop a sore throat or aphonia. In the Argentum metallicum case (Case 10, p. 111), the patient saw her role in childhood as having to defend her mother by verbally fighting back. She would participate in debates

and elocution in school. Later in life when she became a successful journalist and did not need this quality anymore, she developed a sore throat so that it was now painful for her to speak.

Example 2: Writer's cramps in an artist or a pianist.

Why is it happening now?

What was there in the situation that called for it to express now?

Example 1: A patient says: "I was really troubled by my mother-in-law. From the time she died, I developed this very troublesome urticaria." Here, her delusion is that she is troubled. While her mother-in-law was around, she made this inner feeling a reality for the patient. But after she died there was no cause for her to feel troubled. So she had to develop the urticaria in order that she could continue to live her delusion.

The pathology is nothing but an expression that corresponds to the delusion. It is as if we have pathology to make our delusions real.

Example 2: A woman patient felt tremendous performance pressure and felt severely restricted by her father. When he died she developed eruptions on her fingertips so that she could not do her work as a dentist, and also could not do the painting and sewing that she enjoyed.

Example 3: The woman who received *Cocculus* (Case 21, p. 251). She felt the need to look after everyone around her. This was fulfilled in her childhood, but after she married there was no opportunity for her to care for anyone personally, there being plenty of servants. This was the starting point of her discontentment. When her father-in-law was in hospital and in a lot of pain, she became sleepless. Here was a situation where she could have fulfilled her need to care for someone, but she was not needed. She developed the symptom of sleeplessness, like a person who keeps awake nights caring for a sick relative. She also felt that her husband did not care enough about her. At the time he started to understand and support her, she started to get pains in the abdomen and was found to be suffering from gastric ulcers.

Example 4: Case of *Argentum metallicum* (Case 10, p. 111) already mentioned above.

Or the chief complaint could have developed because the delusion was excited, but not intensely enough.

Example 5: *Theridion* case (Case 18, p. 213). She had her first asthma attack when, as a child, she was faced with the possibility of being separated from her mother. Her inability to be alone and separated from the person she loves was much more apparent in her later life, in the incidents with her boyfriend and her husband. And in these later incidents, although she was disturbed mentally and even wanted to commit suicide, there was no marked effect on her asthma.

The action taken in response to the complaint

What does the patient do or want to do in response to his illness? The response will be similar to the sensation/feeling.

Example 1: (Case 2, p. 23) In this case gangrene and probably amputation are imminent for her foot, and so she is desperate, doing whatever is possible to save it.

Example 2: In the example of rapid loss (Ex. 5, p. 301) he will want to save fast.

Example 3: If it is threatening his existence, he will want to remove it completely.

Example 4: If he feels it will get worse in the future, he will be cautious to conserve.

The action is equal and opposite to the sensation experienced.

Expectation from the physician/treatment

Example 1: The *Opium* patient (Case 6, p. 67) wanted to know from the physician if he was going to die and what kind of death it would be. He wanted that at least in the moment of death all those for whom he had been doing things all his life should be around him, so that he knows that they care for

him.

The manner of description

- Is it done in a structured, organized way with details, lists, etc.?
- Is it done in an emotional, sentimental tone?
- Is it done in a way to get the attention of the physician?
- Is it done with urgency, hope, resignation or despair?

Situations in the life of the patient

When examining situations, the circumstances of the situation are isolated from the patient's feelings in that situation. Both must be clearly recorded: the situation and the feeling in the situation.

2.1 The exciting factor

2.2 Other stress situations in patient's life

2.3 Upsetting incidents or situations

2.4 Childhood situations

2.5 Pregnancy situations

2.6 Job situations

2.7 Relationships

2.8 Going with the patient into the stress situation

2.9 What are the situations the patient avoids or compensates for.

The exciting factor

Example 1: A nine year old girl had developed typhoid fever. A couple of days before the fever had come on, a connection from her bedroom to that of her parents had been cut off. The next night she had walked into her parents bedroom out of insecurity and found them having sexual intercourse. Her mother had yelled at her, asking her not to come in again. She had fever the next morning. During the fever she wanted that her parents, especially her mother, be with her. This feeling of isolation from her mother, together with other symptoms in the case, viz. desire for apples and thirstlessness, led to the remedy Antimonium tartaricum which helped bring down the temperature. What triggered off the pathology - not what really happened, but what seemed to have happened through the eyes of the patient, and what he felt in that moment.

Example 2: (Case 9, p. 105). Her pathology was excited after she had yelled at and cursed the man who was refusing to give them their property papers. One could take this as: "Ailments, from anger". But her feeling was that she had done something wrong, because if he died they would be left with nothing.

We choose situations that excite our worst feelings or pathology. The exciting factor often only triggers off feelings and reactions from the patient's past, or from his delusion.

No phenomenon is isolated. So, there will be other situations in the life of the patient with the same, or similar, or the opposite feelings. Every reaction is specific to the patient, and it is likely that he may have the same reaction to many situations.

In some cases the exciting factor for a physical pathology can be the sudden disappearance of a stress factor. Then the body creates a pathology of reality to replace the external reality (which has gone) in order to fulfil the delusion.

Examples of this have already been discussed (Case 21, p. 251 and Sub. 1.4, Ex. 1 and 3, p. 302).

Other stress situations in patient's life

What happened and what is perceived by the patient are often startlingly different.

Example 1: A patient had stress associated with appearing in public. She could not go to a stage to receive a prize. One could have easily taken: "Timidity, in public" as the rubric and this would have been correct, except that when asked deeper, she said she could not appear in public because she was conscious of her appearance. She felt she was too tall and looked masculine. This had been her trouble since childhood. She thought others looked down upon her. She had a disgust and contempt for her own body. One take the rubrics: "Delusion, diminished, short" (that is what is applicable, though she actually feels she is too tall), "Delusion, looked down upon" and "Disgust for self". Other features of the case, including a marked aversion to cats, beautifully confirmed the prescription of *Lac caninum*.

Upsetting incidents or situations

This includes incidents that leave a lasting impression on the patient.

Example 1: This patient, a woman was kept waiting for a long time in the clinic. Then she was sent to the assistant for case taking. She was very angry, and the feelings seemed to be typical of her. Using this opportunity, when these feelings were probed into, she said she felt:

- Like a guinea pig
- Like she was being put under a microscope
- Naked, exposed
- "How can you do this?"
- "I cannot do anything since you are the doctor."

The sensations in the first three did not exactly match the quality and intensity of the expression that was perceived in her, namely cold and controlled rage. Then the symptom: "Delusion, wrong, she has suffered", confirmed in other parts of the case, led to the prescription of *Naja*.

Example 2: (Case 2, p. 23). The incident with her grandfather was so upsetting for her that she feels the hand of her grandfather still following her. Her reaction in that incident was seen to be one of desperation, because it excited in her her own feeling of being too small to handle the huge task at hand.

Childhood situations

Again, how it was perceived is more important than what actually happened.

Example 1: In the *Carcinosinum* case (Case 2, p. 23), the woman perceived disorder all around her, and felt that she had to put some order into her situation.

Example 2: (Case 7, p. 83). Ms. U.N. (*Anacardium*) recalled unpleasant incidents from her childhood that involved fights in the family. Her feeling was of being abandoned, and cutting herself off from the family in response.

Pregnancy situations

It includes situations during pregnancy or at the time of conception.

In cases of children where the behaviour and fears can be observed, but the exact feelings cannot be expressed, this history is often helpful. The feelings are often elicited from the state of the mother during pregnancy, or from the state of either parent at the time of conception. So, the actions can be seen in the child and the sensation in the parent.

Example 1: In the *Strontium carbonicum* case (Case 20, p. 235), from the similarities that were apparent in the natures of the patient and his father, it was evident that they both had the same state. While in the child one could see certain expressions like fear, bashfulness, a preference for older friends, the feelings behind these, viz. a need to have someone behind him to guide him, could be obtained from an understanding of the state of the father.

Example 2: In the case of R.P. (Case 8, p. 97), again there are similarities between the nature of the

mother and the child. The most obvious of these is the almost compulsive fastidiousness. To understand this state and how it developed one looks to the state of the mother during pregnancy, with her need to practice piano playing to perfection, and her very malicious feeling towards her husband. These feelings together with the child's expressions give us the complete picture.

Job situations

1. The way the patient perceives his job.

Example : A film maker requiring Cannabis sativa said of his job: "My work gives me a high." Besides it also gave him the opportunity to express his fantasies on screen.

2. Which aspect of the job the patient finds good and which he finds a problem.

The common link between these two will reveal the inner feeling; both are representative of the same state which arises from the delusion (similar is the case with relationships).

There can be a combination of factors, positive and negative, two sets of opposites, which when connected will give several parts of the delusion.

Example : A patient, who had been a colonel in the Indian army, described his job thus: "I do not like the job because they put a lot of pressure on me and I buckle under the pressure. But I like the job because it involves defending."

On the one hand he has to withstand pressure and on the other he has to perform. These are two aspects of his delusion, which helped in selecting a remedy from the metal group.

3. Why did the patient choose the job.

As is the case with other situations the job also helps us live our delusion. This is of course true of jobs that have been chosen without any compulsions, although sometimes even the later may give some indication of the patient's nature.

Example 1: The Carcininum case (Case 2, p. 23). She had the need since early in her childhood to put things in order. She felt everything around her was chaotic. She later chose to be a nurse in a psychiatric ward, a completely chaotic place, and in this way she could live her feeling.

Example 2: Calcarea patients, and there are many in India who need this remedy or one of its salts, tend to stick to the family business even if their interest lies somewhere else, because they are unable to leave the secure environment of the family establishment.

Example 3: Mr. R.A. , the patient who received Bacillinum (Case 1, p. 9), chose his job of sales and communication in a software company because he loved the challenge of constantly having to come up with new and various solutions to a problem, and it also allowed him the opportunity to travel. When one tried to explore the feeling behind this, it emerged that he felt as if oppressed or in a narrow place from which he had to break out.

Relationships

1. The patient's connections with his relatives.

Example : Mr. D.G. (Case 6, p. 67) saw his role in doing and providing for his relatives while neglecting himself. This can be understood in the light of the remedy Opium of which "Benevolence" is an important symptom.

2. With whom the patient chooses to be related and how.

Example 1: The boy B.G. (Case 20, p. 235) preferred relating to older people rather than to children his age. The same pattern of behaviour was seen in the case of his father, and from him we could understand that the feeling behind this was the need for guidance and support.

Often, the people you choose to relate to or those who affect you are complementary remedy states.

Examples 2: Mrs. A.F. (Case 13, p. 147) and Mr. I.A. (Case 14, p. 157). Here the woman has a history

of embarrassment, is very reserved, has a lot of sexual guilt, can hardly communicate, is very organized, very measured in her words. Her husband, on the other hand, is completely shameless, loudmouthed, can speak sexual topics in trains. What she likes about him is what she dislikes about him.

The woman received *Kalium bromatum* and the man *Hyoscyamus*.

Example 3: *Hyoscyamus* wife and *Lycopodium* husband. His state, with his reluctance to commit and his lasciviousness, exactly complements hers with her fear of being betrayed and suspiciousness. So she can live her delusion in her relationship with him.

Going with the patient into the stress situation

One way is to make the patient close his eyes, meditate, go back into that situation, and describe what he feels.

Example : Case of Ms. F.B. (Case 15, p. 169). Her reaction to appearing in front of the video camera was very intense and unusual. When forced to feel her worst fear about this situation, she described the apprehension of disclosing things about herself in public. Later in the case she also gave the dream of the ground beneath her giving way, and gave the symptom: "Fear, of being betrayed".

What are the situations the patient avoids or compensates for

Probing such a situation, and understanding why he avoids it, is often revealing of his inner feeling.

Often the deepest fears lie in the area most well compensated for.

Example : A person is very, very meticulous about paying taxes. But the very compulsion to do this speaks of a fear within, viz. of doing something wrong, in this case.

Also, the patient may not express avoidance directly; he may say he is not interested. But when the disinterest is very strong, it could be actually an avoidance.

The patient's nature

- 3.1 The patient's own description of his nature
- 3.2 Description by relatives and friends
- 3.3 Observation of the patient's behaviour
- 3.4 Observation of the patient's dress/manner/speech
- 3.5 Typical behaviour
- 3.6 Peculiarities
- 3.7 Questionnaire/case form
- 3.8 Emotional problems the patient has with himself
- 3.9 Expectations from the treatment
- 3.10 Questions the patient asks regarding the treatment
- 3.11 Whether the patient comes accompanied or unaccompanied
- 3.12 Denial
- 3.13 Mental traits coming up in the description of physical aspects.

The patient's own description of his nature

This, by itself, is of the least importance. But each thing said by the patient can be qualified further by taking the patient into actual life situations, where the real feelings can be elicited.

Often the first example the patient gives to describe a particular aspect of his nature is of most significance and probing into that is of help.

Sticking to the same example and not allowing the patient to jump to another example till the feelings from the first are explored in depth is a good way of getting to understand an important aspect of his nature .

Sometimes the actions or behaviour of the patient are of themselves so peculiar that even if the exact feeling has not been traced the remedy can still be arrived at.

Example : Case of an old man with suicidal thoughts. He was very sad and would spend the day doing nothing but brooding. Questions regarding his nature revealed that he would get into fights. His hobby was reading books on sex. The rubrics: "Suicidal", "Fight, wants to", "Sits wrapped in deep, sad thoughts, as if, and notices nothing" and "Lascivious" led to the remedy Hippomanes, which did him good.

Description by relatives and friends

Especially essential when the physician feels the patient is not revealing certain aspects of his personality.

Sometimes, even the cover up or secrecy itself will be a symptom. Otherwise, understanding the reason for this reluctance to reveal an aspect of his nature may lead one to his inner feeling.

The relative/friend can often give a surprising picture of the patient. In all cases it is better to just ask the acquaintance to talk about the patient and then examine if it is in tune with one's own appraisal.

Also, in the cases of children the relative's account of his behaviour, especially description by the mother, is important.

Observation of the patient's behaviour

A lot about the nature of the patient can often be gathered by an observation of his behaviour in the clinic, and in the course of taking his history. One can use these observations to verify his own account of his nature.

Example 1: A man requiring Staphysagria, before he entered the consulting room, asked if he should take his shoes off before coming in. Staphysagria is very sensitive and easily offended, and when the rest of his case was understood, one could see that he was taking care not to offend the physician's sensitivities by sticking to what he thought would have been a practice with the physician.

Example 2: The observation of a Naja patient playing with the chain around his neck, twisting it tighter and tighter.

Example 3: The Hyoscyamus patient (Case 15, p. 169) refusing a video recording of her case. The feeling behind this was that at any time the information could be used against her.

Observation of the patient's speech/manner/dress

This includes:

- Peculiarities of his clothes, hairstyle, colours, pictures on the T-shirts, etc.
- How does he sit? What does he do with his hands and feet?
- Does he bring written points, does he catch your attention, or does he just go on? (Again suggesting the kingdom.)

Typical behaviour

From an account of incidents in the patient's life one can surmise what is peculiar to his nature.

Example : In the Staphysagria case (Case 5, p. 59) the incidents in his youth of refusing the car his father gave him, and playing table tennis in defiance to his father's burning his cricket bat, going to the races with his father's blessings, all speak of a person who feels that his dignity is at stake.

Peculiarities

Peculiarities in his nature can be observed as he speaks, or can be gathered from the description of his reactions.

Questionnaire/case form

The case form has many advantages:

- The patient can be more free in writing
- He gets more time to think, and can consult his relatives and friends about aspects of his nature, incidents in childhood, past history, etc.
- He becomes aware of the importance of knowing details
- The case can be more complete
- The way he fills it out, his manner of writing, the details, etc., can tell a lot about his nature
- The questionnaire also gives an indication of what the sensitive areas are in the personality and life of the patient, and in cases where the patient does not reveal too much in the interview itself, the physician can use this information to lead him.

Emotional problems the patient has with himself

Example : Mr. E.C. who received Staphysagria (Case 5, p. 59) did not have control over smoking, and was unable to give it up, though he was trying. A similar problem was observed in the conflict that he had about whether he should go to the club or should go for meditation.

If a patient says: "I have the fear, though I know I should not." In this case the first thing is the fear. The second is why he has a problem with it and what he feels about it.

So one goes deeper into each of these problems, and connects with the rest of the case.

Expectations from the treatment

Example 1: The case of Opium (Case 6, p. 67) which has already been discussed under chief complaint.

Example 2: A woman who received Arsenicum album was insistent that, apart from her main complaint of fatigue, a mole on her upper lip should also disappear. This gave the symptom: "Rest cannot, when things are not in a proper place".

Questions the patient asks regarding the treatment

How he fixes the appointment.

How precisely his records are maintained.

Example : A patient for whom Baryta carbonica had been thought of confirmed the prescription by asking questions regarding how he should take the medicine. Though he had an envelope with written instructions and had been explained the procedure, he returned to confirm the same. When told that he should keep a gap of half an hour between the medication and anything eaten, he asked if that included other medication and water. When told it meant all intake he asked whether the same applied to anything that came up, for example if he were to cough and bring up phlegm. This tremendous carefulness with regard to trifles is also a feature of this remedy.

Whether the patient comes accompanied or unaccompanied

Whether his companion does all the talking for him.

Example : A patient who was given Baryta sulphurica always comes with his wife and usually lets her do the talking for him.

Denial

In a particular situation when asked his feelings what does he spontaneously and strongly deny?

Example : A patient who was given Medorrhinum, when questioned about fears, was quick to deny any, saying that he was unafraid even in the darkest of places, and could meet the most important people without any anxiety.

Mental traits coming up in the description of physical aspects.

Example : When asked about his desires and dislikes in food and drink a patient may say: "I like yogurt very much, but I avoid it like poison since I have heard that it increases joint pains", which

often seem to indicate *Rhus toxicodendron*, the symptoms being: "Superstitious", "Fear, of being poisoned", "Fear, happen, something will" and "Desires yogurt".

Dreams

Dreams reveal uncompensated feelings. They are the most direct and the most obvious path to the patient's delusion. They, therefore, have immense value as symptoms and often are the key to many cases. Dreams cannot be ignored. An understanding of them reveals the deepest and the pure feelings of the patient.

Two things never to be done with dreams:

- Ignore
- Interpret.

If we ignore dreams, especially those that are vivid and repetitive, we are ignoring the most important clue to the patient's subconscious state. In other words we are neglecting the most direct and the most obvious path to the delusion. If we interpret dreams we are falling into the trap of theorizing. This is a very risky thing to do because it involves the physician's feelings rather than those of the patient.

What to look for in dreams

1. The exact description of each ingredient of the dream.

Example 1: In the case of Mr. M.D. (Case 17, p. 199), he has dreams of a bud flowering. There is colossal, non stopping growth. Each branch grows further and further, and there is music at the same time. With every note there is more growth. He used to feel so happy with this dream that he did not want to wake from it.

The various components of this dream are:

- A bud flowering and growing
- The growth is non-stopping, immeasurable
- Music in the dreams, and with each note there is growth
- Feeling of immense happiness.

Example 2: A young girl with epilepsy, had a peculiar favourite pastime of drawing a pair of eyes whenever she came across a sheet of blank paper. She also had a fear and fascination with horror films, and she remembered vividly one such film after which she had the recurrent dream of a hideous looking old woman with very big eyes. Here the exact description of the woman in the dream gave the connection with her hobby. The rubric: "Delusion, eyes big, of", when taken along with the other symptoms of the case, led to the remedy Opium.

2. The exact feeling in the dream.

Example 1: One of my colleagues had a patient who gave the dream of seeing a kidney tray full of pus, with the thought that he was going to die. Then someone intelligent advised him to go to a particular doctor and he would be well. His other dreams were of God (as a guide), and of his Guru or spiritual guide. He did well on Strontium carbonicum.

The feelings in the dreams are so individual that they never cease to amaze.

Example 2: A patient for whom I had prescribed *Calcarea fluorica* had the dream that her second daughter had died. When asked about her feelings in the dream she embarrassedly revealed the feeling that so much money would be saved since she would no longer have to spend for that daughter. She was utterly surprised that she had those feelings in the dream.

3. The depth of the feelings and the degree of desperation felt in the dreams.

(This often indicates the miasm.) *

Example 1: If the patient has dreams of falling then the height from which he sees himself falling is significant. (A patient needing Sulphur will have dreams of falling off a high place. But a woman requiring Platinum will have the dream of falling off a very great height, the tallest building in the world.)

Example 2: Similarly, if a patient has dream of dirty toilets, his description of how dirty they are and what is happening to him over there will indicate the depth of his feelings (and the miasm).

Example 3: If the dream is of danger, it is to be seen whether there is an escape route. (A no-way-out situation will indicate that the miasm is near to syphilis.)

Example 4: In the Carcininum case (Case 2, p. 23) the woman had a dream of being in a maze. But in the end she does find a way out. In the rest of the case and in the other dreams there was a sense of desperation. But this dream where there was a way out indicated that her feeling was not altogether hopeless. (The miasm was not syphilis but close to it.)

Example 5: If he feels alone in the dream, what is the depth of the feeling? How alone does he feel? Does being alone mean for him being separated from his family, or does it mean that he feels all alone in the world?

Example 6: If he has dreams of being naked, what is the situation in which he is naked? Does he have dreams of being naked and trying to hide, so that no one sees him? (This would be a "sycotic dream".) Or does he have dreams that he is naked in a street and everyone is looking at him, and there is nowhere to hide and he is feeling very, very embarrassed? Here, the miasm would be deeper.

Example 7: In the dream of Mr. M.D. given above, there is growth in the dream. But what is also important is the description of the growth: colossal and nonstop. And with each note of music there is growth. Here the degree and rate of growth give an idea of something growing out of control. (The miasm in the case would most probably be cancer.)

One can appreciate the depth of the feeling by asking the patient what the outcome would be if the dream were to reach a conclusion.

One should also try and assess how serious the situation is for the patient.

4. Where is the feeling in the dream, or its opposite found in the patient's life.

Example 1: If the patient has dreams of being tortured, then one has to see where else in his life he has had a similar feeling. Let him take you to that situation and describe it in its full detail, along with the physical sensations experienced.

Example 2: If the patient has dreams of being in heaven, it would be worth examining where he has felt the opposite, i.e. being in hell.

5. What does the patient associate with the feeling in the dream spontaneously.

The patient is questioned in depth about his feeling, encouraged to describe it more and more clearly and precisely till he cites an incident where he had felt similarly.

Example 1: One of my patients, a woman, had come down with a very severe backache. The pain was in the lumbar back and the orthopaedic doctor suspected a disc prolapse. She was restless with the pain and was relieved on changing position. Initially I had given her Rhus toxicodendron, taking into consideration also other symptoms in the case. But there was no relief in her pain. So I took her case once again. I asked about the dreams and she gave a dream of hunting for a toilet to pass stool. I asked her to describe the dream further. She said that she was hunting to find a toilet, so that she did not have to pass stool in a public place. I asked what her feeling was about passing stool in a public place, and she replied that it would be a wrong thing to do. I then asked her what were the things that she considered wrong. To this she said that she felt it was very wrong to lie and to cheat.

I asked her what, for her, was the most wrong thing, and she replied that it would be adultery. As I was questioning her further regarding her feelings about adultery, she very reluctantly revealed an incident from her childhood that she had never told anyone. An old man had repeatedly molested her as a child and she, being from a very orthodox family, had it in her mind that if a man touched a woman he became her husband. So she had considered herself married to him. Later, many years after his death when she came of age and was to be married, she was very reluctant because she felt that she had already been married once, and that it was very wrong to marry a second time, that it was akin to adultery. However she did get married, and had been married many years and had children at the time she consulted me.

I selected the symptoms: "Delusion, wrong, she has done", "Delusion, married, she is" and "Change of position ameliorates", and came to the remedy Ignatia, which gave immediate relief.

In this case what led to her innermost feeling was the incident that she associated with the feeling in her dream.

Whatever the dream, however perplexing at first, there will always be some feeling associated with it, which will be found in the rest of the case and, in the most important incidents, in the life of the patient.

Example 2: In the proving of Strontium carbonicum one of the dreams was of people playing cricket (a game similar to baseball) in the dark. The feeling of the prover was: "How strange!" This feeling of situations being new and strange predominated the proving.

Actual and virtual dreams

Dreams can be:

- Actual
- Virtual.

Actual dreams are those seen in the state of sleep. These are usually seen in cases where the feelings are heavily compensated in the waking or conscious state. In the state of sleep, however, this compensation is lost, and the dreams surface. Virtual dreams include other forms of uncompensated behaviour, but in the waking state. Such behaviour is representative of the person's real inner feelings and so it is like a dream. So, if a patient is unable to recall any of his dreams, looking into these virtual dreams one can understand the pure, uncompensated feelings.

1. Actual dreams.

- Pleasant
- Unpleasant
- Dreams without emotions
- Projected
- Feelings in the dreams
- Associations with the dreams
- Incidental or situational dreams
- Deep, vivid, repetitive, connected dreams
- Dreams during pregnancy
- Delirium in cases of fever.

2. Virtual dreams.

- Fears
- Fantasies
- Sensations as if
- Metaphors

- Interests and hobbies
- Active
- Passive
- Hobbies avoided
- Aims, ambitions, goals
- Hopes
- Religion and philosophy.

Actual dreams

Dreams occur when a person does not allow himself to feel in the conscious state.

The more the dreams and the more intense the feelings in the dreams, the stronger is the delusion, the more intense is the state.

Absence of dreams can either be a sign of health, or when accompanied by gross pathology, a sign of very severe disease. In case of health, the person is aware of his feelings and they remain at a conscious level, hence the absence of dreams. But in case of advanced pathology, the disease must have travelled from the subconscious to the organic level for dreams to be absent.

Example 1: Refer to the case of Opium given above (Subsection 1, Ex. 2, p. 312).

Pleasant

Pleasant dreams give an idea of the way the patient would want things to be.

The opposite dream or feeling can be looked for in the case, for that is the way the patient perceives his present situation.

Example 1: Ms. B.H. , who received *Crotalus cascavella* (Case 19, p. 223), remembered a dream from her childhood of being the richest woman in the world, living in a big, beautiful house and able to do whatever she desired, like an underworld Don. The feeling in the dream was of immense happiness. She could help those in misery and finish off those who gave her misery. But she subsequently revealed a fear to actually be like that in real life, as she felt she would have a lot of enemies were she that big. She felt that even if there were a lot of people around her, someone could do harm to her. This connected with her fears in the darkness of someone coming from behind to grab her.

Unpleasant

Often, the pleasant and unpleasant dreams are opposites of each other. When you discover what is common between the two, you understand an important aspect of the patient. This connection may not be obvious, but since it is there, one should try to find it.

Example 1: Mr. R.A. (Case 1, p. 9) had the nightmare (although it was not an actual dream) that he is in a narrow room and has to bend because the ceiling is low, and he feels suffocated, so that he feels compelled to get out. His interests, on the other hand, involve travelling, driving and rapid activity.

Dreams without emotions (symbolic)

If they occur again and again, they are looked up directly in the Repertory in the "Dreams" chapter. The absence of any associated feeling along with the symbol shows that the dream itself is significant.

Example 1: Dreams of being pursued by wild animals. Though there may be fear experienced in the dream, the whole dream is a symbol.

Example 2: Dreams of falling into water.

Example 3: Dreams of unsuccessful efforts to dress for a party.

Example 4: Dreams of eating.

Projected

These involve a third person rather than the patient himself. The feelings in these dreams are often blunted. Here one can ask what the patient would feel in that circumstance.

When a dream has associated with it a certain feeling, that is the feeling of the patient, whether the dream involves him or someone else.

Example 1: Dream of the neighbour's house being on fire.

Example 2: A boy who was supposedly retarded and totally disinterested in his studies was brought by his father for this problem. It was probably triggered off when he was forced to use predominantly his right hand, while he was naturally left handed. He had a dream where he saw the back of a man being stabbed with a knife, and was able to identify neither the attacker nor the victim. On further questioning, he revealed that the back of the man somehow resembled that of his father. One observation was that he was actually very intelligent and simply refused to write the exam. Another observation was that he smiled discretely when his father was asked to leave the room. The rubrics: "Rebellious" and "Kill, impulse to" helped to determine the remedy *Mercurius solubilis*, which helped him tremendously.

Feelings in the dreams

Example 1: Case of *Strontium carbonicum* given above (Subsect. 2, Ex. 1, p. 312).

Dreams which are complicated can be broken down into their components and, viewed as well in overall terms, and connections with the case can be traced.

Example 2: The dream of flowers budding and colossal growth taking place to music in the case of Mr. M.D. (Case 17, p. 199), which has already been explained above. The various components of the dream, viz.:

- Delusion, beautiful visions
- Music
- Growth and creative activity
- Something colossal or huge, or delusions enlarged

give the impression of a remedy with a druglike state, and the theme of creative activity is seen quite prominently elsewhere in the case. Together, the feeling of a "drug remedy" and the creative activity lead us to *Coffea* which is of course confirmed by the other symptoms in the case, viz.: "Ailments from joy", "Sensitivity to pain", etc.

Associations with the dreams

This has already been explained above. Here is another example.

A patient who had the dream of a horse being reined in too tightly, almost immediately after narrating the dream, gave incidents of always being under performance pressure from her father.

Incidental or situational dreams

These are dreams that follow a particular incident that happened on the previous day, or a particular situation at that time. They are of lesser significance, unless there is something very individual or peculiar in them.

Example 1: Dreams of examinations are common amongst students. But if a student has the dream that he has failed an exam and as a result is being laughed at by everyone, and he feels very embarrassed, this feeling of embarrassment is peculiar to him and attains the significance of a symptom.

Example 2: If a person's house has been robbed in the recent past and he dreams of robbers for sometime after the incident, these should not be considered very significant.

Deep, vivid, repetitive, connected dreams

Vivid dreams unconnected with external reality.

Incidentally in many cases I have observed that they happen to occur only a few days prior to the consultation.

The patient often has no clue about their meaning and they are of the most value.

Example 1: A patient born and residing in India, had the recurrent dream of being shot with an arrow while he is in a fight with Red Indians. He is caught between an army in blue uniforms and Red Indians, and he feels that he is an innocent bystander and is desperately trying to make himself invisible.

Dreams during pregnancy

Especially important in the cases of children, where one is unable to obtain dreams directly from the patients. These are important in understanding the state of the mother during pregnancy.

Example : In the case of Ms. H.C. , (Case 12, p. 139), she had a difficult time when her family changed homes. When her mother's pregnancy history was taken, she recalled having the recurrent dream of being in foreign countries she had never visited. On the other hand, the feeling of "Homesickness" was very predominant in the girl and was crucial in identifying the remedy Magnesium muriaticum.

Delirium in cases of fever

These include hallucinations and experiences in the delirious state.

Example : In the Carbo vegetabilis case (Case 23, p. 287), the child saw cupboards falling in on him, on one occasion when the fever rose very high, and on another occasion he saw two women fanning him. The symptoms: "Delusion, walls falling inwards" and "Air hunger" led to the remedy.

Virtual dreams

Fears

Example : A patient, a girl of twelve years, had the fear that, if left alone in the dark, someone would come up behind her and grab her neck with icy cold hands. She had consulted me with a recurrent urinary tract infection, with burning, cutting pains during micturition, that made the passage of each drop so excruciatingly painful that she would cry out to her mother to do something. She wanted to tear off the painful part. Further, she was sympathetic towards animals, often nursing sick street dogs. She said she felt like breaking the head of any person who offended her. The rubric: "Delusion, choked by icy cold hands", combined with "Delirium, crying for help", "Anxiety, night", "Rage, fury" and "Violent, vehement", led to the remedy Cantharis, on which she did remarkably well.

Fantasies

Example : In the case of D.F. (Case 3, p. 31), the nature of his fantasies, in which he had the power to create or destroy anything or anyone, were crucial in determining the remedy Platinum.

Sensation as if

These can be described by the patient even as he describes his physical symptoms.

Example 1: When breathless, she had the feeling as if someone sat on her chest.

Example 2: Pains as if a sharp knife was driven through her stomach.

These sensations in isolation will not be as relevant as when one is able to connect them with the rest of the case.

Example 3: Case of Mr. R.F. (Case 22, p. 267). He feels "attacks" of pain with an anxiety as if a bomb has exploded. This feeling as if a bomb has exploded came up once again in the case in connection with his responsibility for his father's health. The feeling of being attacked, together with the sense of tremendous responsibility and the modalities of the pain led to the remedy Plumbum metallicum.

Metaphors

Metaphorical expressions give images in certain situations that represent more the inner feeling than the reality.

Example 1: I am so tied down with work.

Example 2: It was a huge jump for me from one business to another.

Example 3: I felt the relationship was so brittle.

Example 4: The heat was killing.

Example 5: Mr. R.A. (Case 1, p. 9), case of Bacillinum, using similies like: "How far can I run?" and "You have to try all possible routes. There is always an opening."

Interests and hobbies

We choose hobbies that allow us to express our state. Unlike jobs and professions in the choice of which there may be an element of compulsion, hobbies are pure indications of what a person likes. In this they are like pleasant dreams and fantasies.

- Active interests and hobbies:

These involve an active participation by the patient which allows him to live his inner state.

Example : Travel; sport; collecting; handicraft; painting, drawing (Ex.: the girl who had a fascination with drawing big eyes - case given: Section 4.1, Subsection 1, Ex. 2, p. 312); writing.

- Passive interests and hobbies:

Where the patient is a mere spectator, rather than a participant.

These include:

- Music: Information of the type of music and favourite songs can be very

helpful in understanding the state of the patient. Ex. 1: In the case of Mrs. G.P.

(Case 11, p. 127), her liking for the following songs was in tune with her inner state that required the remedy Natrum carbonicum: Song 1 - A fisherman going to sea and never returning, while his wife waited at the shore for him; Song 2 - Two leaves growing together until someone separated them; Song 3 - Someone leaving in a palanquin. The common theme in all of these is separation from a loved one which is the theme of Natrum carbonicum.

- Reading: The type of literature and stories the person chooses. Ex. 1: The woman who received Hyoscyamus (Case 15, p. 169) had a fascination with books on the Holocaust.

If the person likes to read the newspaper, apart from this fact itself, it is important to know what he likes to read the most, or what he must read. Ex. 2: A person with a fear of death will read the "Death" column daily, or then will be affected by stories or articles dealing with it.

- Movies: Even if the physician has watched the movie, it is better to ask the patient to describe it as if he has not seen it, and note the individual reaction of the patient. Ex. 1: Again in the case of Ms. F.B. (Case 15, p. 169), she was fascinated with movies like "Omen" because for her there was the theme of something innocent becoming the devil. Ex. 2: A patient who did well on Hura brasiliensis, said of an Indian film on social reform that she was touched by how people mistreated the hero and did not even let him enter their houses.

- Humour: Humour is the other side of horror. When we are unable to face the horror in a situation we make light of it. A persons jokes, if they have a common theme, reveal his nightmare. Humour is socially acceptable and does not directly expose the person, and so they are often very revealing of the person.

Hobbies avoided

Example 1: Calcarea persons usually avoid violent movies.

Example 2: In the case of Ms. S.D. (Case 16, p. 183), she says: "I do not like to read things that are too hi-fi." This is again typical of Calcarea persons with their indolence and dullness and difficulty in comprehension.

Example 3: In the Coffea case (Case 17, p. 199). Reluctance to socialize could be understood in the context of his very strong feeling of isolation.

Aims, ambitions, goals

Example 1: Cuprum metallicum children often say that they would like to be fighter pilots.

Example 2: Ms. G.A. (Case 4, p. 49), who received Platinum, aspired to be the topmost painter in her time.

As one gets older, one might modify one's ambition according to practical reality, but here the question is what you would rather be.

Example 3: In the other case of Platinum (Case 3, p. 31), the mother of the boy D.F. had wanted to be a pilot or a doctor, but did not have the opportunity. Given the chance she would still like to do something by which she can make a name for herself.

Hopes

These are exactly diametrically opposite to the elements of the delusion. They are also opposite to the fears.

Example : If a patient was to say: "I hope that my father will live long", his fear (delusion) is that his father will die soon.

Religion and philosophy.

What these mean to the patient is sometimes important to understand rather than merely his interest in these.

Example 1: For Ms. U.N. (Anacardium, Case 7, p. 83) being a part of the commune meant receiving unconditional love from her master.

Example 2: For the Argentum metallicum patient (Case 10, p. 111) reading religious philosophy was a means of finding answers to things like early death for which she had no logical explanation.

The physician's reaction to the patient

An attitude towards the patient comes naturally to the physician, despite his efforts to stay completely objective. That is why physicians like some patients and dislike others.

Example 1: One can get irritated with quarrelsome and complaining Kalium carbonicum patients.

Rather than trying and avoiding these attitudes it would be of greater help to try and examine them in terms of:

- Sensation

- Action.

Often the patient will elicit a feeling in the physician, and a similar response from him.

- Sometimes, the physician empathizes with the patient, gets into his shoes and feels through the patient.

- On the other hand, especially during the course of treatment, the physician's response can be complementary to the patient's feeling.

Example 2: One tends to neglect a non-demanding Magnesium carbonicum patient and thus fulfil her delusion.

Such reactions are automatic because every person invites a response that fulfils his/her delusions. But if the physician is watchful of such a reaction, he can learn more from the patient.

Also, it is likely that one may find some patients boring (for example Calcarea carbonica), and some

exciting (for example Lac caninum).

It is also interesting to note which part of the physician gets activated as the patient gives the history, his performer side, or his sentimental side, or his attraction/repulsion side (indicating kingdom).

Again, what is the mood of the physician at the end of the case, does he feel threatened, or hopeful, or desperate, etc. (indicating miasm).

Physical characteristic symptoms

- The present complaint
- The past history
- General
- Particular
- Pathological
- Concomitant
- Nature of the physical complaint
- Modalities of the chief complaint
- Objective characteristic symptoms (physical examination).

Very often the patient is talking about his mental state when describing his physical complaints.

The present complaint

With its exact location, extension, sensation and modalities, especially the peculiarities.

The past history

The characteristic symptom during previous illness should be noted.

Example 1: A case of breast cancer where the woman gave a history of vesicular eruptions between the toes, which led to the remedy *Silicea*.

Especially to be noted are the symptoms during previous acute illnesses or acute attacks as often these give the clue to the remedy.

General

The exact details of:

- Desires and dislikes
- Sleep position and patterns
- Menses
- Sexuality
- Sweat patterns
- Reactions to environmental factors
- Growth and development.

When examined carefully, general symptoms are symptoms of the nervous, endocrine and immunological systems.

Particular

These can be concomitant symptoms that are peculiar, characteristic and local.

Example 1: Flushes of heat in the sole - *Cubeba*.

Example 2: Hair falls off in spots and grows white: *Vinca minor*.

Example 3: Abdomen, rumbling in, from hunger: *Taxus baccata*. *

Pathological

Sometimes, a peculiar pathology suggests that we study certain remedies well known for it.

Example 1: *Lapis alba* in tumours which are firm but not hard.

Example 2: Antimonium crudum in case of corns.

Example 3: Vipera in thrombophlebitis.

Example 4: Staphysagria in recurrent styes. *

Concomitant

- Concomitants to the chief complaint;
- Concomitant mental state or mental symptoms;
- Physical concomitants to emotions are very important.

Example 1: Headache accompanied by hiccough: Aethusa cynapium.

Example 2: Desire to be quiet during chill: Bryonia alba. *

Nature of the physical complaint

Example : Is it fixed (sycosis), episodic (malarial miasm), structural (mineral remedy), violent (acute miasm), etc.

Modalities of the chief complaint

They are very important and they may also indicate the situation.

Example : In the case of Ms. G.P. (Case 11, p. 127) her backache would be worse from her "tensions", which were later found to be mainly about the future and about being alone.

Objective characteristic symptoms

Based on observation.

Example : Tongue - cracks, indentations; nails - corrugated, split; weight; skin - cracks, warts, pigmentation.

History of past and familial illness especially of those similar to the patient's complaint

Find out if the present illness has a genetic basis. If there is no family history, then it assumes greater importance.

Example : If the patient's parents also have warts these are not so much of importance in his case. Also the family and past history give an idea of the miasmatic background of the case.

The history of various treatments in the past, especially homoeopathic

Example 1: Ms. O.S. (Case 18, p. 213) had taken Tarentula in the past with a violent aggravation.

This helped confirm that it must be close to the similimum.

The remedies that have had some effect in the past must be close to the similimum miasmatically and/or kingdom wise.

The therapies being taken alongside the homoeopathic treatment may influence the symptoms.

Also, if psychotherapy has been taken in the past, it influences the way the patient narrates his symptoms.

Also make note of a history of addictions and their effects.

Examination of the patient: general and systemic

Although mentioned last, let it not be assumed that it is of least importance. A thorough examination of the patient reveals information which, when corroborated with the chief complaint, helps us in determining the diagnosis of the disease.

One cannot treat a patient without knowing what is the pathology that he is dealing with. The knowledge of the pathology helps in:

- Determining the prognosis of the case
- Deciding whether the patient requires some other measures apart from the homoeopathic remedy
- Sometimes confirming the selected remedy if it is already known to produce the pathology in

question.

The examination of the patient should be complemented with the requisite investigations. One also asks about the medication the patient is taking.

Some hints on case taking

1. Probing the peculiar.

Initially the physician allows the patient to narrate his problem as spontaneously and as completely as is possible for him. Let the patient go from one area to another, and while he is doing this, one tries to ascertain what is peculiar in the case. After he has exhausted himself, one can probe into what has been found to be peculiar, and understand it.

2. Areas to explore.

- Location: where he chooses to be and why.
- Vocation: what he chooses to do and why.
- Relationships: whom he chooses to relate with and why.
- Recreation: what he chooses to do in his spare time. Often this is the most important from amongst these, because it is chosen of his own free will and therefore reflects the uncompensated person.

3. Each point is examined in depth, and precisely.

4. Tracing the connections.

Connections can be traced by identifying the synonyms, antonyms and connecting words.

Sometimes, in the fantasies, we see the exact opposite of the feelings of the patient.

Example : A patient who feels restricted will have fantasies of freedom.

5. Conditional and unconditional symptoms.

Conditional symptoms are situational.

Example : a. The patient is sympathetic, but only to those who have lost their mother early in childhood. This may be because it is similar to her own situation in childhood.

b. The patient has a fear of high places, but only when her children go rock climbing in the rainy weather (Ref. Subsection 17, Ex., p. 326).

c. Fastidious, but only after marriage to an authoritarian.

6. Giving importance to new, strange phenomena/incidents/expressions/feelings.

Importance is given to the basic symptoms rather than to the incidental expressions. If a symptom is basic, confirmation of it will be found on more than one occasion.

7. Question only to confirm, not to lead.

Questions are put to the patient to elicit:

- The feeling taken into its depth
- The action of the patient, questioned, simply in: "Why did you?" or "Why did you not?" in order to better understand the mental process of the patient.

8. Examining if the emotion and the corresponding action match in quality and intensity.

Every word is carefully matched with a diametrically opposite sensation. This is the area one will have to probe, until one finds opposites and similars.

9. Trying to extract exact, precise, hard data as in rubrics.

Generalization and theories are relied on very little.

10. Isolating the "story".

One keeps the story value aside and concentrates on looking for individual peculiarities.

One tries to determine the patient's perception of the situation rather than the situation itself.

What one has to pick up and understand is the delusion rather than the reality.

One tries to understand what was seen to have happened, and not what actually happened.

The more away from the common the reaction to a situation, the more individual the elements of that reaction become.

11. Each item is examined till one finds the connections in the case.

When one feature helps in understanding another in the case better, one has reached somewhere.

12. It is easy to fit in. One tries to see what does not fit - what is unique or different.

13. Techniques of interrogation.

- Using multiple techniques, one after another, and then connecting.

- Taking a peculiar and prominent thing and going into its fineness and detail, and the other features then come up by association.

Example: In the case of Ms. F.B. (Case 15, p. 169), an understanding of why she refused the video recording helped in identifying the symptom: "Fear of being betrayed".

- If there is a block in the case be innovative and jump to an area where the patient least expects it.

One tries to select an area where the individuality of the patient can express itself where he least expects it. One can use the questionnaire for assistance in such a case.

14. Manner in which the symptom is expressed.

This means apart from the symptom itself.

Example: Craving for rice in the *Crotalus cascavella* case (Case 19, p. 223), the patient says: "I love rice."

15. All the various aspects in a case can come up at any time, or can come together.

Case taking does not follow any particular sequence. One has to be watchful all the time!

16. Importance of diagnosis.

One ensures that every symptom is diagnosed.

What one assumes as peculiar symptom, may just be an indication of some pathology within. As a rule, one should never treat a patient blindly, i.e. without diagnosis.

17. Time for associations.

When the patient comes to a point when he is unable to describe the feeling anymore precisely, one pauses and tries to see what the patient associates with. It could be an incident or a dream.

This will give a more clear description.

Example : A woman who consulted me for severe gastritis had the fear that something would happen to her husband and daughter. On further questioning it became apparent that the fear would be more pronounced when her daughter went rock climbing or her husband was travelling by air. She was also very tense when giving a party, that it would be a failure. On asking her what she would feel if that happened, she started to say that she set very high standards for people around her and sometimes they fell off the pedestal. She then gave the example of a friend who had an extramarital affair and so she had not lived up to her standards.

From this "jump" in her talk one could understand her exact feeling, viz. fear of falling, which was also revealed in her dreams. She was also very sensitive to slights.

Initially, she was given *Staphysagria*, but her appearance was very peculiar. She was dressed in brightly coloured clothes, wore heavy make-up, and a lot of jewellery. She was also very loquacious and a socialite.

After the initial prescription of *Staphysagria* there was some relief in her gastritis. But it recurred very soon and *Staphysagria*, in the same and higher potencies, did not help. She also reported dreams of snakes (which she had not had before). After restudying her case, she was given *Elaps*, on

which she improved very well.

18. Expressions.

Note all the expressions of the patient.

Example 1: "I have religiously followed your advice."

They could even be in the negative.

Example 2: "What wrong have I done?"

They could indicate the source in the *Materia Medica*.

19. Sensation and function.

Every sensation must have an action, and every action or function must have a feeling. These are two sides of the same coin. The sensation may be seen in one area, and the function in some other aspect of the case. For example, one may be seen in the emotional sphere, and the other on the physical plane. One tries to see both sides and complete the picture.

In doing so, one always tries to ensure that the quality and intensity of the sensation matches the quality and intensity of the function.

20. Where lies the weight in the case.

Which of the symptoms are: emotionally charged, intense, repetitive, connected.

21. Openness.

The key to any good case taking is openness (freedom from prejudice). The idea is to understand the case without any remedy in mind.

One should not project one's own feelings in a given situation on to the patient. And one should not assume anything. For example, if the patient says: "My husband ill treats and beats me", the physician should not assume that she will feel in a particular way or in the way the physician would feel in that situation. One should hear carefully the patient's own feelings and keep one's mind open.

The beauty in a case is when after a question one does not know what will come up. A physician with a closed mind will not listen, and will ask leading questions. But when one's mind is open so is the nature of the questions so that they allow for the patient's answer to be just anything.

22. Look for emotionally charged expressions.

Do not easily trust the words used to describe the feeling, especially if a word is spoken without emotional charge. It is safer to trust words that are charged or metaphorical, and in that way also, connect with the rest of the case.

Example : "I felt the whole world collapsing on me."

In fact, one should not even stop just there. Continue and ask: "How does it feel when the whole world collapses on you", and till the bottom is reached, and the connection is established.

23. When to expect dreams.

Often when the patient is very clear and descriptive about his feeling, especially when he uses similes and metaphors that together give a picture, the dreams are not prominent. One can get prominent dreams in persons whose mental state is disturbed, but there is no clarity in the descriptions of the inner feelings. On the other hand well compensated cases with heavy pathology are often poor in dreams.

24. Explaining to the patient.

One should make clear to the patient what one is looking for. Explain that each person feels and reacts differently in the same circumstance and it is important to know what the patient's individual reaction is. The patient must be told that he cannot assume that the physician can automatically understand this.

Persistence and faith (in the method) of the physician is what will open up difficult patients. Much patience is sometimes needed. Long pauses between questions are often useful to bring out spontaneous answers from the patient.

25. Remark.

If the patient is very contemptuous of her relatives it means that she feels contempt for her relatives. The sensation/feeling and the action are usually similar. So if the patient abandons her friends her inner feeling is of being abandoned by her friends. Similarly if she wants to kill the feeling that she will be killed should surface somewhere in the case.

Case analysis and remedy selection

Case taking culminates in an understanding of the patient and in the selection of a remedy. This involves:

Tracing the connections and determine where lies the weight in the case

Example 1: In the case of Ms. A.F. (Case 13, p. 147), the connecting link between her dependence on her family and her guilt about sexuality is seen in the dream of her mother turning into a monster and coming after her, and the incident where she did not feel safe with her father. The theme of danger from her family is seen through the dream and the incident, and with her feelings of embarrassment and sexual guilt, give the remedy *Kalium bromatum*.

Try and determine where lies the weight in the case and what goes through and through.

Trace connections between all the aspects of the case (Sections 1 to 6 of Case Taking) especially including the connection between mind and body, general symptoms, feelings and characteristic symptoms.

Peculiar and characteristic symptoms

When a person presents a very unusual symptom, a dream or a modality, if it is clear, intense and spontaneous, it can mean that:

- It is in the Repertory directly.
- One has to examine what feeling it creates with the overall case, whether it ties with the case.

Then one can understand the feeling completely.

- It is directly connected with the source of the remedy.

For example, if a person says: "I hate cats", one could:

- Look up "Aversion to cats" in the Repertory;
- See where cats connects with the rest of the case, by asking him what cats means for him and without coming to one's own conclusions. The meaning has to come from the patient himself;
- Examine if he needs a remedy like *Lac caninum*.

Apart from characteristic symptoms of the mental state, one should identify, in the case, characteristic physical symptoms. These include:

- The present complaint and its modalities
- Concomitants: These are often the best indicators of the remedy
- Past history
- Exciting factors.

Often, these help to confirm a remedy, and in cases where there emerges only a theme indicating the kingdom or group it is the physical characteristic symptom that leads us to a specific remedy.

Miasmatic evaluation

Note the indications of the miasm: words, attitude, mood, pace, pathology, past history.

Example 1: Mr. E.C. (Case 5, p. 59): "I have no control over my smoking."

Example 2: The boy D.F. (Case 3, p. 31): "I get very, very, very angry", indicating desperation and intensity, which makes one think of a miasm close to syphilis.

Sometimes the case has nothing else except the miasmatic feature in every aspect - an action that permeates every aspect of the case. Here we need a nosode.

Examples 3: The case of Carcininum (Case 2, p. 23) and the case of Bacillinum (Case 1, p. 9).

Observe if the patient gives his case in a structured, organized way with details, lists, etc. This would prompt one to think of a mineral remedy.

Is it done in an emotional, sentimental tone, so that one may think that this could possibly be a plant remedy?

Is it done in a way to get the attention of the physician which might be the feature of an animal remedy?

(Co-relate with 1.7, p. 303)

Kingdom evaluation

This includes kingdom evaluation and subkingdoms, and connection with peculiar symptoms.

Example : In the case of Ms. O.S. (Case 18, p. 213), one can identify symptoms of the spider subclass and then look up a remedy from this group under the peculiar symptom: "Delusion, head belongs to another", or "Confusion of identity" and related rubrics. But in using this technique one has to be absolutely certain of the kingdom, otherwise there is the possibility of missing out the remedy. An evaluation of the kingdom should be done on a conglomerate of features rather than on an isolated feature.

If throughout the case a sense of urgency is palpable one would be prompted to think of a remedy from the acute miasm. If the mood is of hope one could think of the miasm being psora. If the attitude is one of resignation one would think of a sycotic remedy. If one perceives despair throughout the case it is likely that the remedy will be syphilitic.

(Co-relate with 1.7, p. 303)

Source words

Watch out for:

- Those words which may indicate the source of the substance
- Clear attachment, as of notion with a particular substance in nature whether plant/perfume/animal
- Choosing a particular profession which is close to the substance in nature
- Using words that are associated with certain sources in the Materia Medica.

For example:

- I feel reined in
- I do not like to bitch
- The alienation from my professional life percolated into my private life
- I feel trapped and want to cut loose
- He is like a wild beast who needs to be tamed
- I am fascinated with snakes
- I dream repeatedly of volcanoes.

These expressions or associations will be used without any feeling or emotions associated with them. They only bring to mind certain sources.

Search in the repertories

Includes search in the Repertories and also search programmes of Materia Medica like Reference Works.

Search in the source books

The remedy that one arrives at must be studied from the source books to confirm whether it is in that symptom or rubric in any form.

Sometimes rubrics can grossly misrepresent symptoms.

Knowledge of the sources of remedies

Example : A patient who received Ignatia loved jasmine. A study revealed that the flowers of Ignatia are similar to jasmine.

Totality

All that the patient says must fit, either directly or indirectly. In case of dreams, every feature or element of the dream must be present.

Confirmation through characteristics

At the end of the case, if a known remedy emerges, it can be confirmed by checking if its known characteristic symptoms are present in the case.

Checking to see what does not fit in

Example : In the Elaps case (Subsection 17, Ex., p. 326), all symptoms fit into the first prescription of Staphysagria except her appearance and demeanour. Later, when during her follow up she gave the dream of snakes, everything fit the prescription of Elaps, without any symptom or feature being left out.

Sensations as if

These are to be precisely defined and can be looked up in the mental and physical chapters of the Repertory. Here, a computer program is useful.

Example : If the patient has pains as if a knife was being driven through him, simply putting in the word "knife" yields all the remedies where knife appears, whether it be in the realm of sensations, or fears, or dreams, etc.

Diagnosis and knowledge of pathology

The knowledge of a disease process can be connected with the feelings, pace, etc.,

in a case. Remedies can also be understood in the light of the prominent pathology that they are known to produce.

Example: Carcininum.

Hints on analysis

1. Strategy of analysis.

In analysing a case there are three trains or lines of thought: the kingdom line, the miasm line, and the characteristics line.

This means that in every case one attempts to assimilate from the data what is the kingdom, what is the miasm, and what are the characteristics, while at the same time trying to look for connections and associations, which processes should be basic in every case.

Also, there are three other lines of thought: the mental, the general, and the particular.

These trains of thought and processes go on simultaneously in each and every case.

2. Data obtained.

The data obtained in a case can be classified as :

- Hard data: peculiar symptoms, exact feelings, dreams, etc.;
- Soft data: information which can only yield concepts about miasm and kingdom.

While the latter gives mere hints or serves as a pointer towards the miasm or kingdom, only the former has prescriptive value. The soft data can thus be used to find hard data elsewhere in the case.

Example 1: If from observation and from the information that the patient gives one gets the idea of an animal remedy, the same should be confirmed or ruled out elsewhere in the case.

Soft data is amenable to change if the peculiar symptoms of the remedy do not correspond with it.

One should not get fixed by ideas based on the soft data and risk missing out remedies in this way.

If one is to categorize the patient into a particular kingdom, a group of features should be the basis rather than any isolated feature. For identifying kingdoms what is needed is the sense or the theme of the whole state, and not symptoms. Symptoms are characteristic of remedies, and not kingdom.

Example 2: "Performance" is a theme, and it indicates a remedy from the "metal group". But "Delusion, he has neglected his duty" is a symptom of the remedy Aurum.

3. Avoid eliminating rubrics.

Example : A patient displayed the typical behaviour in anger, where he would throw off his glasses so that they would break. His anger would be excited from insults.

It is very tempting to use the rubrics: "Anger, throws things away" and "Ailments, from indignation". Here, Staphysagria readily suggests itself.

But he had certain other features: he was prematurely bald; sweat left a salty deposit which stiffened the clothes, and he perspired more around the genitals.

His other symptoms:

- Impotence with weakness after coition
- Weakness from warm weather
- Slow starter in meeting new people; not very confident when meeting new persons
- Always felt shy, talked less, felt taken for granted
- Feels others are dictating terms.

On studying the physical symptoms, the remedy that came up was Selenium. It has the symptoms:

- Premature senility
- Sweat leaves salty deposit
- Weakness, from warm weather
- Impotence
- Ailments, from anger, vexation
- Anger, at trifles
- Fear, of people.

Also, Selenium is below Sulphur in the Periodic Table. Sulphur has strong feelings of egotism.

The other remedy that resembled the patient was Baryta carbonica because of the strong physical characteristics. He received Selenium which helped him tremendously. Later a further study

revealed that Selenium has many features common to Baryta carbonica and Staphysagria.

4. The Repertory is used as a hint, and the remedies under various rubrics are examined.
5. Rubrics are chosen that are directly from the mouth of the patient, as far as is possible.

One avoids creating symptoms from interpretations. One has the right only to evaluate symptoms that the patient utters, and not the right to create symptoms out of interpretations.

6. All five elements should be kept in mind when evaluating a case.

- Chief complaint
- Nature of the patient
- Life situations and exciting factor
- Dreams
- Physician's reaction.

These should all speak one and the same thing, that is to say the delusion. And this must connect to the characteristic physical symptoms, and to the peculiarities of the pathology.

7. The delusion is a broad view of the situation.

It has many many elements. One ensures that all the elements from all the sources are included.

The entire symptomatology of the present (all areas that are both active and excitable at the moment) arise and are part of a single state of being or a single delusion. Therefore one cannot say that this part belongs to one remedy and that part to another. One has to find a remedy that comes closest to that state.

However characteristic a particular aspect of the case may be, one cannot come to the remedy unless all aspects of the case are thoroughly examined. For example one may clearly get a dream, or delusion, or fear indicating a particular remedy, and be tempted to give that one remedy, but this may also be a part of a bigger picture, indicating a totally different, far deeper remedy.

8. One ensures that the dream (prominent, vivid) mentioned by the patient is understood clearly. Also the connection between this dream and other parts of the case should be seen clearly.

Otherwise, chances of failure are high. Where there are three to four dreams in a case and no characteristic remedy emerges from amongst them, one look for the common feeling or action in the dreams rather than the individual dreams themselves.

Example : (Case 22, p. 267). The patient gave the following dreams: snakes; fire; being pushed from a height. The common theme is: danger to life, and so this becomes a symptom rather than any of the individual dreams.

9. When one comes across something peculiar/strange, no matter how minor, it cannot be allowed to pass.

It is qualified and looked up. For example:

- Perspiration only on the forearm
- Frosty deposit of the discharges
- Coldness in the oesophagus
- Stretching sensation in the abdomen
- Hanging the limb aggravates
- Eruptions without itching
- Itching in the toes in the evening
- Cracks in the feet in winter
- Asthma worse from draft of air
- Coryza worse from stooping
- Backache on rising

- Corrugated nails
- Voice lost from anger
- Bitter vexation
- Remorse from trifles
- Dreams of his youth
- Jerking of one limb, etc.

10. Interconnections of themes.

When one can see in the whole case one or two very strong themes running parallel and interconnected, then one may think of a salt. The prescription of the salt is justified when the qualities of the two ions interact with each other, throughout the case, besides having their own themes.

Example 1: A fifty-year old patient with severe osteo-arthritis of both joints, and a congenital deformity of both lower limbs, had the feeling that he had to tolerate his brothers' dominating attitude and insults because he was handicapped and dependant on them. He had the feeling of being inferior and so would not mix with people. He said he did not need anyone else apart from his family. He had dreams of failing an exam and of his relatives dying. He could not tolerate hunger and would get very irritable as a result. One hour before lunch he would get an empty all-gone sensation in his stomach.

The theme of Baryta (dependance, feeling of incapability and inferiority) and Sulphur (aggravation from hunger and insulted feeling) were very apparent here, and the main feeling in the case was: "I am insulted because I am incapable." This led to the remedy Baryta sulphurica which gave him a lot of relief.

Example 2: A middle-aged woman consulted me for severe left back pain diagnosed as lumbar disc herniation. Her problem began when her mother-in-law was very sick, and her brother-in-law had refused to look after her and suggested that they leave her on the streets. The patient had felt very angry and had felt a shock between her scapulae which descended into her back, and since then her backache had started. She had felt then: "How could he feel this for his own mother?"

She had the dream that she was visiting very sick relatives in a hospital and she was going to see them for the last time. She dreamt of parties, and of her parents talking to her.

She felt that her husband was not supportive.

She had a desire for fish and would startle easily from noise, especially during menses. She was a school teacher by profession.

The themes of lack of care and caring for others (Phosphorus) were very strong in her case. The other big issue was with the family (Kalium). Her worst feeling was that her brother-in-law did not care for his own mother, and she also felt that she was not receiving enough support from her husband. The feeling that came through was of not getting enough care from the family. The dreams of visiting sick relatives showed her action, i.e. of caring for her family.

Based on this understanding, as well as taking the symptom: "Sensitive to noise during menses", she received the remedy Kalium phosphoricum on which she improved very well.

Example 3: A patient with chronic asthma had the main feeling that her husband did not give her importance because she was a mere housewife. She felt useless and felt that she was like a servant in her husband's house, because he provided her with food and shelter and she did the housework in return. This main feeling that she has to make a big effort in order to get the support she needs, along with dreams of unsuccessful efforts and other aspects of her nature (reserved and unexpressive) gave the remedy Magnesium sulphuricum, on which she did very well.

11. Try to use as many rubrics as possible which are applicable.

Example : If the patient has a fear of high places apart from looking up this rubric directly also examine:

- Dreams of falling
- Fear of falling
- Vertigo, high places from
- Descending aggravates
- Delusion, falling into an abyss
- Vertigo, downward motion.

12. One ensures that the remedy fits the overall character of the case and does not only cover the peculiar symptoms.

13. Single symptoms and symptoms with very few remedies are especially carefully studied, and this may lead to an understanding of that remedy, thus adding to our knowledge.

Example : In the initial case of *Calcarea silicata* the patient gave three main symptoms:

- Anxiety about health
- Anxiety about money matters
- Sensitive to reprimands.

Though these appeared common, only one remedy came through. Then on reading from Kent, more correspondences in the case emerged. Then through more cases, a picture of *Calcarea silicata* evolved thus:

His anxiety about money matters depends upon his sensitivity to reprimands. He conforms to a behaviour which will not invite reprimands from others. He is dependent on elders for financial security and they will give it to him only if he conforms to a particular behaviour or degree of correctness. Also he is overconcerned about his health to the point of hypochondriasis. This becomes an excuse to obtain financial security and not fulfil the expectations that are placed upon him.

Then it was observed that most *Calcarea silicata* patients came from Kerala, a state in South India with a communist government. The idea of communism is financial security, so long as you play your role. From this understanding, many patients have been treated with *Calcarea silicata*, and this began from simply looking at the rubrics.

14. Any one factor is not taken out of context.

15. If the symptoms indicate a prominent member of a sub-kingdom, then one checks if there are any prominent peculiarities in the case, or if any feature is strongly emphasized, that indicates another lesser proved member of the kingdom.

Example : The case of *Theridion* (Case 18, p. 213).

16. Sometimes one comes to a particular remedy in one way, and then, on reading through the remedy, one begins to understand features of the case one knew as being vital, but could not find a rubric for.

17. In connecting a remedy to its source, sometimes, simply the connection with the source is not enough to indicate that remedy.

It is possible that the patient may have connected with only one aspect of the source.

Example : A patient who got *Lycopodium* liked horses because for him they represented freedom.

18. Often, when we understand the kingdom, certain features of the remedy which are nonspecific and non-precise can be understood as features of the kingdom. These need not necessarily be covered by the remedy.

Example : The feeling of jealousy which was an important feature in the case of Ms. B.H. (Case 19, p. 223) is a feature of all remedies of the snake group, while her remedy, *Crotalus cascavella* is not listed under the rubric.

19. Where to look up dreams.

- Whether to look up the chapter on dreams or not.

When a dream is very precise and clear, and stands out on its own, singly and without attachments or any emotional charge, then it can be taken directly from the chapter on dreams, or delusions, or fears.

Example : Dreams of falling from high places. Dreams of weddings.

- But when one strong emotional component complicates the dream, then one refers other chapters, where the exact emotion will be found.

Example : Dream of flying in an airplane, but being unable to rise because the airplane got enmeshed in wires. Here the elements "unsuccessful efforts" and "being caught" seem to be more prominent than the element of "flying" which seems rather the motion of rising higher.

If there is a precise dream which has a just a few remedies under that rubric, then one examines those remedies clearly and sees if any of those closely connects to other aspects of the case.

Sometimes, the entire case can be summarized by one dream or delusion. That is the central dream of the case.

All efforts should be made to find other elements of the dream in other parts of the case, in any form, and that remedy should be studied.

20. If during the process of taking and analysing a case the physician is able to develop an awareness of the problem of the patient on the spiritual level, this also acts as a healing mechanism.

Potency selection and repetition

The remedy should not only be similar with regard to the state it produces, but also with regard to the intensity of the state. The potency of the remedy should match the intensity of the state in the patient.

Determining the plane of the disturbance

The state is more intense when the central disturbance is intense. So a case which has predominant mental and general symptoms requires a high potency. Where the case has the disturbance more intense in the peripheral plane, a lower potency is required.

Also, one can divide the disease into: the conscious, the subconscious, the general and the pathological, and try and determine which of these is predominant. If the delusion is on a conscious plane, that is, if the patient is in touch with himself and allows himself to feel, the case requires a high potency of the remedy.

Example : Case of Mr. R.A. (Case 1, p. 9).

If the delusion is in the subconscious plane and comes up in the form of dreams, then the case is compensated and needs a remedy in the lower potency.

Where there are plenty of general symptoms available in the case, the disturbance is at a central level and the case requires a high potency.

In cases where the pathology predominates the disturbance has reached a peripheral level and the case would need a moderate to low potency.

Example : Case of Mr. D.G. (Case 6, p. 67).

Characteristic symptoms and potency

The presence of characteristic symptoms indicates a good vitality and so calls for a moderate to high potency. These characteristic symptoms could be anywhere: in the mental, general or physical particular spheres, in the past history, etc.

Potencies and the age of the patient

A child can have a Calcarea state intense at the conscious level, without any sign of it in the subconscious and physical levels. So there will be a lot of fears but no physical pathology and dreams. Here one can safely give a high potency, in fact the case demands it.

In the case of an old woman, however, one will see no fears, hardly any dreams, but intense arthritic pains in the knee joints, from which she cannot walk without support, she needs to lean on others. Here the Calcarea state was intense in the past but has now gone down and manifested as physical pathology. With suppression or pushing down, the vitality is weakened and so the case requires a low potency.

The child with his fears takes support from others, as does the old woman with the joint pains. The child expresses his fears at the conscious level, while the woman cannot because it is out of place, and so she pushes them into the subconscious and they surface as pathology.

Cases of children with congenital problems, or where there is severe pathology should be treated with lower potencies.

Potency and the stage of disease

The coped up state represents the positive side of the remedy, while the failed state represents the negative side of the remedy. The more the negative side is expressed at a conscious level the higher is the potency.

Example : If a patient requiring Aurum is suicidal, he needs to be given a high potency.

Lm potencies

Indications:

- Cases where there is severe pathology and the patient is too frail to take an aggravation.
- In cases where the pathology is very prominent, and the mental and general states are very less intense. In such cases one will find that much of the mental and general state is derived from the past history of the patient, and the peculiar symptoms are also very scanty. The mental and general state should get more prominent as the pathology gets slowly better.
- In case of chronic diseases that are slowly progressive, and in which complaints one does not find periods of aggravation and amelioration.

Example : Psoriasis, schizophrenia, asthma of long standing, cancer, etc.

- When, after an initial amelioration, the improvement stops and the state plateaus in intensity, but the intensity is lower than before.

When to repeat and when to change the potency

- If the action of the dose seems to get exhausted, and the intensity of the state is the same as before, the same potency is repeated.
- If, repeatedly, the action of the dose is exhausted very soon and one feels the need to repeat the remedy frequently, a higher potency may be required.
- If, after having given the high potency, the intensity of the state comes down and the high potency does not seem to act any longer, a lower potency of the remedy may be required.

Follow up

Criteria for evaluation:

- General energy and state of the person;
- Mental and emotional state;
- The status of the chief complaint;
- Appearance of new symptoms or recurrence of old symptoms;
- Any new observations about the patients state or his behaviour, words used in the follow up;
- Indications as to his subconscious state, especially through dreams.

Possibilities in a follow up

1. There is no discernible change.

In such a case, it is best to wait and watch, in this way allowing the remedy sufficient time to act. In some chronic cases, it could be up to four to six months before one can see any movement. But how long to wait depends on:

- How sure one is of the prescription;
- How chronic the case is;
- The intensity of the exciting factor.

If after having waited a reasonable amount of time there is still no perceptible change, one should take the case again and try to look at it afresh.

2. There is an improvement.

Evaluate whether this improvement is on the mental and general plane, or on the physical plane.

a. The best type of follow up is where an improvement is visible on both planes, the mental and general, as well as the physical. When there is such an improvement one should wait and not repeat the remedy unless one sees an indication for repetition.

b. If the improvement is only on the mental plane one should be alerted to the possibility of having prescribed a remedy that has acted locally on the mental plane. This is true especially when the prescribed remedy is of a lesser miasm than is needed in the case; it will have a short lasting effect on a similar plane.

c. Example : In a case with performance anxiety as one of its chief symptoms Gelsemium has been prescribed, where the patient needed Argentum nitricum. Here one can expect an improvement in the performance anxiety, but not in other spheres.

d. If the improvement is only local, without a simultaneous mental and general improvement, it is likely that the local complaint has been suppressed with a partially similar remedy.

e. There is an improvement, but one has made an observation that cannot be fully understood in the context of the remedy prescribed. It may be something about his behaviour, a physical symptom or a dream.

Example : A man who has been prescribed Platinum apologizes profusely for being late; or a woman who has been given Calcarea speaks in a threatening tone, etc.

This aspect of his behaviour should be kept in mind and made note of as a danger mark. One should fall back on it when the prescribed remedy stops acting.

3. The patient gets worse.

The exciting factor is examined and if it is not intense enough to have caused this aggravation, the choice of the remedy is questioned.

4. A patient with a chronic complaint comes up with an acute complaint.

The acute is usually a part of the chronic disease, and not a new or separate disease, unless the

cause is of epidemic proportion.

Example : In the case of Mr. R.F. (Case 22, p. 267) the sensations and modalities of his acute pain, all had confirmations in past incidents and illnesses.

During this acute exacerbation the disease state becomes more pronounced, so that characteristic and peculiar symptoms are thrown up or are easier to recognize. So this is a chance to arrive at the correct remedy for the patient (ex: Case 25, p. 293).

Also, because of the urgent nature of acute cases they pose a challenge to the homoeopathic physician, as regards his own skills in prescribing, as well as his faith in the science and firmness of the principles on which he practises.

In every case of acute disease one tries to elicit:

- A definite exciting factor, especially with regard to the mental state
 - The exact feelings of the patient
 - The symptoms in the prodrome (refer case of Carbo vegetabilis, Case 23, p. 287)
 - The concomitants
 - The general and mental state of the patient, and if there is something characteristic here, the questions are asked: "Why is it happening at this point in his life?" and "What does it mean for him?"
- If after eliciting these the patient seems to need the same remedy, it is repeated in the indicated potency. But if the symptoms speak a different language, the case is restudied and the prescription changed.

The acute disease is usually a healing crisis, care should be taken not to disturb it.

5. Recurrence of old symptoms or occurrence of new symptoms.

The exact characteristic symptoms are elicited, and it is seen if they fall within the domain of the remedy. One waits and sees if the symptom passes off, by itself. But where the symptom is intense or persistent, a repetition of the remedy may be required, the potency depending on the intensity of the state.

6. Dreams.

These could be:

a. A type that indicates that the patient is getting more aware of his situation, his subconscious feelings are coming to the surface. These dreams indicate that the patient is getting better and one should wait and expect an improvement on the emotional plane as well.

b. The dreams show a curative response.

Example 1: A patient has dreams of snakes that are very fearful. After the remedy the fear in the dreams goes down.

Example 2: A boy has the dream of being beaten by his father. His delusion of being persecuted lessens in intensity as treatment progresses, and the subsequent dreams are of talking amicably with his father and feeling good about the same.

Example 3: In the case of Ms. G.A. (Case 4, p. 49) she had the dream of being laughed at by her friends, but it did not affect her as much as it would have.

c. The dreams do not fall in the domain of the remedy.

One waits until they clearly indicate a new remedy. The first remedy may have been partially similar.

Example 1: In the case of Elaps (Subsection 17, Ex., p. 326), she was given Staphysagria before she had dreams of snakes in her follow up. Then one could understand that she needed Elaps, on which she did remarkably well.

Example 2: One of my colleagues had a patient for whom he had prescribed Ferrum metallicum. He

reported a dream of his teeth breaking off in the follow up, which helped in the prescription of Niccolum, which is related to Ferrum and was more accurate.

Manner of follow up

Some patients are enthusiastic to report an amelioration. Others are matter of fact. Still others always report an aggravation.

Example 1: A Thuja patient may say: "A single dose produced such an aggravation that I stopped taking the medicine altogether!"

Example 2: Usually Arsenicum and Kalium carbonicum patients always say how much worse they are before they report an amelioration.

When the patient comes for a follow up, one should note what he says, and what one observes about him and try to ascertain whether these fit into the earlier prescription or indicate a new remedy.

Example 3: In the case of Ms. A.F. (Case 13, p. 147), she was disgusted about being in India. When one probed further, her feeling was that India was a prison, and what crime had she committed to be here. This only went to confirm Kalium bromatum.

Antidotes

Allopathic medication, especially antibiotics, and vaccination are often found to antidote the effects of the homoeopathic dose. If the patient has resorted to any of these, one usually waits to see if the beneficial effects of the dose persist or not. If one finds that the physical problems are recurring, or the improvement in the mental and general plane does not persist, the remedy is repeated.

Skin aggravation

Very often, the appearance of a lesion on the skin, or the re-emergence of an old skin complaint, or the aggravation of an already existing skin complaint are found to occur in the course of treatment. This is usually taken as a sign of improvement in the health of the patient.

But one should ensure that an aggravation in sphere of the skin should be accompanied by a general and mental amelioration. Otherwise the case is studied afresh, to determine what the effect of the remedy (if there has been any) has been.

The appearance of the skin lesion is usually very troublesome for the patient. It can cause a lot of physical discomfort, like itching, and it can also be emotionally upsetting for the patient, because it affects his appearance. And so patients must be explained why it is necessary that the skin lesion should come up in the course of the treatment.

The skin lesions that appear as a result of the correct homoeopathic remedy being given, are usually of a temporary nature and are only confined to the skin. One should take care to differentiate them from eruptions or lesions of immunological and multisystemic disorders. The latter are a cause for alarm, as other vital systems of the body are being affected, rather than the disease becoming more superficial.

Allopathic medication during the treatment

A knowledge of allopathic medicines that the patient is on, their action, side effects, manner in which they are to be discontinued, etc., is a must. A great deal of caution should be exercised when asking the patient to discontinue allopathic medication. For example steroids are to be tapered off rather than discontinued abruptly.

Suppression

Suppression is apparent from the direction that the symptoms take.

Example : A patient's gastritis may improve, but he develops convulsions.

The most common example of suppression seen in practice is that of skin lesions by the use of ointments applied locally. Usually the outcome is problems of the respiratory tract, like bronchial asthma.

Sometimes the surgical removal of an organ/gland/tissue can also lead to suppression.

Homoeopathic remedies, if based on the pathological or local symptoms and given repeatedly and in large doses, can also cause suppression.

Tapering off

A large number of patients, when they come for the homoeopathic consultation, are in the failed stage. They come mostly for an alleviation of their physical suffering. Most of them will discontinue the treatment after they have obtained that relief. In many cases we also see them go from the failed stage to the stage of success. To take them from the stage of success to awareness is a very long process, much, much longer than it takes to bring a patient from failure to success.

Example : A good example of a patient gaining a fair level of awareness is the case of Mr. R.A. (Case 1, p. 9).

When patients reach from failure to success, and their physical problem no longer needs constant attention, they are advised to discontinue taking the medication regularly. They are also asked to keep in touch with the physician so that he can evaluate their progress from time to time and give them the remedy whenever they need it.

On the other hand there are some patients with whom it is difficult to taper off the medication. For example, Calcarea and Arsenicum patients are extremely dependent on the physician, and it is sometimes a very long time before the degree of this dependence reduces.

Remarks

In the study of remedies, the peculiar, uncommon, characteristic symptoms, by themselves, are undoubtedly important. But the remedy is much more than just a mere conglomerate of symptoms. Every remedy in the homoeopathic Materia Medica is a state of being. And it has to be understood as a state of being rather than a mere sum total of peculiar symptoms.

When substances in nature are potentized to form homoeopathic remedies, the spirit of that substance that has been latent or dormant in its crude form is stirred out of its slumber. It is this spirit or dynamic force that acts upon a similar force in the human body to heal it. And it is this spirit, that which gives life to the remedy, that we must recognize when we understand each remedy.

Similarly, every patient is a state of being. And the art of cure involves finding for the state of being that is the patient, a similar state of being from out of the homoeopathic Materia Medica.

Over the last few pages I have put down, in as simple a format as possible, the system of case taking, analysis, follow up and management of the patient that I follow in practice. But the whole endeavour behind all these processes is to understand the patient as a whole, as a state of being rather than an entity experiencing disconnected symptoms and phenomena. Without this aim in mind, all that I have explained so far will be nothing but mechanical processes that must be followed in a case, because they seem to work in my practice. Every question that is put to the patient must be aimed at understanding his state of being. Used in this way, the system can be of immense help.

Cases

Headaches

Elaps corallinus

Case 26

Mrs. E.S. , consulted me on 30.03.94 for very intense headaches, from which she had been suffering for the last three years. She was accompanied by her husband, and was dressed in brightly coloured clothes and bright make up. She had been prescribed allopathic drugs, some of which had to be stopped because of side effects, while the others had not proved efficacious. She began with a description of her headaches.

P: The headaches become worse and worse. They start at the temples and then they go to the top of my head and then to the back of my head. And by night if I even touch my head here (points at occipital region), it pains. I get very severe headaches. And it is unbearable really, and I do not know what to do about it.

I take a lot of tablets really, because I have had at least twenty-three nervous breakdowns due to a lot of tensions. And I have had three hundred shock treatments. I have had meningitis, kala azar, typhoid, all types of fevers. I have had slipped disc twice, I have had spondylitis, frozen shoulder. I have had all types of ailments: measles, mumps, chicken pox, any type of illness you can name I have had. I have always remained cheerful in spite of all these headaches I have had. Except that I cannot bear these headaches now, Doctor; these headaches are now too much for me. It just pains and pains so badly that sometimes tears come to my eyes and there is nothing I can do; even the tablets are not helping now. 1

(She pauses very long.)

D: Can you say something more. You said you had many tensions. What were they?

P: The main tension was my mother-in-law. She always lived with me and she caused a lot of troubles. My husband could never understand that she was the cause of all my breakdowns. She used to keep on fighting with me all the time when my husband was not there. My husband is a seaman and he would have two months leave. And whenever he was home, she would spend the whole afternoon in the bedroom with us, and my small son, who I have had after eighteen years, would be there with us at night. So we had no means of having any sex at all because both of them were there all the time.

She used to get on my nerves. She was the most irritating, the most annoying person one could come across, and I used to pray that she would die. 2 Now she is dead, and finally I am at rest. I can say that because she used to trouble me a lot. Just before my son's wedding, she came into the kitchen and she was shouting at me for frying the fish, and my hand slipped and the oil splashed on my hand, and burnt it. I asked her what she would have done had the oil splashed on my face, it being just before my son's wedding. It would have spoilt my face. And she walked out of the kitchen.

Because of her I had to take a drug which prevented a nervous breakdown but made me feel like I had two heads. It is an awful drug to be on. But last year in November when my mother-in-law was there and she was beginning to annoy me, and I was beginning to scream and cry, and there was my son, and I told my husband: "I do not want to keep her here. Just please send her away so that I can have some peace, and I can relax and I will not need to be on this tablet." 3

And when she went away, I was okay. And then it came to this point that his sister and brother both refused to keep her, and my husband asked that I keep her till she dies. And I did not know that she had only nineteen days left otherwise I would not have refused. I thought she would live another five years, because she used to eat very well and she was very healthy. So I refused to keep her. And

for the first time in our marriage he listened to me. Because for years we used to fight, and I would tell him: "Don't you know that after marriage you are supposed to choose your wife, and you are supposed to cling to your wife and not to your mother?" But my husband was obsessed with his mother. He was obsessed to the point that I do not know what. And it used to upset me and I did not know what to do about it. I fought it for twenty-nine years. It took him twenty-nine years to decide to leave his mother on her own. Then, I can say that I was finally at peace with the world. I have been through hell, doctor, hell. 4 His mother was the biggest bitch that I could... I am sorry that she is dead... She was awful; she could not get along with her daughter, with her son, with her daughter-in-law, with any of the servants, she could not get along with anyone. She could not get along with my husband; he hit her so many times. She was the main cause of the reason I kept falling ill, ill, ill. If she was not there I would have been a normal, happy woman.

D: What feelings did you have?

P: Now I am very happy because she is dead and because she is gone and because she cannot trouble me anymore. She cannot trouble me from the grave, certainly not. 5

D: And at that times what were the feelings that you had?

P: I hated her. I hated her like poison. I used to wish her dead so many times. If I could I would have killed her myself and tried to get away with it on grounds of insanity. But I knew I could not do that. I wanted to kill her so many times. I was on the edge, on the point of it so many times. 6 My husband never understood that; he was so madly in love with his mother. And that was the cause of my headaches. And I reached such a pitch that if I used to touch my head, it used to ache. The tension, doctor, the tension... of having an old lady in the house, who if I used to reach for the salt she would say: "Do not put too much salt." If I reached for the oil she would say: "Do not put too much oil." If I reached for this, she would say: "Do not do this." And she used to call me "mad". "You are mad, you are mad", she would always say. I have led a very rough life, very unhappy life mainly due to my mother-in-law. And she... wherever she is, she will suffer for it. I believe in that. She will not go straight to heaven, as we Catholics believe, but she will be wandering somewhere because she made me suffer, she made me go through hell. 7 My son has seen it. He tried to tell his father, but he was too much enamoured with his mother to notice what I was going through. I am not saying that he was not a good husband. He has been a very good husband, he helped me through all my illnesses. But he did not see that she had to be kept in a home, she had to be kept away from me. She made my sister-in-law almost have a nervous breakdown, she was so troubled. I had to bring her from her sister-in-law's house to my house, and then I almost had a nervous breakdown. Then his brother took her in.

D: What would she do?

P: She used to shout and scream all the time. She used to call me a prostitute. She could see that there was not a single man coming to my door, not a single man, yet she would call me a prostitute. I do not know why. My husband used to ask her if there was any man coming, and she would say that there was not. He used to then ask her why she was calling me a prostitute. She used to call me such filth... the bitch! She used to call me filthy names that I could not understand. My neighbours would understand and they used to say that if they told me what all those meant, I would feel very bad. They used to all say that she did not treat me like a daughter-in-law, but like a servant. They used to all say that. 8

D: And what would you do when she used to say all that?

P: I could not retaliate because she spoke in our mother tongue of which I could only speak a few words. I used to only say: "When you die, I will be happy." That was all I knew to say to upset her.

But not as much as what she used to tell me.

D: So at present what are the problems?

P: At present I have no problems as such, but my headaches are still continuing. I need to check up about my headaches. And I have this pain in my arm (she lifts up her right arm) which I got two years ago, beating up two nine kilo cakes.

Observation: The bangle around her wrist is in the shape of a snake.

D: What dreams do you get?

P: I get very pleasant dreams. I am out shopping, shopping for clothes. I am cruising on the ship. I get very pleasant dreams. Very rarely I get a scary dream.

D: What is that?

P: Always the same dream comes: that I am falling down the steps and I have broken my legs or something. That dream really frightens me, and when I am actually walking down the steps, I make very sure that I am walking down slowly, because I am very scared that that dream might come true. 9 That is the only scary dream that comes. Otherwise my dreams are very happy; always I am out gazing at shimmering stores and I am bargaining at them, or I am out shopping for fabric, or I am shopping for underclothes.

D: Is there any other frightful dream that you remember?

P: No, this is the only one, that I am falling down steps.

D: (To the husband) Can you tell me something about her nature?

H: Her nature is very pleasant. Except when, as she told you, she cannot face my mother. She has just had hatred for my mother, because she said that she did not treat her well. But whatever she said she did not say with malice, I thought. But at last we kept her separate, because at times she was much beyond what we expected; she could not sit quiet. She would always call me a son of a bitch when we went out, and ask why we had come so late, and so forth.

P: We could not go out anywhere, doctor. We had no life at all. Whenever we went out anywhere, we were abused and shouted at. We had no life at all. We had to return before 7:00 pm. She treated my husband as if he was two years old and had no brains at all; all her children she treated in the same way. In my house we were treated at the same level as my mother. We were treated as adults and we were educated. My mother did not talk down to us 10; we were treated at the same level as her. But his mother used to talk down to them as if they were just two years old. You will get that information from his sister and brother as well.

D: What are your interests and hobbies?

P: I play the piano, I sing. I stitch, I knit, I type, make flowers... I do a lot of things. And I am very friendly, I have got hundreds of friends. I have lots of women friends, too many in fact, and they are always on the phone; I am always talking to someone or another. I have got lots of women friends and I can communicate with any age group. I have got lots of old women friends. I get along with with any child; all the children are always in my house. 11 I have got lots of women friends, but I am scared of men and I do not know why. I get very scared when I am alone in a room with any man other than my husband. No other man has ever touched me or harmed me, but I have always been very scared of men.

H: She is mostly at home. I have told her that she should go out, do some social work, meet friends, diversify.

P: I do a lot of social work. I am always collecting money for various charities and every three years we have a gathering for which I help a lot. I do not like going out, doctor. I am very happy at home. In the four walls of our home, I am very happy. I watch TV, type a lot of letters. I have a whole lot of

friends to type letters to. We are seven sisters, so I am always writing letters to my sisters. And I type the letters because nobody can understand my handwriting, as you can see from the questionnaire. I do not know the meaning of the word "bored". I never get bored. I am quite happy with myself, and my husband was hurt when I told him that I did not need anyone's company but my own. I am quite happy on my own. I do not need people to make me happy, I am quite happy on my own. If I am with a book, I am happy. I just read... before these headaches became too bad, I was reading five books a day.

D: What type of books?

P: Love stories, detective stories, all kinds. The Reader's Digest. I was a very heavy reader. From the age of four I have been reading. I also wanted to write my own story. I wrote an article about myself. I have given it to someone and I hope it will be published.

D: What have you written?

P: It is called: "The Great Abyss and the Glory beyond It." It is about my life, and how terrified I used to be when I had the shocks. And the joy I felt when I had my babies, and the happiness I felt in my husband's arms, the happiness I felt with him. 12 It is a beautiful story and if you read it you will cry. My sisters read it and they cried. And one person who read it said it was like a prayer. And a priest who read it said it was like a prayer. 13 And it is a beautiful article really, and I am going to have it published one day. An English woman has taken it. She is a psychiatrist herself and she knows the problems I have been through. She also publishes books. And if it is published, it will help a lot of people cope with this problem, mental problem, how to deal with the shock therapy and whatever, I have had three hundred shock treatments, doctor, not a little, three hundred.

D: Why had you to take the shock treatments?

P: Because I was told I was mad.

D: What were your symptoms?

P: I used to get hysterical. I used to talk rubbish and I used to never know what I was saying. So they used to take me to the doctor.

H: She would not sleep.

D: And what would you say or do?

P: I do not know because I was mad. You will have to ask my husband that.

H: No, there was nothing particular that she used to say. She used to just not sleep and so we were concerned. I remember the first time she was sick, we were on ship and we were sailing from Perth in Australia to America, and she was talking to a lady and she said that the lady kissed her. She felt that she was holy and the lady kissed her.

P: I have always imagined that I was Mother Mary, and I have always wanted people to touch me and kiss me. I have a great love for Mother Mary, and that is why I have projected her onto me. 14 I do not know what it is, but that has been my illness many times. And then if I do not sleep for four days, I go off my head; I have to sleep. Four days is the limit I can take, otherwise I go completely off my head. And that is why I am on these heavy drugs. I used to take eighteen sleeping pills at night at one time, but now I have brought them down through my determination and self-control. There was a prayer I used to say. I used to say: "God, give me the determination and the tenacity of a weed." Because a weed keeps on growing no matter what; you can pull it out or whatever, but it will continue to grow. And I used to pray for that. Because I knew that I was ill and I knew that I could only depend on myself to get better. And I knew that nobody else could help me but myself.

D: (To the husband) What else would she do apart from this?

H: Well, most of the times she would sleep because of the drugs. But she is very good at her

housework. She can do her cooking in a very short span of time, looks after her son. We had a child after seventeen years; the older one is twenty-seven years old, and the young boy will be just ten years. Other than that I could not comment on it. But I used to get to hear of her illness every time I was out on my job.

P: Doctor, I have been well for more than eight years now. My psychiatrist says that I have broken the time barrier and that I will not have a nervous breakdown again. I used to have a breakdown every year, or every two years, every six months of the year. But I have been well ever since my son was born; I had my last breakdown when he was two years, because he was having a lot of stools and I could not control it. I should have asked my older son to look after him, but I did and I felt ill. But after that I have kept perfect health. For eight years I have kept health, and the last time I was speaking with my psychiatrist, he said to me that I was going to keep well for the rest of my life.

D: How was your nature as a child?

P: I was a very naughty child.

D: Meaning...?

P: Climbing trees, wall, playing with the boys, always a tomboy, always up to mischief. Climbing trees, stealing the mangoes... I was very, very naughty.

D: What else can you recall?

P: I had a very happy childhood. And that is why the psychoanalyst said that my happy childhood has kept me in good stead. Because in spite of having so many nervous breakdowns in the in-between period, my health has been very good. We were seven sisters, doctor, and we had a whale of a time growing up. We were very naughty and I do not know how my mother controlled us, but we were very happy as children.

D: What was your number in the family?

P: Four, but I got married first.

D: How?

P: They said I was the most beautiful. 15 I do not know. We were all beautiful.

D: How were you in studies?

P: I was highly intelligent. But I had to stop studies because I had meningitis, and I had a nervous breakdown, and the doctor advised that I stop studies. But I was the topmost in the class. 16 I would score a hundred in Maths, and I would come first in English, and I was one of the top students in the class when I stopped school. And my father even today says that had I been educated I would have been more intelligent than all my sisters, because I had the most brains. And anyone who talks to me even today thinks that I am highly educated, whereas I had to give up studies after the eighth class. They think that because I have been all over the world, I have been to eighty-nine countries. And I can talk about any country, or any subject, you name it, for longer than ten minutes.

H: She has a very good memory in fact, for facts, figures, anything that happened in the past which I cannot remember.

D: Anything else about your childhood do you recall?

P: A mad dog had bit me and I had fourteen injections in my stomach. That was the first time I had fell sick as far as I know. And I had the usual illnesses of childhood, chicken pox and mumps. And I had meningitis, and I had toxic poisoning: I was allergic to Penicillin, and the doctor did not know it. And I had meningitis, and then I had a nervous breakdown, and I had to receive many shocks for that. And then the doctor said that I should stop school, so I started with piano lessons, and I excelled myself at the piano. 17 I am the only sister who remembers how to read music till today. I am the only sister who has not played the piano for twenty-four years but still remembers how to

read music. So that says a lot about my memory. 18

D: You get along well with your parents and sisters?

P: I have had, in the whole of my life, only two arguments with my mother, and they were both about my son. With my father, I have had no arguments at all, and I have had no fights with my sisters. I get along well with anyone, with all my neighbours I have had no fights. If anyone comes to fight with me, I retreat because if I raise my voice even slightly, I get palpitations because I get scared. 19 So I never fight. My husband and I fight once in two or three years, and then I really explode. He needs to let his steam out every half hour whereas when I explode, I really explode. It takes two or three years for me to have a really big fight, and when I do, I frighten off everybody.

D: What do you do?

P: I fight with everyone. I call them names, I abuse them. I have a big fight. Once in every two or three years, I let off steam. It takes me a long time to get angry; I simmer and simmer, and then suddenly I blow my top off and get angry. 20 Some people are like that I think, and some people get angry very easily. And both my husband and son get angry very easily. And my baby, he is exactly like me: never gets angry, never fights, always cheerful, always laughing, always pleasant. He is an unusually happy child. He has got my nature, I would say, because I am a very happy person by nature. Nothing gets me down for long. Even with regard to my mother-in-law's problems, I used to fight with her but I used to remain calm and cool and happy for my son's sake, mainly because he was growing up. I did not want him to see the fights and get unhappy. But basically I am a happy person, nothing gets me down for long. I am always laughing, talking to people. I can communicate with anyone. I have no real problem, except that the old lady used to trouble me a lot; she was the only thorn in my side. That was the only problem I have had in my whole life, and now these headaches. These headaches have come since the last two or three years I think. 21

D: What do you like in food and drink?

P: I do not drink alcohol at all, because once I had two drinks of Scotch and I took my tablets, and after that I had a nervous breakdown, and then I stopped drinking. I was too scared to fall ill again. I hate the smell of alcohol in fact. If my husband wants to kiss me after he has had a drink, I do not like it. I love to eat anything at all, even if it is groundnuts.

D: As a child, did you have any scary dreams at all? 22

P: No, never.

D: How do you react to animals in general?

P: I am scared of dogs, because a dog bit me once, but not of cats. I have a lot of kittens in the house. I am not scared of animals unless one is going to attack me. But otherwise I have a tendency to walk past animals. I am scared of snakes, though I have never seen one.

D: Since when?

P: Always I have been scared of snakes, but I have never seen one. I have seen them in the pictures and movies, but I have always had this fear.

D: When do you experience this fear?

P: I have always had it. In Goa they say there are lots of snakes; I am scared but I have never seen one. And I do not get scared when I go there, because I have never seen one, but I always pray that I do not see one. I have been married twenty-nine years and not seen one.

D: So, when do you experience this fear?

P: I am scared, but I would experience the fear were I to come face to face with one.

D: Have you ever had dreams of snakes?

P: No.

D: You have mentioned in your questionnaire that you had dreams of flying.

P: I have?

D: Yes, of flying and swimming.

P: I like to swim but do not know how to. Maybe that is why I always dream of swimming. My dreams of flying, I will tell you why I get them. 23 I had had a nervous breakdown and after that I had gone back to school. The other children taunted me. They were not my friends, and they asked me: "Would you like to be a bird?" And I knew they were taunting me. So I told them that I would love to be a bird and to fly, and to see the whole world, that would be wonderful. And then they kept quiet because they knew that I had given them tit for tat. 24 And in reality I would love to fly, Doctor, to fly and see the whole world on my own. That would be a wonderful dream, but an impossible one, I know.

D: What was the cause of your first nervous breakdown?

P: I had had a high fever, 105 °F to 106 °F. I was allergic to Penicillin, and the doctor gave me a Penicillin injection, and that made my fever go higher. Then I got a toxic poisoning, in which my whole blood was poisoned 25, and they had to give me a blood transfusion. Then I had a nervous breakdown. Then I had meningitis, my fever went to 108 °F. They did a lumbar puncture twice, and the fluid was normal; my brain had not been affected. I had a nervous breakdown because of the high fever, and I had to have I do not know how many shocks. I was too small to remember, only twelve or thirteen years old. But I recovered quickly, and was soon back to normal. The doctor says I am a schizophrenic, a person with twin personalities.

D: Do you have a twin personality?

P: I have never experienced it, but that is what the doctor says. There are two or three explanations for it which I do not know, but I know only one.

D: Which is...?

P: About the twin personality. But the EEG results showed nothing wrong with my brain, it was normal.

D: (To the husband) Can you say something more about her nature?

H: Her nature is very good.

D: What do you mean by very good?

H: I have nothing against her, she is very loving, affectionate. Except when she gets angry, and most of the time I have to give in to her because I am afraid she will get ill.

P: That is not true, Doctor. All my life I have given in to him. 26 When he wanted to come to Bombay, I agreed to that. He has stuck out at sea for twenty-nine years. My son is giving up his sea life in a few years because his wife demands that. But he has stuck it out at seas for thirty years, travelled the whole world instead of staying at home. He has brought his mother home to stay with us. In every instant in our marriage I have listened to him. It is not the other way around, he has not listened to me. Because that is what my marriage vows were, to obey. So, I have always listened to him. He may give in to me for small matters, like buying a saree or something. But for the big things I always have to listen to him. Like, if we have to go on a holiday, I suggest that we go to my hometown but he refuses and says that we are going to his, and I very bloody well listen. Every damn holiday is spent in his hometown.

H: She spends a lot of money.

P: I have nothing to do, so I spend a lot of money.

Comments: I gave her the remedy, and Saccharum lactis for a week, and told her to continue with her allopathic medication. I said that as she felt better, we would reduce the medication. She said: "I

am afraid, I will not listen to you, I will listen to my psychiatrist. He has been treating me for so many years and he says I am on the absolutely minimum dose and I cannot go lower than that." I tried telling her that after some time on the remedy she might not even feel the need for that minimum dose, but she was not prepared to listen. So I left it at that and simply asked her to return after a week.

Case analysis

The most obvious thing about her is her attractiveness: the way she is dressed, the way she talks is all with the idea of attracting attention towards herself. Not only is she very talkative, her descriptions are very dramatic and hold one's attention. The other features that go through the case are competition, jealousy, the need to be on top, above others. There was a lot of rivalry with her classmates, with her sisters, with her mother-in-law. These give the idea of a remedy from the snake group. Her strong fear of snakes confirms this. Also, snakes have this high sensitivity and reactivity. Further, she talks as if her mother-in-law and her husband are both out to get her. The feeling that she conveys is one of persecution, being attacked. This is an animal quality. It is the law of the jungle where everyone is out to get you and you have to defend yourself. The feeling amongst the remedies of this group is that everyone is out to get them, to destroy them. Also, this feeling that she was treated like she was nothing, like she was dirt is an animal theme.

So, the next question is: "Which snake remedy does she need?" One way to tell this could be from the dreams. But if the dreams do not reveal this, then look for specific symptoms or unique qualities that are not common to all snakes, symptoms characteristic of one particular member of the group. The third method is to try and see if the patient is in any way connected with the source.

In this case, she has dreams of falling and flying. Her autobiography is entitled, "The Great Abyss and the Glory beyond It". This is how she sees her life; falling down into an abyss and then rising up from that fall. Her talk is very egoistic; she is boasting, showing off. She feels she is very great, divine, and has always to be on the top. And her fear is of falling off from that place at the top where she sees herself. Of the snake remedies, Elaps has dreams of falling into an abyss.

The miasm in the case is cancer. This need to do everything on her own, to look after her son on her own even if it adversely affects her health, and to do everything to perfection, to cook, to play the piano, to write, etc., are features of the cancer miasm. She was the best student in her school. She takes on too many things upon herself and believes that she has to do them all perfectly. She feels desperate and wants to kill. She talks in the superlative; things appear extreme for her. Her perspective of life is very bleak; she feels she has been living in hell, in an abyss. One can see how the miasm is close to syphilis.

Rubrics:

- Delusion, falling forward, she is;
- Dream: falling, abyss, into;
- Company, desire for;
- Delusion, is being injured.

She was given one dose of Elaps 1M on 30.03.94.

Follow up

05.04.94

She had felt some relief in her headache for half a day, but then again her headaches were the same.

The remedy was not repeated.

I conducted a Group Consciousness experiment using her case on 08.04.94. A number of us watched

her case and three persons were asked to sit outside in separate rooms and note down their thoughts, feelings and dreams.

- I imagined that I am taking a case in my new clinic. The patient has sderoderma. He is continuously asking me whether it can be cured. I tell him that first I would have to take his case. There was an argument between us. Then I imagined a woman who was very well dressed, was animated, had long nails, heavy make up. The remedy which came up was Apis.

- Then I was reminded of one of my cases where I was not able to find the remedy. During that period I had had a dream that I was discussing the case with someone, and during that discussion the remedy that had come up was Medorrhinum.

I saw a newborn child getting very bad convulsions.

I saw a child of seven to eight years, who was very poorly nourished and was looking at me, very helpless.

I saw my mother and she said that I was behaving as if they were not taking care of me properly. I saw my friend passing by and I said to him that we were discussing a very good topic and he should join. But he was not willing. So I told him that he was missing an opportunity that he would not get again.

- I saw a man doing rope climbing. He had climbed a hill and had reached near to the top; he was just below the top.

- I was reminded of a scene from the movie "Fugitive". There is a scene where the hero is inside a pipelike thing and some people are following him. Down below is a huge waterfall, like the Niagara falls. He reaches the end of the pipe and there is nowhere to run. On one side was the waterfall and on the other side are the people. He sees the danger from these people who are following him, and the only alternative is to jump into the waterfall. So he jumps into the waterfall which is very huge, very high, very deep. It is a dangerous situation, a desperate one. And so he has to take this risk to escape, to save himself. He will land directly into the water. It is like jumping directly into the Niagara falls; it is so dangerous.

There is a river where a mother and a child were going in a boat. The mother was injured in some way, and then somehow the boat capsized. After some time I saw that the mother was coming out of the water and she was very happy to see that all her wounds had healed. The baby was missing but there were no emotions regarding that.

Then there was a feeling that I was being pursued by the police; maybe I was a criminal.

A short obese woman was talking to me and I was told that she was "easy going". She wanted to meet her husband and wanted to do something. She was asking me for permission and I could convince her very easily that she would not be able to do what she wanted, or to meet her husband. The meaning of "easy going" in the dream was that she was easy to convince.

12.03.94

P: Doctor, I have some good news for you. Just two or three days after taking your medicine the headache has turned better. It is just a slight headache and it is bearable. It is not the intense headache I was having. I am feeling much better.

My blood pressure has increased because my son is missing his father who is out at sea again. He is refusing to listen to me and is giving me a lot of problems. I went to see my psychiatrist and he said that my blood pressure is high, and he said that it could be because of the tension of the child. I noticed a marked improvement two days after I came to see you. Earlier even when I used to talk, I used to have pain. Now there is no such problem.

She started to feel better on the afternoon of 07.05.94 around 1:00 pm, which was the time at

which the Group Consciousness experiment was being conducted.

Remedy not repeated.

02.05.94

She has developed a fungal infection on the face and the ears. She used to have it earlier and used allopathic ointment locally. But it has aggravated now.

She was getting quite a bad headache every afternoon because she was having a lot of tension from her servant. She has now sacked the servant and is feeling better since then.

Remedy not repeated.

14.05.94

Her headaches are worse and she says she cannot bear it. Her blood pressure is high because of the fights she used to have with her servant and arguments with her son.

Elaps 1M, one dose, repeated.

07.07.94

Her headaches have worsened. Her daughter-in-law is creating a lot of "trouble" for her.

Elaps 1M, one dose, repeated.

30.07.94

Elaps 1M, one dose, repeated.

18.08.94

She has been weeping a lot. She has been feeling "lost" and "alone", and needs her husband.

Elaps 1M, single dose, repeated.

Over the next year and a half the remedy was repeated only four times. There was a marked improvement in her headaches and in her moods, and she was able to reduce the antidepressants. She moved out of Bombay and continued to follow up through letters and over the next one year there was still further improvement.

March 97

On 22nd March 1997, she sent me a letter asking for further medication:

P: The headaches are bearable. I have reduced my medication to half of what it used to be. In December my husband and I were having terrible fights and I was having terrible dreams. On one instance I had a dream that I was about to have a shock. I went to my psychiatrist who asked me to increase my medication for fifteen days. I did that and the dreams and the fighting stopped. I am fine now.

I do my daily chores, feed my pets and send my son off to school. Then I pray and get ready to go to my shop, where I sell precious stones set in silver coated with platinum, strands of pearls and assorted stones, clothes, antiques and bags. For a small business it is doing fairly fine. I quite enjoy it but get a bit tired. I also take up my son's studies during his exams. I also spend a lot of time in the garden. I love this busy life here. I have learned the local language and have a large circle of friends. All our friends from Bombay say that I have lost a lot of weight and look very happy.

Her husband has also written that her headaches are now bearable, and that she is spending a lot of time with her activities at home and in the shop and is well and happy.

Elaps 1M, one dose, repeated.

03.09.97

She is feeling much better. Her headaches are much better. She is happy and relaxed, but occasionally loses her temper with her son, when he does not keep things in order.

Her husband says that she is much better. Although she does have mood swings, she is much calmer. Her headaches are miraculously cured; earlier she used to scream with pain.

She says of her mother-in-law: "She was good woman despite everything." She speaks about her in normal tones and does not harbour bad feelings towards her anymore, has made peace with her. Remedy not repeated.

Loss of hearing

Naja tripudians

Case 27

A thirty-six year old film director, Mr. S.R. , consulted me on March 2nd, 1994. He makes TV serials and telefilms. His descriptions were very vivid, accompanied by a lot of hand gestures. His case interview follows:

D: Tell me what your problem is and something about yourself.

P: There are two problems. One is I have a hearing loss in both ears. About ten years ago, I started to hear whistling sounds, ringing, various notes, low and high. I ignored it, and then for two or three years it has been more or less constant. I do not experience them when conversing, but the moment I go out and sit, I will get them. It was better when my attention was shifted away from it. Whenever there is nobody talking, or I would not have listened to anything it comes on. In January, I went to the ENT surgeon and he said that there is a definite hearing loss. He thought one of the floating bones has hardened and he suggested surgery and he said he would put in something artificial. I do not want to have a foreign body inside.

Problem number two began in October. It is very funny. I am a film maker and we have been living quite a carefree life: smoking a lot, drinking a lot, partying and keeping late hours, work hours stretch into twenty hours; it is an uncontrolled kind of thing. Then a close friend had a heart attack. I get a call at 4:00 am and think it is a joke, and then I call back to confirm the news and, apparently he has died in his sleep. I went for his funeral. We were close, but it did not come to me as much of a shock. We were the same age, and we used to have regular drinking parties. His wife is an air hostess, and she had thought he was joking and he was not. He was in the morgue; there was no one at home.

Fifteen days later while I was sleeping at night, I felt very uneasy. I woke up and felt scared for no reason. I drank a lot of water and walked for two or three hours and went back to sleep thinking that maybe it could be acidity. The next morning I told my wife that this sort of thing has happened. But then it stayed on for two or three days: uneasiness and chest pain on one side or the other, that came and went. That made me really get upset. (Laughs.) It scared me. It was a Sunday and we found a cardiologist who happened to be working. He took the ECG and said it was normal and attributed the uneasiness to very severe acidity. Once I had sweat a lot after I had a lot of hot food, chillies. Everyone has heard that when you get a heart attack you sweat a lot. That confirmed his diagnosis and he gave me medication for the acidity. I kept it on for fifteen days, that was the whole course, and I felt better and forgot about it. The whole thing went off my mind.

Recently, a famous music director died of a heart attack. He too was into the same lifestyle: heavy drinking, smoking, and he had a heart attack. We went over to his place to pay homage, and after that it played in my mind in a very vicious kind of way: thoughts of death, maybe this is the end of my life, maybe I will get a heart attack. It became unbearable. Getting out of my house was a big event for me then. Any news coming down... Once I was with another friend who makes advertising films. A client had come down and some time after he left us, we got the news that the client had died in a cab on the way to his hotel. So these things worked on my mind. I went back to the cardiologist. He said that it was not to do with the heart. I tried to convince myself of this but it was difficult for me to convince myself back into it. It stays on and off.

Four or five days ago a good friend of mine was coming from Calcutta and I felt much better. The whole thing started easing. But still somewhere the thought stays, the tension mounts. I am watching TV at home with my wife and the whole uneasiness starts building, and I think I am going to get the heart attack. It is as if I am looking forward to it. At that point it becomes so unbearable that I decide to face it then at that moment. But after waiting for ten minutes, then twenty minutes, and then thirty minutes nothing happens. Then the pressure reduces on its own, and it begins to pass. Since then it is easing out, the major tension is eased out.

The cardiologist gave me some sedative. It makes the fears go away. I went to my family doctor and he said that I have cardiac neurosis, and that it is not in my body but in my mind. He changed the sedative, and that gave me a lot of relief. I started to ease it off, and the moment I did that it started again. Since then it has eased, but I feel I need treatment for that. I get uneasiness on either side of the chest.

Observation: He repeatedly kept taking out the chain around his neck from inside his shirt, and twisting it tighter and tighter around his neck. At times he would twist it so tightly that I was afraid that this man would commit suicide this way. My whole attention was on his neck and the chain.

P: I get pains in both upper arms. My blood pressure was a little above normal and I saw the cardiologist again.

D: Can you say something about yourself? Describe yourself like a role. What is your role in your movie?

P: How do I explain myself? One thing is for sure that I do not like unpleasant happenings, unpleasant people, those that create trouble for others. What do you want to know specifically?

D: What are the things that trouble you, disturb you, or make you happy, your interests and hobbies? What do you like to do?

P: I cannot stand untidiness, uncleanliness, dirt, uncouth people; I feel like staying away from them. I like harmony in the surroundings, peaceful places. I like to go into nature, on the hills. I like houses that are brightly lit, a lot of fresh air, a lot of wind through the window.

Well, in the kind of profession I am in there are a lot of things that I take up to have a new experience. If I am in an uncomfortable surrounding, I may try to observe and find out what kind of mind would be doing these things. I quite regularly do this. If I do not like someone's behaviour, I try to figure out what must be going on in his mind, what must go on in their minds.

I am quite curious about a lot of things. If there is a machine, I would like to open it up. If I meet a person for the first time, I like to find what the person's nature really is. If I go to a new place, I want to know what it is like. My friends hate this, if I am at their houses I will look into the drawers. If you leave me alone in this place, I will go through your books. I like to find out. If I am at a friend's place, I will open a drawer as I am talking to him and look into it. I am not looking for anything.

D: What else is peculiar about you?

(He does not answer, despite waiting a long time.)

D: What else is typical of you?

P: I have a kind of a surge... not surge, but I get interested in new things and then I sum them up. If I like it, I take it and forget about it. If not, I leave it and forget it. If I come across it again, I say I know this. For example, say I am in a business deal or I have worked on a script with someone, I go through it in detail and then I sum up the experience in my own way... this is what this means. The next time, if I come across the same kind of thing, I will not be interested because I feel I know it. If I have done that kind of business deal before, I will do a different one the next time. That kind of deal has been done, I have grown out of it and there is no need to go back. 2

What else? I do not know what else you want.

D: You are doing quite well so far.

P: There is also one feeling which is like this: somewhere I have this deep down feeling that actually I am not close to anybody. I feel that nobody is very close to me. It is a basic kind of thing. Belonging... that kind of thing is not there. On the other side, I like to have a lot of friends, like to have them coming over. I like to be with people, chatting, playing games, watching films, doing anything. (Long pause.)

D: Can you say more about this feeling of not belonging?

P: Since my childhood, since I was twelve or fourteen years of age, I do not know how it happened, but suddenly I felt like that. Not lonely as such, but feeling that I do not belong. Since then it has been there.

D: What dreams do you have? 3

P: I generally do not remember them. In the last few days I dreamt that while I am talking to someone, a person with whom I am doing a project asks me if I have some time and I go with him. I am talking with him, and half way through I woke up.

Few days ago, I dreamt I have a car and I am driving it. I woke out of my sleep a few days ago: I do not like to see snakes in my dreams. If I see them in life, I am not so scared, or even if I see photos of them, it is okay. In my dreams when I see them, I wake up. It is like a nightmare. Ten or fifteen days back, I saw four or five black snakes and woke up. It is very funny. I know this is a snake and it is a dream, and you do not have to get scared, or otherwise I am restless. But when I wake up, I know I saw a snake.

Lately, I am seeing colours in my dreams. Earlier I never noticed. I think they used to be black and white. The snakes were black, there were no colours. But since the last week or so, I can clearly see colours.

This morning I had a dream of some station. There was some hotel, work going on, filming going on there. Generally I do not remember my dreams. 4

I snore a lot. My wife tells me I snore very loudly and she wakes me up. This has been since the last two years. The ENT surgeon said it was the nasal passages.

D: Tell me about your career. 5

P: I am at a break now. I did my studies at the Poona Film Institute and my graduation film won The President's Award.

D: What was the film?

P: It was about a college boy who is a daydreamer; he daydreamed about a girl. He meets this girl, but I have not made it clear if the girl is there. He is fascinated by this girl. He dreams about her, and about himself as a macho kind of a boy... the regular film hero kind of thing. And in reality, he is being made fun of by all his colleagues. In his daydreams, he finds relief. If he is in trouble, he goes into his daydream and finds this girl and feels comfortable with her. One day he is talking to a girl and the dream girl disappears. So the girl does not exist. After she vanishes into the thin air, he searches for her. He then sits down under a banyan tree and is tired, and his eyes become dreamy and the girl comes to him. He says: "You are not that girl; you cannot be."

D: What is the meaning of this film for you?

P: I made a film about a daydreamer whose reality and dreams are so mixed up that he has a problem with social interaction. After I made the film people would come up to me and say: "This is what I was like at that age. How did you think of it?"

I had felt this was so common, typically middle class society. The way boys are brought up, it is a

relief for them and the attraction problems they get into. Boys and girls do not mix even in coeducational institutions. Relationship problems, a mystery. (Plays with the chain.) A mystery kind of phenomenon grows, which I have tried to convey.

He mixes both of these things and people make fun of him, rag him. At the point, the girl is not there and he does not know whether she is gone from his dreams or from reality, it is an inward journey. I have shown shots where he is just running and running across the street. It works quite beautifully, and as he is running he starts seeing her everywhere. If he goes into a sari shop, he sees her; a car passes by and he sees her. Finally, he gives up and realizes that he cannot be chasing this dream, and when he gives up, the girl comes back. And he says: "I made this inward journey and she was not there."

It is not externally out there. It is his relationship problem with his own dream that is the problem. I have used some Jungian stuff, like he realized that it was not a relationship problem that he had with this girl, rather he was confronting his anima which he was projecting on the girl. It was an image of the girl he had in his mind that he wanted to project into reality, and he could not. The whole thing is realizing these are two different things.

D: What does it mean in your life?

P: I was asked if it was autobiographical. I used to daydream about a girl who was in my school, with whom I was friendly. There were some things I borrowed from my life. You have these things... "If this girl was here how would she behave?" This is what I put into that. I picked up this girl vanishing thing. I made it with a friend.

D: Did you also have problems finding the girl you wanted, the girl of your expectations?

P: I did not have a problem but I was definitely looking out for her. That was one thing of prime importance to me. I was feeling alone, not lonely. I am the only child of my parents. I got detached from my parents; I do not know how. I did not have brothers or sisters. I had a two or three close friends, but friends are friends; you do not belong. This whole thing grew in my mind that whatever relationship I have, it would be this way. I had a lot of expectations of what she should be like. (Plays with chain more.) The more you look for something like that, you hardly find it. You wish that you did. I really wished.

D: What was your wish?

P: My wish... one thing I was looking out for was somebody who would... with whom you feel very relaxed, who would understand with a minimum of looks and words, who with habit or practice, or instinct could guess what is happening in you. I think that is what I was looking for. I think everyone looks for this unspoken understanding.

D: Was there some kind of disappointment in love?

P: Yes.

D: Did you have some kind of grief with a love relationship?

P: I was in love with someone at Poona when I was studying. And suddenly one day I felt she was not so caring or attentive, or that she was trying to put on an act. This was in the early part of the relationship, but not right at the beginning. Maybe she was putting this whole thing on and playing with my emotions. Maybe she was neglecting me for that one day and being attentive to someone else. So I thought maybe this is a put on and not the true relationship. And I was really very, very put off, and I felt not heartbroken but I felt really bad.

D: Can you describe that feeling?

P: I felt sad, felt like crying. In those days, I never used to smoke or drink though there used to be a lot of smoking and drinking there. I was the odd man out. The others would say of me: "Good boy,

look at his rosy cheeks." That was the day I bought a bottle of whiskey and said I was heartbroken and I wanted to drink. I asked friends over. I went to my friend and said: "Put on the saddest music." I told him that I was sad, but I was also making fun of it. They laughed about it... lost lover kind of a thing. That was the day I started drinking.

D: What was your feeling?

P: Sad, crying, spending time with friends, drinking and getting drunk, forgetting everything.

D: Angry?

P: No.

D: Jealousy?

P: No. I felt more sad for myself, self pity: "How could this happen to me?" I announced that I was heartbroken and that I would be sharing a bottle of whisky. Joking. The next day, I felt relieved and had a good time, made a drama of the whole thing. The relationship became much stronger after that and continued for three years before fizzling out. 7

D: Were there any other incidents in your life with a lot of grief or anxiety?

P: I was thirteen years old when I started feeling alone. One day I felt like that and I do not know how I felt quite lonely, and I walked and walked, I do not know how much. I felt all alone. "Now look you are on the streets. Look you are dying." 8

D: Did anything happen with your parents to have provoked that feeling?

P: No. I was a very sensitive kid. My parents did not hit nor scold me, or say nasty things. My mother used to only do it vis-a-vis my studies.

D: How do you get along with your wife?

P: We fight a lot but we are getting on. We have a lot of fights.

D: The main theme of the fight is...?

P: I did or said something wrong, or I did not like the way she behaved or was passing comments. Or I feel: "You do not understand me. Why do you not see things the way I do?" Then it creates some confusion between what was said and what was meant.

D: What is your feeling in this moment?

P: That I am not being understood and she should give some thought to how I feel. I have this kind of a feeling that I always see things from two different points of view, and then make my own judgment. I see both the sides. She says: "Why should you see both sides? You should see your side." If I work for someone and he pays me less, my wife will say look at it from your point of view and I look at it from both our points of view, his and mine. 9 Those are the basic differences.

D: What are the themes of your other films?

P: Documentaries.

D: What about?

P: Corporate movements. Corporate profiles. You want to know the kind of films I am making? Advertising films. One film I am planning about a pickpocket who picks a pocket and finds a suicide note written by someone to someone else. He throws it away and then picks it up and thinks: "Why does this person want to die?" It is an SOS call from a girl to her lover, and she has written: "If you do not come with me I will jump off this bridge." He realizes this letter was supposed to reach someone and because he has it someone will die. It is about a small little social being who is exploiting the society, how he saves a life and realizes his responsibility vis-a-vis society and saves the person. Another comedy I want to make is about two ambitious actors, one of whom is in the village doing folk theatre, and the other acts in serials in the city but is not getting a break. They both run away and meet in between and realize that there is nothing left in their professions. So they decide to

become dacoits. They had heard old stories about dacoits riding through the valleys with their rifles. And so they thought that there would be a thrill in it. But they find that bandits are actually out of a jobs too. They find it is quite pointless. The bandits would rather open shops, get into video piracy. They find the older bandits are quite talented and together they form a good theatre group. They realize that they were doing something wrong in trying to pursue their career in a particular way. But you do it this way and it works. 10

D: You said you used to film snakes, photograph them?

P: Twice. Someone was making a film about a girl who was brought up with snakes, and she would go into a pit with seventy-five poisonous snakes, and they would crawl all over her. A girl who was friendly with snakes.

D: You saw that?

P: Yes. There were lots of shots of the snakes slithering. There was a snake expert who was telling what the snake is like, that he cannot hear.

D: How was your feeling?

P: I did not think I could shoot it, but I got so friendly I could touch them.

D: What was your feeling?

P: They feel like touching anyone's hand. It is not repulsive, only cold. The snakes used to climb on to our shoes and we would push them away; there was no scare. We needed one crawling toward the camera. A snake will hide if it is left out in the open. It came through my legs. The guy who was holding the lights saw it. 11

D: But you...?

P: I was not scared, not at all.

D: In your dreams...?

P: If there was a snake here now, I would have no fear because I know what to do. I had them teach me. You distract it with motion and hold it by the skull, not the neck. If you hold it by the neck, it can turn around and bite you because the head can turn so far around.

D: That was the first time you were filming snakes?

P: Yes. The second time was last year. It was for a science programme; we had to shoot the rain forest and we had gone down south. It was accidental that we were passing a river and we saw two snakes fighting: two long beautiful snakes, but actually they were mating. I shot the whole thing, twenty minutes. It was beautiful, really beautiful. They were golden colour. I like golden snakes. At the Poona Institute we had a lot of snakes on the campus. In the jungle next to it there is a family of cobras. We were having class in the jungle and just behind us two were mating. Often the cobras would come into our room, or into our mess. Snakes cannot move fast on the tiles and the poor guy would be struggling to get out. So I am not really scared of snakes. We used to have these golden cobras at the Institute: beautiful, really beautiful, very graceful they look. I do not know how I will react with a black snake. In my dreams, I get scared if I see a black snake. I have not actually seen one.

D: What is that black snake you see in the dreams? Is that a cobra too?

P: No. You can make that out. The snakes in my dreams have no hood.

D: How do you react to other animals?

P: I like all animals. I will have to think of which animals I do not like. I get friendly with animals easily. Lizards I cannot stand; I cannot pet it or hold it in the hand. That is one animal I cannot stand. There are people who make them pets, hold them, carry them over their shoulder: that is what I cannot do.

Case analysis

His main problem is of cardiac neurosis, a fear that any time he will get a heart attack and die, like his friend, his dentist, and the music director. He talks to himself at the time, and tells himself that there is nothing to worry about. It is as if there are two of him, one that is afraid of the heart attack, and the other that is reassuring the first not to worry. It is a duality, a split, an antagonism with himself. He even looks at any situation as if two people were viewing it. There is his point of view as well as that of the other person.

He is very descriptive, very animated in his talk. He likes to be with nature, in open spaces, in fresh air. His job is to make films, and this involves taking a concept and putting life into it, making it entertaining and enjoyable enough to captivate the attention of an audience. All these features: the duality, the love of open spaces, the animated talk and the theme of movies would make me think that the remedy might belong to the animal kingdom, especially from amongst the snakes. His fear, fascination and dreams of snakes and the action of choking around the neck (with the chain) are also strongly indicative of the "snake group". Advertising and movies is a big snake theme. It magnetizes you and puts the sting in you. It creates an illusion without actually telling lies, and traps you into this illusion. It is an art that requires cunning and deceit.

The other snake theme in the case is the incident with his girlfriend at the Institute. The girl was giving more attention to the other man. This theme of one woman and two men is a snake theme.

The other peculiar feature in the case is the feeling of being alone, of not belonging, from a very young age. Also, in both his documentaries you see the common theme of someone doing something wrong in order to earn a living, but later doing something whereby they get acceptance into society. So one can see that he feels forsaken and neglected, and there is a strong sense of right and wrong in him. The intense sense of isolation, the fear of sudden death and this feeling of having done something wrong indicate that the miasm of the case is beyond syphilis and towards syphilis.

So, one is then looking for a remedy that is near syphilitic, from the snake group and has a strong sense of right and wrong, and a forsaken and neglected feeling. This remedy is Naja. Naja has a strong sense of morality, of right or wrong, and may not be as jealous as the other snakes. The action of Naja centres around the heart, and the fear of death from heart disease is also a symptom of this remedy. It is one of the main remedies for cardiac neurosis.

Rubrics:

- Anxiety, heart region, of;
- Delusion, neglected, he is;
- Antagonism, with himself;
- Delusion, wrong, he has done.

Naja is always looking for the ideal mate. Cobras are usually very faithful, but this may not be so significant. That confirmed the prescription. He described the cobras with such affection. Often snake remedies are very descriptive and they hold your attention.

Observe what comes through the whole case. The strong liking or aversion to snakes and strong inexplicable dreams of snakes lead you to the kingdom.

He received a single dose of Naja 200C on 02.03.94.

Follow up

08.03.94

Mind active, scary thoughts. Pain in the throat.

Dreams of dinosaurs and animals that can fly.

Thoughts of jumping out of the window. Feeling very restless and not comfortable in anything.

Remedy not repeated.

19.03.94

Better: less tinnitus, better hearing. Fears and tension less.

Remedy not repeated.

31.03.94

Tinnitus decreased.

Very restless at night with profuse sweating.

Single dose of Naja 200C repeated.

12.04.94

P: Ringing in the ears and hearing loss still continues.

On the whole much improved, but still sometimes there is a kind of an anxiety, but the fear and premonitions are not there. There was a heavy tension on the mind earlier and now I can relax much more. I was feeling fine last week, and since Sunday evening I am feeling a bit down though it is not absolutely out of control.

I dreamt that I lose my baggage while travelling on a train. I start looking for the baggage. The train is like a bedroom. The passengers look very funny. I look for my baggage and then I give up. My sleep is restless; I keep changing my position.

The skin on knuckles and feet is dry.

Naja 200C, single dose, given.

19.04.94

Retrosternal pain from 3:00 am to 5:00 am.

Stopped tossing about in bed.

Earlier there was the feeling of not being at home with himself. Better now.

Dream that people are jumping out of an airplane; there are ropes and the ropes are snakes that stick to the people. Dream of snakes without a head, that look more like worms than snakes. The snakes get smaller and smaller, and are now harmless. Sometimes dreams of cobras attacking; strong and confident in all my dreams.

Remedy not repeated.

A single dose of Naja 200C was repeated on 02.07.94.

19.07.94

Ringing in the ears worse from tension.

Indigestion. Ill feeling, better from fresh air.

Depressed.

Dream of seeing faeces while he is in a nice place. He picks it up and throws it out. Very strange feeling.

Dream of a huge, black snake, and for the first time he was unafraid. The snake was old and had lost its power.

Unable to relax. Fear of heart disease.

Remedy not repeated. 12

06.08.94

P: There is not much of a problem like earlier, but when it does happen there is anxiety about the pains here or there. This is gradually coming down. There is lots of gas and burping, but not as much as before. Whenever there is a pressure build up on the mind, there is pressure in the stomach and I burp it out. But it lasts only a day, rather than four or five days, sometimes eight hours. I know this is happening and so I can get control sooner.

The sound, I feel, has become louder. It was gone from the right ear and is now coming back slightly.

I had a dream of a long, huge snake, wrinkled and old; it was talking to me. There was a film shoot going on and the snake had to play a part and had some lines. There was a rabbit or mouse. I was absolutely not scared of it.

Earlier I used to feel scared if I saw a snake in a dream. A snake charmer suddenly put a snake in front of me. I was quite scared. This was strange for me. 13

He continued to follow up every three or four weeks and needed four doses of the remedy in the 200C potency over the next eight months.

26.04.95

P: I felt like I was not feeling like myself. The neurosis is all under control in the last two months, and that has made a big difference. There is still a little fear I might give into pressure. I used to get bogged down by this. Lots of time there is pressure in TV production because of budgets.

All of the chest pains have gone. We still need to do something about the ringing in the ears.

D: What about the depression attacks?

P: I started feeling low and you start thinking something will happen to you. The chain reaction of thoughts is reduced. I may become anxious for two or three hours, but I can distract myself.

D: How is the feeling of not belonging?

P: You want to feel very close to someone, but you do not find anyone and you have that kind of longing still. Like wanting to go back to your mother and to know that someone is taking care of you. That kind of thing is still there.

I had a dream I am at a place and I spoke to my mother, and a friend is not well and I am at his house. Oh yes, I must mention this that there is a small snake in the toilet. The dreams no longer stay in my mind, it is not scary now.

The last time I had dreams of having to do or complete something. I am feeling much more rested. Even if I go to bed at three in the morning and wake up at seven I still feel rested.

D: What happened of the dreams of snakes you used to have?

P: They are gone. The snake is more like a worm in my dream. Earlier, snake dreams used to keep me awake after I had them, and I would have to go around the house and look for a snake. I am not scared of these dreams now. I saw a snake and I just shoved it aside, I am not even scared of touching it in my dream. They became more and more harmless in the dreams. Earlier I used to feel it would harm me, even if it were not in attack position.

D: The snake seems to have reduced in size also?

P: Yes, it used to be big, huge, and now they are small things.

Remedy not repeated.

13.09.95

P: I came first for a cardiac neurosis or something, and ringing in the ears and hearing loss. The cardiac neurosis is very much under control. The pains in the chest, uneasiness, acidity have stopped. The panic attacks are definitely less. Once in a while if there is a lot of pressure, I do feel depressed but there is a gradual improvement. The panic has come down. I have learned to tackle the problem slowly, and I am still learning. I had given up smoking, but occasionally I do smoke when I am very tense. The fear of the heart attack is less; I feel more confident.

Sometimes I do get ringing in the ears. Sometimes I have been getting a bit of pain. There is still a feeling of not being able to hear whispers. I would like to get back normal audibility.

My sex drive had gone down considerably during the treatment. It is still low. I do not feel

interested in sex, and have been having problems in my marriage because of that. The desire has been totally absent. Also my wife had had a baby. But now it is starting to come back, though it is significantly very low. I would like you to do something about that.

I feel extremely tired if there is too much to do. Last night I had a very odd kind of a dream. There was a very huge cube of butter which I tried to eat, and there were many pieces of glass in it. I said that someone was trying to kill me, and I had discovered it and could put an end to it.

The problems with my wife are still there, but we are getting used to the problem gradually. There is no way out because now there is a child.

I do get angry very quickly. Anger definitely gets the better side of me. This is connected to a situation where I feel helpless. Earlier I used to not feel helpless. But professionally I am doing a lot more right now, and there are situations sometimes that are beyond my control, and I feel helpless. When I think I am against a wall, I cannot do anything, if someone is not understanding me and starts pushing me, I feel very angry. When there is a frustrating situation and I cannot talk about it, I get very angry.

I am getting back to my original nature of feeling very confident about myself and dealing with any sort of situation. That I had lost when I started treatment. I used to feel tense for business meetings, about how to prepare myself, now I go casually.

I take up much more work. I take up long term projects compared to the small jobs earlier.

The feeling of not being close to anyone, of not belonging is still true. I am gradually getting attached to my son, but not to the extent that this statement is wrong.

In the dreams, the snakes started becoming less ferocious, then they became small, and then old, so that it could not move. Last time I dreamt of a dragon that was at first huge and then harmless. Now I do not feel that fear, I do not see snakes in my dreams. Now the dreams are not fearful like before.

The neurosis and chest pain, I have got over almost by ninety percent. But the problem with the ear is still there.

Remedy not repeated.

Comments: In 1996, I asked him to discontinue the medication. He had been keeping well: the anxiety attacks had not recurred in some time, his tinnitus was much better, and he did not have any acidity. He was doing well in his work and at home, and I thought that he was now in reasonable health and would be able to manage without the remedy.

The first dream he got after the remedy was of a dinosaur and he felt worse, and now the snakes are smaller and smaller. Also, one can observe that in successive follow ups his fear of snakes in his dreams came down, but with that a fear of snakes in reality came up, which was absent earlier. This shows that the fear is becoming conscious rather than being obscured in the subconscious. So we see movement in the follow ups in the desired direction.

The lonely feeling he had mentioned in the first interview as having been there since his childhood. And this is such an ingrained feeling, one should be prepared to wait a long time before it goes away. So one must not change the remedy. He feels: "I must find the one woman and join together with her, so that we do not have to speak and can just understand each other." He talks of snakes mating in his first interview.

I observed that his peculiar habit of playing with his chain till it almost choked him became less and less, but his speech was still quit wandering.

Congestive cardiomyopathy

Naja tripudians

Case 28

This is the case of a thirty year old man who consulted me in January 1993 for congestive cardiomyopathy. He is a construction contractor; his job involves travelling into remote places and constructing railways. He was accompanied by his brother and mother for the first interview. He sat at the edge of the chair and his feet were restless. He had a purple line at the edge of his gums.

His left ventricular ejection fraction (LVEF) was 35%; it had subsequently decreased to 30% and then to 27%. He could not breathe properly and was slowly progressing into cardiac failure.

He had dreams of snakes. He also dreamt of going into the forest, and this dream was fearful for him. He prefers to wear loose clothes (the first button of his shirt had been left open). He has great fear of snakes even if he sees them in a film. He likes chess, carom and football.

He is in business with his father and three brothers. He is the oldest of this brothers. His father is physically abusive. After he finished school he started to express his anger; he became violent. He used to tremble with anger. He has a tremendous sensitivity to injustice. He feels that if a person has done his job properly, he should be paid justly. He likes to be honest. He gets anxious when taking up a new job. He gets anxious about his family and feels responsible for them. He is very irritable, yet calms down quickly. When he gets angry, he hits. He can be very malicious. The thing that makes him most angry is when one person is being beaten up by three or four people. It makes him very angry; he feels it should be one to one. He will get off the train and get into the fight and help that one person who is being beaten. 1

One time he was to give an interview to acquire a contract. He went for the interview and found that the contract had been given away unfairly. The person who had been awarded the contract and the people in charge of it were hand in glove. He was alone, and all of them were looking at him. He said to them that he was supposed to have been given a chance. They tried to "harass" him and asked him to get out. He could not do anything. When he went outside he picked up an iron rod and smashed up one of their cars. 2 They saw him from the window and he called them to come out, saying: "I will show you!" They came out and tried to chase him, but he had the iron rod in his hand and he ran after them. Two days later they came to a compromise and the contract was awarded to him.

He likes slow classical music and is chilly. 3

Comments: I gave him a remedy after which he felt better immediately; his breathlessness improved. Five months later he developed severe boils and eruptions all over with terrible itching. The eruptions suppurated and it was some time before the skin started to improve. With the skin complaint his breathlessness improved further. His LVEF kept rising consistently, and reached 63%.

Follow up

September 97

He recounts his case and tells some more about himself.

P: Bodily, I am feeling well. My breathlessness is gone. Before, I could not walk or run. I am feeling better mentally. Previously I used to get very angry. The itching is better; it was terrible for two years.

On seeing anything unfair, I used to become very angry. If someone threatened another person, I would interfere. I still do get angry, but not as much as before. Before I would fight and defend weaker people; now I do not involve myself. 4 But sometimes these problems happen even now. Six months ago, I was involved in some construction work at a village, and the local people started to steal and damage my machinery and equipment. I went to the police station and fought with them a lot. I told the man who was responsible for the damage all kinds of things. I threatened him in the police station itself, and the whole station was quiet. My temper was so high that if he had said even

one word I would have done something. Those people had done wrong things, and I could not stand it. My whole body was shivering like I should do something. I cannot control myself where there is so much anger. Previously I would get angry on minor things; now it happens only with major things. It happens especially with matters involving my prestige; where people's respect towards me is involved, I get very angry. For example if someone says he cannot do anything, he is not dangerous. What can he do? Initially when they provoked my workers, I asked them to ignore it. I told them not to fight, and had their injuries attended to. Slowly they started increasing their atrocities. They did more and more damage. They started to think that I cannot retaliate so they did more damage. Now I know that in such a situation I should not retaliate. I am alone and they are a whole village. I am isolated. But at that time I have no control. I went and beat up the guy very badly. When they exceeded the limit, I beat him up. 5 He went to the police and complained. The whole village was there. I told him that if he opened his mouth in that place, I would cut his hands off. I was shivering with anger. The man never opened his mouth, and after that they left me completely in peace. The police advised me not to say things like that. I told them that if he had opened his mouth, I would not have done what I said. (Smiles.) I said that when he is not even a man why should I talk to him. I had to give him an open challenge. I tell you these threats are empty. This was one and a half to two years ago.

Four months ago there was a little problem in another city. They had given me a contract. I had done most of the work, but they refused to pay me. What they were trying to do was to get other contractors to come and finish the work. I was there with my brother and one of my workers. Seventy of them came to get us out and start their work. The three of us stood in front of the machinery. I said: "You are seventy and we are three. We are no match for you. I will tell you one thing: the first guy who puts his hands on my machine, he will not have hands. After that you can do anything to us. But the first guy..." (Smiles.) After that my brother put his hand into his pocket, acting as if he was carrying a gun, and said to me: "No, let it be. That is not necessary now." (Laughs.) That was it. There was total compromise after that.

I cannot bear it if the person in front of me thinks I am scared. That is a question of prestige. If he thinks I am scared, he will only do more damage. He will do more and more. Now he steals, but the next time he will come and take it from me, if he thinks I am scared. I cannot make enemies of the village. I have to go to them, but at the same time they must have respect for me. 6 They must not think I am scared. I give them my car for weddings. I help them. But when it comes to a question of prestige, I lose control. They tried to oppress me. They troubled everyone else after that, but they never troubled me.

Case analysis

The main feature in his case is the threat of violence. People try and attack him and he threatens to strike back. The other important feature is the tremendous sensitivity to injustice. He cannot bear to see someone being treated unfairly. This is also his own feeling. When he was not given the contract, he was very angry because he had not been given a fair chance, and he threatened to do violence. The anger, violence, threatening, malice, intolerance of clothing around the neck, dreams and fear of snakes, fearful dreams of being in a forest all suggest a snake remedy. And the snake remedy that has the feeling of having suffered wrong is Naja. Also, the action of Naja centres around the heart, and his chief complaint is congestive cardiomyopathy.

I have found Naja patients to be very dignified, and their prestige is usually very important for them. This patient also seems egoistic from the way he underplays the story of four months ago to which he refers as a "little problem". Then when he is asked the details it is gory and much more intense.

The symptoms of the case are:

- Delusion, he has suffered wrong;
- Deceit;
- Fear, of snakes;
- Strong sense of responsibility and duty.

If he feels he has been wronged he can be quite malicious. He is also quite threatening. This aspect of Naja is not so clear.

He was given Naja 200C, then 1M, and then 10M. After this there was a lot of change in both, his pathology and his mental state, and I went back to 200C. But in the follow up of September 1997, when his mental state was quite intense again, the remedy was repeated in the 1M potency.

In the follow up, the dreams of snakes stopped completely.

Hypertension

Calcareo bromata

Case 29

Dr. H.Y. , a paediatric dentist, consulted me on 26.01.95 for hypertension. I asked him to tell me everything about himself.

P: I have been having high blood pressure since January 1994. My mother has a heart condition which is congenital. So, the doctor suggested a 2D echocardiogram. I had a physical done by a cardiologist. He said that I have blood pressure, increased cholesterol, left ventricular hypertrophy because of hypertension. He gave me medication for two and a half to three months after which I was better, and then he stopped it.

Then once, I was uncomfortable in the evening. So I went back to the cardiologist. My blood pressure measured 180/110. I had to start the anti-hypertensives again. I was monitoring the blood pressure regularly, but it never came down, until I cut down practice, and there was a reduction in the work load. I work as a company dentist (for a very well known company) and I have my private practice as well. I have stress because I am a company dentist. Since six years, I get no backup for the maintenance of the clinic. Also, there is no response from the patients, no acknowledgment for the decent treatment that the company is providing them. So, I am getting it from both sides, from the management as well as from the patients. This has been causing a lot of stress. I took leave and I was okay. Then I resumed work in a couple of days and the blood pressure rose again. 1 I do not believe that taking medication for the rest of my life is the answer. I am asking the cardiologist for preventive treatment. Of course, I have been smoking since I was thirteen years old. I had given up for a gap of ten years and then I restarted again. Now again I have given up since January 1st. Historywise my maternal grandmother and mother had high blood pressure. My mother also had a kidney problem following the high blood pressure, and repeated headaches; she was also a smoker. My father is also a smoker, and two of his brothers died of heart attacks and one has had a bypass. So I feel I should do something about it.

D: What more can you say?

P: I have seen my mother, she had her first heart attack when I was thirteen. First she used to be active, now she is practically catatonic: she reads "Mills and Boons" novels. She was an art director in an advertising company, but following her heart attack she did not leave the house. I do not want to go through that. 2 I feel that before my life becomes compromised, before I am limited, it is better to control my blood pressure.

I have been irritable since right from a very young age. I use to have violent outbursts of anger. I once went after my brother with a hockey stick. There was one particular incident in college where

we were cutting stem sections for a Botany class and I had a new blade. My partner was insisting that I cut the blade in half. I said: "Hang on, I will give it to you." But he just kept on with it. Then something snapped; I just turned around and sliced his arm. I have no recollection of it. It has happened two or three times; something just snaps. Before that also there was something in school. I mean you can just feel it coming on. It is like a freak train, and suddenly it goes: "Boom!" through the top of your head. And for those few seconds you do not know what you have done; you have lost your mind completely. It used to happen very frequently, but since the last two or three years... it does not go down well when you are married, my wife does not like this kind of behaviour. So, marriage being important to me, I have been trying. 3 My temper is more in control, the episodes are less frequent. I do not really feel it, but a couple of people said that I was internalizing it, not letting go. I thought about it, but I do not really feel it so much. Maybe I suppress some anger, but only some things irritate me. It is not like I feel it constantly nagging me. It is my work at the company, not my private practice. 4 The latter I enjoy, and I can work overtime. But I just go to the company one day a week and I get upset. I feel let down, betrayal of the unspoken contract that was there between us. There is no respect for the dental career, so I feel what is the point of doing practice anymore?

I feel that this high blood pressure is related to my moods, my high state of irritability sometimes. It is less frequent nowadays but it still occurs. You can feel it happening, you know you are in that mood. Sometimes when I come home and I am in an irritable mood, I can feel it. It is like a machine, like a generator winding up in your head. 5 I am telling my wife: "Listen, I can feel it happening. Do not do this thing." If it goes on it just explodes, I just lose my mind and I chuck something or I yell and scream. 6

My father is manic depressive under treatment for fifteen years. So when I got married and was behaving like this, he said maybe I should see his psychiatrist. I said okay because it is not really acceptable behaviour. It is not something you would expect someone to put up with all the time. It used to happen six days a week, and you do not expect someone to put up with it. I never really thought of blood pressure being the aggravating factor.

There were many family problems through that time; it was 1988. Everything was fine up to that time, professionally, and in my personal life as well. After marriage there were a lot of tensions between my wife and my father. I went to the psychiatrist and he thought it was the same thing between my wife, my dad, and my brother. It was the father-in-law versus daughter-in-law problem, and there was professional jealousy. My father is not particularly ambitious and he could not bear to see a woman stand up for herself and be good at her work. My brother is a dental technician and so it bothered him that we both were dentists, and he felt a lack of confidence and anger, which he took out by manipulating my father against my wife. I had been brought up in the house, conditioned to a particular type of behaviour, and so I could only see what I wanted to see, and did not believe it was happening when my wife told me. Of course the whole thing fell apart, I saw what was going on, how they were treating my wife. This was all later. The psychiatrist of course said that this was part of the same thing. He put me on Lithium and Prothiodine, for three to four week intervals. It was not helping anything. He said that psychoanalysis would not help, only drugs would. My father is totally dependent on him and cannot do anything without him. When I suggested going to someone else, he was upset. He has always been prone to violence, not often, but sometimes, and always had terrible mood swings. From November his mood is on the up swing, and from mid December he becomes totally manic: waking at 5:00 am, calling up people early in the morning, cooking, driving everyone crazy. He has been better in the recent years. He used to drink a lot. He

always said that he has been an alcoholic, a controlled alcoholic. Once he stopped drinking, things were a little better, but the psychiatrist never managed to stabilize his moods. Once he was depressive, the whole house was blue. He was just like a black object absorbing all the energy in the house without us realizing it. 7 It just became like that. I now realize because my wife has opened my eyes. She has chipped and chipped and chipped away through layers of... defence layers. I am now looking at myself for who I am and what I am. Previously it was created, was not reality definitely. I do not blame my parents particularly, though it was not particularly pleasant either. Mother had a heart attack in 1974. Father was not working at a level which could support the family. Mother was the main bread winner. He had to get his act together. The pressure was on him. There were disagreements between them; you see them as a child, your mother storming out of the house at 2:00 am and that kind of nonsense. Father was drinking a lot. All my childhood we have had this family thing: in the night we would sit in the bedroom and chat, my brother and myself, and my father and mother. My mother would have had a couple of drinks and perhaps once or twice a week there would be arguments and unpleasantness before we went to sleep. It was all a very organized, apparently perfect home and lifestyle. "Apparently perfect" is the word I am using because what they saw as normal was far from normal. I am now realizing what fun life is, what it is to enjoy life, to be happy. I never knew that. There was so much of rigidity, importance placed on doing things a particular way, but no feeling. 8 There is no meaning behind something like that, it becomes a ritual, it is pointless. You think it has a lot of meaning, saying: "Good morning" and "Good night". They never had time for us. Mother would be working from 8:00 in the morning to 8:00 at night. Father, if he was at home, was depressed; you never got a word out of him if you asked him something. And now I look at my life today, my mother wants me to be with her, to hug her. And I cannot do it, we were not brought up that way. Father, I am on the "hello-bye-bye" terms with. He resents the fact that I am successful, a little independent, a little successful, that I do not take his advice on everything. He really resents that, and he resents the fact that my brother is not doing as well in terms of finance. I think that is a very shallow way of thinking, he should not. He is married, we do not talk too much. I do not know what my father's problem is. He has always felt that my brother is weaker, that he is not capable of taking care of himself. And he always felt that I was stronger, cleverer, as they put it. So I was pretty much left to fend for myself. 9

So, all through this I forgot to talk about an important stage in my life. My wife and I met in college in 1985, and we fell in love. We married in 1988. My father is also a dentist and I used to work with him since 1985, and during my postgraduate exam my wife started working with him. I was on my own. She is very headstrong, keeps telling me that openness is the key to everything. Her mother was always there for her. So, she comes into this house where everything to me is hunky dory and normal, but to her it is like a play or a theatre. And she does not know what is happening and cannot understand how nobody can see it. So, naturally then my brother resents her, and then the trouble started. I gather that he had my father's ear and said things while she was working with him, and then they would both go at her. Things deteriorated till in 1989 I moved out on my own. It started one month after my wedding, and took two to three and a half years to come out of it. I can now feel a change taking place, shedding thick layers of skin and armour. Perhaps it was a defence mechanism; you put your emotions so deep down inside because you do not want to be hurt, that you are not in touch with them anymore because you do not want to go through the pain. And now, since the last six months or one year things are better. I lose my temper less often, maybe once a month when earlier it was once a week almost.

I get irritated or angry, and then I cool down. There is no resentment; I was never taught to hold

something in my mind and hit back after six months. That is not something I was taught to do, which is another ironic thing, because I grew up with not being resentful, not holding grudges. Father had told us a story about that.

So, now with my wife... so now I am much better off. My wife is much happier because she feels she knows me, is in touch with the real me. When I look back on my life, I can see the change, I can feel the difference. There is much more warmth in me, genuine warmth. Earlier it was veneer, dead wood locked and put away inside. I react, say what I want to and not what people want me to, to please others. I used to bend over backwards to please others, and then get hurt. My wife would ask me why I was bending over backwards. The only thing I could come up with was that I was taught to bend over backwards, taught to please at any time. In such a case the person who pays the most is yourself. I paid a heavy price, but I am not willing to pay it anymore. So my father does not like me. And I just realized three months ago that it is not my problem if he is upset with me. If he does not want to talk with me, it is his problem. He is my father, I love him. I cannot change him; I like him for what he is and I do not like some of the things he does. With my mother, it is the same thing. And since then I felt really better. Till then they had this emotional thing over me; they could really make me dance if they pushed the buttons and there was nothing I could do. Conditioning again, I guess. Today the situation is that father and I are estranged, and I feel that it is his problem if he is angry with me about something and does not want to tell me about it. If he hates me because I am successful, it is his problem, not mine.

Then, oh yes, one more problem. In 1991 my wife had a miscarriage. (He remains silent for a while.) This is not a very good idea. (Weeps.) 10 It was a baby girl. She had a lot of problems with the pregnancy. The baby was premature, then she died after ten days. My wife had put on a lot of weight; I never really bothered about that. We never really tried to have a child since then, probably from the fear of that experience. So, we just kept it away, putting that part of our life on hold for the time being. We do not really talk about it because it upset the both of us. She says sometimes that she cannot have a child; it is okay, we can adopt one. It is not an issue, but the pain of the experience is still there, because she was in bed for three months and then lost the baby. It was so terrible.

Careerwise, we are both doing very well. We both practise side by side. We are together a lot. She stopped working with my father; that reduced the stress a lot. The problem is now the blood pressure.

My dog came in six months after we lost the baby. We think of her as a human being. She is the only other thing in the home, she sleeps with us on the bed, etc. She is also very important to us.

About my future, I am a little frustrated because we have a certain financial ambition. You want certain things, financial security, and I do not think that ethical practice can get you security in this country. I am busy, very, very busy, but I cannot bring myself to charge exorbitant rates, to do procedures that are not necessary, to practise by giving cuts to others in the field. 11 When I look at the year I started practice and today, the purchasing power is the same, money is not worth anything. You work through eleven to twelve hours a day and then where is the time for yourself? If I am going to be doing this for forty years what is the purpose? I am doing this six days a week. Sunday is duty time, you have to visit your mother, then go to see someone else: there is no time for yourself or for your wife. What are you going to do if you have a child? You cannot leave the child with a servant. Then when you are fifty or sixty, you are going to say: "Child, sit in my lap." The child will say: "Dad, are you insane?" The same situation will repeat itself. So, we have planned to leave the country somewhere down the line. We are not expecting the West to be Utopia, but at least if

you work eight hours a day, six days a week, you can get a wage that will definitely, support you. You do not have to see garbage in the streets, maniacal drivers who do not keep lanes or cannot wait at a red light. It is ridiculous what happens on streets, absolute mayhem. Corruption, basically. You cannot do anything without joining the system and becoming corrupt yourself. You can be successful up to a point; if you want to be more successful either you join the bandwagon or you leave. So professionally you feel a little bit frustrated. I just cannot, will not change my ethics. I want to be able to sleep at night.

I sleep well though. Sleeping is related to drinking; I enjoy a drink two or three times a week. I do not particularly get irritated following alcohol, it is rare.

I noticed that I used to get irritated on a full moon. But it is not always the case, it happens three to four times a year.

I like to exercise and used to do regular exercise at the gym till the cardiologist said not to. Now, I am lethargic. Eating is like a hobby for me. I have put on three or four kilos.

That is it: I think that is pretty much my life story. 12

D: Now tell me about your dreams.

P: A recurrent dream of mine till about last year used to be about being in a fight with Red Indians, and being shot by an arrow. (Laughs.) I never could figure it out. Even as a child I used to wake up and say: "Why Red Indians? Why being shot with an arrow of all things?" It used to be very funny. It was not funny when it happened, though. I would wake up afraid. You think you are dead or something.

Another one was going for an exam without any clothes on, in your underwear, not prepared; not only not prepared but without any clothes on. Or it would be that I had not studied, or that we were supposed to give a Physics exam and I had studied English. Or I would dream that I had to give an exam and I had forgotten to open my textbook.

And of course, of falling. The other two are not there now, but the dream of falling is recurrent. I have a tremendous fear of heights. Every time I sweat on my palms and on the soles of my feet is when I fly. I try to avoid flights. I took a flight recently, three weeks ago. It scares the daylights out of me. If I am standing on a balcony and there is no ledge, I feel a twitching in my toes, and vertigo.

Of late my dreams are much more relaxed, much more peaceful. I am much more relaxed, do not get up with a start, do not get up remembering much. They are very, very ordinary.

There are a few dreams about my ambitions in the future. I dream that I am very settled in life, living in my own house. Once or twice I have dreamt of children. Animals? Ah! my dog being run over is like a nightmare. I could not have had it more than once, but it is a nightmare.

Once or twice I have dreamt vaguely of being involved in some murderous affair. I got up crying in the night but could not remember why. It happened two or three times last year. It was something to do with death or disease. My day dreams are very funny.

D: What are they?

P: My day dreams are of two kinds: one is what I would like to be in the future, successful financially, very, very secure, have my own house and family, maybe one or two children I can provide for very, very comfortably, so that they would never have to worry at all. The other is of my family: my parents, my brother, of turning the dock backwards and changing things that happened, though I know that is not possible. A third type of daydream is of changing the people in this country. 13

The most fun is of course the first one. I do not dream much about sex, maybe sometimes I daydream.

D: Tell me about the dream with Red Indians in detail.

P: It is like a Western movie, where there is this big plain with hills around it. For some reason there is a reddish tinge to the whole dream. I am caught in this fight with these army people with their blue uniforms, and these Red Indians with their dark skin, feathers, screaming and shouting. I wake up and feel a lot like this rabbit in the centre, with all the arrows being shot going over their heads and hitting this one person in the centre. And I am in the middle of this whole scene going on, desperately scared, trying to make myself invisible. Sometimes I would wake up at this stage, and sometimes after feeling an arrow go through me, through my leg or through my chest. This has been as long as I can remember.

D: What are you in the dream?

P: I am an innocent bystander. I do not even know how I got there. I am saying: "How did I land here? I do not belong here." I am sitting there getting shot, and I do not belong there. 14

Another thing I forgot to mention is that when I get angry I get destructive to myself. If I am driving a vehicle, for instance, I just drive like an absolute maniac. I have no sense of fear or physical harm. I may damage the wall by hitting my hand against it, but I do not feel anything at the moment; five minutes later I feel the pain.

I have thought of jumping off, but I hate heights so that is a problem if I consider suicide. So I thought of jumping off a parapet by taking sleeping pills, so that I will not really care about what I am doing. It is only when I am in the mood, but later I think it is very messy. But for one or two hours it is very real for me. I have seen my mother do that often, threaten to commit suicide and my dad would stand by and not know what is happening.

D: What other dreams do you remember?

P: No other dreams. Falling, falling, falling; that I have till today though it is less in frequency. 15 Friends, again there is a similar history. We grew up with these... this girl who married someone from the same group, and someone told me that we were practically incestuous when we were young. But there was no sort of sexual thing between us. We were just together, six or seven of us. I guess it is my fault, not seeing people for what they are, seeing what you want to see, believing what you want to believe. Then I realize that they are not what they said they were. I expected something out of the friendship, but what I have learned is that it is wrong. I felt betrayed 16, still do. I still dislike them for the way they behaved. Coming to fib me? How can you come to fib people after you have lived with them for twenty-seven to twenty-eight years? That is what my brother did to me, that is what these guys did to me. That is history. Now I have got a group of friends who are more like me, they are more in touch with reality, more open. At least there is no con game going on. That I cannot abide with after having lived with it for twenty-eight to thirty years.

D: I did not follow what you mean when you say "betrayal"? You use that word so many times; what do you mean by it?

P: I will give you an example. I had this friend who is a very gregarious, fun loving person... was, was a Casanova type of person without any serious intention, a flirtatious person. Before I got married, when I was engaged, and even after I was married, he would be flirting with my wife, sitting in her lap, hugging her, kissing her. It is okay, we were friends. There is no problem. Suddenly he falls in love with someone eight years older than he, and then you cannot say anything. You cannot talk to the man anymore, you cannot make any sexual innuendoes, you cannot go near his wife. And I am sorry; it is not like I would sit in her lap, but I cannot joke with her. And we were friends, you do not hide things from each other. Tell me that you are going around with her. What am I going to do, come in between you? I cannot handle this. What were you doing all your life? All his life he did it,

and today no one can go near his wife; he gets upset. You cannot go near him because he gets upset. It was not that he was sleeping around. He was religious, moral. I felt really betrayed. When you were behaving that way, that was okay because you were my friend. If I am teasing your wife, what is your problem?

He had this bachelor party; I helped set up things. Then later, I did not notice, never do because I am such a trusting person, but my wife says that he was serving Scotch to some and Indian liquor to others. Could not you tell me? I helped set up the party. Is someone going to die if you tell me? You cannot tell me that much after living together twenty-five years? It is very annoying. You cannot trust me? The whole friendship has no meaning, and today you cannot talk to the man. This is the same man who was a party animal. 17

D: What do you feel?

P: I feel hurt. Today I believe it is my fault 18 because I never saw, never questioned, never looked below the surface, never ever thought it could be otherwise. I believed what I saw. Today my mind is more open, I can see things for what they are. Earlier I used to look at things in a way: how do I make you like me? I was always the nice guy, who does everything for everybody and gets nothing done for himself because he does not want to ask favours. 19 Can you do this for me? Can I borrow your car? Can you pick up someone from the airport? And you ask nothing. And once in a while you ask for a favour and you feel indebted. My wife could not stand it. That is when I realized I am putting in so much, giving so much effort to the friendship. Maybe betrayal is not the right word, maybe people just change. Today I realize that. I just grew up with that relationship and grew out of it. 20

D: What was the stress in the company that you work for?

P: There are chairs that are malfunctioning, nothing is working, no one bothers to get them repaired. I called my boss who is in North India, and nothing was done. And then the patients: you put your heart and soul into them and then you get crap from them. In four and a half hours how many patients can you see? Forty patients. By the end of it, if the patients do not get their numbers, they rant and rave and threaten to bring the Union. I tell them that if I work fast and tomorrow some big guy gets a problem, they are going to come and lynch me. No one is going to say they made me do this. When you get it from both sides... basically in the last two years they have beaten the spirit out of the job. I was very motivated, very dedicated, but they have beaten the spirit out of the job.

D: What do you mean?

P: I would go through riots, through anything, but I would get there and I would do my job. When you have to work with malfunctioning equipment for six months, and then the sister of the Managing Director of the company comes and makes one phone call and the chair is repaired within one week... if it could be repaired in one week, why was it not repaired before? You tell this to the Vice President and he says: "Let bygones be bygones. Let the past remain the past." And then the same thing happens after two and a half months, same thing after six months, and then the same thing goes on for two and a half years. And no one gives a damn, and no one wants to do anything about it. It happened just this month: the clinic was broken down for three weeks, and the Chairman of the Board was waiting for three weeks to get his tooth repaired. I told him that there was some inactivity; he knows my father and my father had told him that there was a maintenance problem. But I did not complain to him, I was not going to complain. An hour later he calls up and says that he had spoken to the Purchase Department and that he was impressed with the way they had done the job; there was only a little delay. I said that was fine. He said he wanted to know what my side of it was. I was irritated over the phone; it lasted fifteen to twenty minutes. Then my job got done in two days after that. Whatever happens I have to go to the owner of the company to get things done.

Why cannot you do your job? It is the work ethic. There is no responsibility. It is like if a patient comes to me and I remove half his tooth, and I say: "I am sorry. You did not remind me to remove the other half. I was too busy." Does that make sense? It does not make sense! That is the attitude. I do not understand. I do my job, and I do my job efficiently. Nobody comes and tells me that I did not do a particular thing. I do not have to remind you to do your job. I am very clear about this; I have very strong feelings about this. If I send you a memo and the memo is on your desk I do not have to remind you five times to do your job. That is not my job. I cannot say: "Please, do your job." If someone comes to me for a filling they do not have to beg me to do it; it is my job and I handle it. That is not the way it works. 21

D: What do you feel?

P: Frustration, on the one hand, and a little bit of guilt on the other because the owner of the company helped me buy my house with no strings attached. And I spoke to him a month ago and said that I might have to resign because of my health. We discussed the money and he asked me not to worry about it. So, that is not a problem, but you do feel bad. From what I see around me today, I see that they will get a person who is good, but they will not get a very honest person. They will get a person who will do some sort of hanky panky, because that is the way things work. And that will mean I am giving them a problem eventually if I leave and put somebody there who will do this. So, there is a little bit of guilt also. It is a catch twenty-two situation; I do not know whether to leave or not to leave, or what to do. I want to leave because this is becoming impossible: the headaches, the uneasiness, the chest pain. I cannot function in that environment. I get irritated; I cannot afford to do that.

D: So, why don't you resign? Is it because of guilt?

P: Guilt, and then my dad gets on my case also. My father was there twenty-six years before me, and I got the job through him. He does not tell me anything directly, but my mother tells me that he thinks that I am not being fair. Then I rethink my position and feel that maybe he is being objective about it. 22 So, that leads to indecision, which has been going on for four months. I have given my resignation technically and I just have to tell him when. To take that final step is just getting postponed. In my private practice, I can work longer hours and I do not feel stressed out, I do not feel exhausted, I do not feel that buzz in my head, pain in my chest, nothing. I enjoy my work.

D: Tell me about your interests and hobbies?

P: I think reading and watching TV are the two things I like to do to be relaxed. Swimming and exercising I would like to do.

D: What do you like to watch on TV?

P: Sports, I like a lot. I like comedies: movies or serials. Sometimes I enjoy a serious movie. Serious reading, I tried to do; I tried to read a little bit of philosophy.

D: Is there any book or movie that interests you very much?

P: Yes, the book, "The Prophet" by Khalil Gibran.

D: What about that?

P: I like the words, the way he phrased things, how true it was. I like how he compares marriage to a temple where the partners are holding up the roof; if you join them together the roof is going to fall. But they are the two pillars holding up the roof and each of them retains their individuality. If you join them together and one of them loses their identity then the roof is going to fall. 23 And then of course he says that if you talk when you are no longer comfortable with yourself, you cannot live with the solitude of yourself, you live by your lips. You cannot sit by yourself, you need company. Maybe you need to be alone sometime with your thoughts but you need company. 24 And it

happens sometimes that you go to a hill station and there is total silence and it hurts you, it hurts your ears. Why should we be so uncomfortable with ourselves? I do not know the answers; I just think about it.

Movies? When I was young a romantic love story called "Melody"... I loved it; it was very nice.

D: What about it?

P: Oh, just the romance and how sweet the young boy and girl were. Just a very good feeling. And eventually after all the rigmarole, fights, etc., parents not allowing them to meet, they eventually come together and go walking into the sunset. 25

Oh, and I have tics. I tend to tighten my neck muscles. I used to have the habit of blinking.

D: What was the feeling in the second dream, where you go to the exam without clothes?

P: Everyone is looking at me and laughing. It is very strange actually; it is almost like, you know, you are standing there and you know the way you are, and there are these hundreds of people around you and you expect them to be laughing at you, but you feel you are invisible. So, they are not laughing at you.

D: What is your feeling?

P: Thank God they did not notice. Total relief at not being noticed and being made a laughing stock of. 26

D: Is there any incident in your life that you can relate to this dream?

P: Failing in the eighth class at school, I guess.

D: What happened?

P: I did not study, so I failed the class. I was playing truant. It was not because of lack of ability, but because of lack of application, which was really bad. And it happened again in the twelfth class, which means I did not learn from the first experience.

D: What was your feeling?

P: The first time I did not feel much. I was just scared of what my parents would feel, and of course when you go back to school there is the embarrassment of being a repeater. Then in the tenth class I did very well. Then again in the twelfth I failed, but then I excelled in Dental College. When I failed in the twelfth class, I had a lot of anger against myself. You are fooling yourself, living in a world you have made for yourself. Deep down inside you know you have not studied, but you make this illusion that you have. 27

D: What do you like in food and drink?

P: Fish. I do not like sour foods, definitely not, I do not like very pungent things. Sweets: I love sweets by themselves, but I do not like my regular food to be sweet. Drinks: coffee, beer, whiskey.

D: What position do you take during sleep?

P: On the stomach mainly.

D: You have mentioned in the questionnaire that you used to walk in your sleep?

P: Yes. I walked down one floor once. I never figured out how I got there.

D: You have also mentioned that you used to eat bricks in childhood.

P: Yes, I liked the taste.

D: You used to have acne?

P: Yes, quite a few during adolescence. Even a year back I used to get acne. (He has pit marks on the face.)

D: So, at present what are your symptoms?

P: Irritability, headache, pain in the left side of the chest, sometimes a peculiar sharp pain in the left side of the back above the shoulder blade, palpitations, sometimes pulsations at the base of the

neck, and irritability, extreme irritability. I can feel it happening, I am so grateful for that. I can tell my wife it is going up. I am on anti-hypertensives and the blood pressure is more or less in control, but not on the days that I go to the company.

I gave him the remedy and asked him to see me after ten days.

Case analysis

His main problem has to do with structure. What he wants is things that are very basic: house, financial stability, family, good relationships with everyone around. When the main problem is one of structure we are dealing with a salt.

The next step is to be able to recognize the two elements of the salt. There are two aspects to his case. The first aspect is the strong need for security: emotional and financial. He wants a good marriage, children, financial stability, good relationships with everyone. He is dependent on people, and will go out of his way to please them; he cannot be alone. He feels that the stability and comfort that he is seeking, he will not be able to find in India. He is very much affected by the corruption, lies, filth around him. He would like to move away from it to a place that promises an easier lifestyle and that ensures financial stability. This need for security and the dependance on people is a trait of *Calcarea*. There are also other features in the case that confirm *Calcarea*. He is very afraid of pain and suffering, and so he bottles things inside of him because he does not want to deal with the pain. He comes for the consultation because there has been a strong family history of heart disease and he has seen his mother suffer, and he does not want to meet a similar fate. Losing a child was a very painful experience for him, and he is not in a hurry for a child now because of the pain from the previous experience. The other feature is a very strong fear of heights. There is also the dream of a murderous affair. He sleeps on his abdomen, used to walk in his sleep, and used to eat bricks. All these symptoms confirm *Calcarea*.

The second aspect is what is not covered by *Calcarea carbonica*, viz. very violent anger, a feeling of being let down or betrayed, a strong feeling of right and wrong, guilt on the one hand and innocence on the other. He feels let down by his company, like there is a breach of a contract between them. He feels let down by his friends. This feeling of being let down is common to the Halogens. The other feature is his anger, which is very sudden and almost manic: he injures others and also himself. But it is not something that lingers; he does not hold any grudges. It is very volatile. He has a very strong sense of right and wrong. He needs to be very moral and ethical, will not do anything wrong, and expects the same from everyone. He feels that he is innocent, yet blames himself. There is a lot to do with innocence and guilt. He is sticking on to the job because of guilt; he feels that the person who will replace him will not be as honest as he.

These are features of the anion bromatum. Of the Bromatums the best known is *Kalium bromatum* and here there is a very strong sense of right and wrong, being innocent and guilty of a crime (refer Case 13, p. 151; and "The Soul of Remedies"). The theme of embarrassment is also a strong feature of this anion. Bromium has the single symptom: "Delusion, jumped out of the ground before her, all sorts of things". There is the fear and the feeling of being attacked, and often this can be expressed as outburst of violent anger.

These two elements come together in various aspects of the case. The most peculiar dream is the one with the Red Indians. The warring factions are his parents on whom he is dependent. But in their fight against each other he is getting shot, and his feeling is that he is not part of it, has done nothing wrong and yet he is getting shot. He is dependent on them, and also has to bear the brunt of their violence. The area of most stress for him is his job. Here he feels let down by his company, but is dependent on them for financing his house. And there is the feeling of guilt that keeps him in the

job, although it is causing him stress. He needs people around him, family and friends. And he also feels let down by his friends. His feeling is, therefore, of being attacked and let down by the people he is dependent upon.

He received a single dose of *Calcarea bromata* 200C on 26.01.95.

Follow up

11.02.95

Has developed a rash.

Used to get headaches at 3:00 pm, which used to continue till the evening, but now these are gone. Calm, collected, more in touch with reality, more alive, not trapped. Less irritated or angry. "Had all the factors that make me fly off the handle happen, but did not get irritated."

Blood pressure 140/90.

Remedy not repeated.

04.03.95

Feeling very good, more alive, more in touch with reality, more relaxed.

P: For the first time I feel happy. I am not fighting with my wife. I do not feel I have to please everyone.

I dreamt that I had reached early for a doctor's appointment and he would not see me, and I was angry at him. 28 I usually get angry with my patients when they do this.

Remedy not repeated.

18.03.95

Not too well in the last week; maybe related to wife's going on a trip. Is sleepless and feels that there is something missing.

Blood pressure 140/90.

Remedy not repeated.

15.04.95

Anger used to be like a tornado and he could not get out of it. Now angry, but it is soon gone. More in control of anger: "The torment I was living in has been released."

Incident where his clinic was not opened on time, and he was already edgy because he had had a flat tyre and no lunch. So he got very angry, but cooled down very fast. He laughs while narrating it.

Blood pressure 120/90.

In the following month, he quit his job at the company and continued with his private practice. He followed up for another few months, during which his blood pressure stabilized and he became much calmer. He is now running a very successful practice and is "feeling settled".

Temper tantrums

Calcarea bromata

Case 30

An eight year old boy, P.V. , was brought to me on 26.02.94 for hoarseness of the voice. His mother had been my patient, but I was seeing the boy for the first time.

D: Tell me what his problem is.

Mo: For the last four to five weeks his voice has become very poor. Initially we thought that it was because he had had a lot of cold drinks. Since the last four months he has also been going for speech therapy. The speech therapist was very much concerned about his voice and she took him to the ENT surgeon. He was told that he has vocal nodules which need to be scraped. Another ENT surgeon said that he had polyps, which again needed to be removed.

(I asked the boy a few questions like what his name was and which school he went to, and he

answered very clearly.)

D: Why is he taking speech therapy?

Mo: He could not articulate a few sounds properly, like "s" and "g". And he always had a complex that in school he was stammering all the time. He was unable to recite poems very well. And there they made him do intensive practice with words, and maybe that put a lot of strain on his vocal cords.

D: What exactly was the problem with his speech?

Mo: Sounds like "s", "g", "r", "t", these he could not articulate properly; would babble.

(The boy prompts his mother: "Faulty speech".) 1

Mo: Yes, faulty speech. And then suddenly he told me that he had started stammering in class. I asked his teacher and she said that she had never noticed any stammering, but he did have a problem with a few sounds. 2 So, we took him to a speech therapist who gave him a lot of practice. He was to have finished his therapy now, but suddenly since the last four weeks this problem started.

Observation: As his mother talks he is looking around curiously without getting out of his chair.

D: Can you tell something more about him?

Mo: He is a brilliant boy, very intelligent, above average. He is simply very, very intelligent. His teachers all say that he is above average and he is a very, very talkative boy. And he is lonely; he is the only child. He is very sensitive and very short tempered.

D: Can you describe all these things that you have said.

Mo: He is above average meaning that he always does excellently at school, and so well that he comes first and the boy who comes second is thirty to forty marks behind him. He is first amongst three classes. He does everything on his own. I do not have to teach him, and he has no tutor either. 3 He reads a lot. His general knowledge is very good. His memory is too good; he can remember everything. He is very much interested in studies. He is always getting prizes academically.

He is talkative because he has so much to tell, so much to tell that he just cannot remain quiet. In spite of being above average, he is very distracted. He finishes his work fast and he is disturbing the others. When he was younger I used to get complaints that although he could manage his own studies very well he was not allowing the other boys to study. Coming home also he wants to talk to his parents. And now that he cannot talk he simply cries, is shedding tears. Because I think that he wants to express his emotions. 4

He is lonely because he is the only child and he tells us that he should have had some company. He has lost his grandparents to whom he was very attached, especially his grandfather, and after he passed away he has been very lonely. 5

He is very short tempered because he wants everything in time and the way he wants it and he does not listen to anybody. He is very firm and he will not take my advice nor his father's; he is very firm in his decisions. He gets very angry if anything goes wrong with his food, or with his clothes, or with his books. He does not mind if they are thrown here or there, but if I just pick them up and keep them in place he just screams and screams. And he sometimes starts hitting me; he just goes mad. 6 If there is any injustice with his colleagues in the various classes that he attends, for example the teacher is partial to someone, he is very angry and upset when he returns home. He just cannot tolerate anything. That is all.

D: Can you give some examples where he goes mad like you said.

Mo: Sometimes if the food is not to his liking and he has come home, then he is so angry that he starts throwing things. He throws away his water bottle, and he starts throwing pillows, and he

starts screaming on the top of his voice. And even if his teacher has been partial to anyone in class he comes home and says that she does not know anything and she is this way and that way. So much that we can hear two floors down.

D: Tell more. Whatever you are saying is very, very useful. Give more and more examples that can bring out his nature. What things is he sensitive to?

Mo: He does not like his mother to be with his father. That is one thing he hates. He wants mummy to be with him all the time. 7 And he does not want to be compared with anyone. He gets very upset if he is reminded to do something. He says: "You do not trust me? I have told you I will do it, and I will do it." I have to just tell him once and if I remind him he will get very upset. And then he makes it a point to do it also. For example with regard to studies he will sleep late and wake up at 7:00 in the morning but he does it. 8 He has all philosophical thinking as well.

D: What do you mean?

Mo: He has read a lot of religion. He attends mission classes in the evening and he loves reading Islamic history. He is a sober child; he wants to tell the truth and he has his own principles and he does not want to hurt anybody. 9 He is kind at heart. If someone else is hurt he is upset. He comes home and tells me: "How can that child push the other? How can they do this to that child?" He gets very upset about others as well.

D: Say something more about him.

Mo: He is very hard working. He will miss his food but he will finish his studies, his dictation, his drawings, his lessons. It does not matter if it is midnight. It does not matter if he has to wake up in the morning. But he makes it a point to finish all his work. 10 Otherwise he is very dirty; he is not interested in any other thing. But he loves his studies and will do anything for that. And he makes it a point to do it. He loves to read, and read, and read, and read. We have to force him to stop reading and put off the lights and go to sleep. There were times when in the recess at school he would be reading while the other kids were playing. And we really had to motivate him to come out of this habit because we wanted that he should play. Reading and talking are his favourite hobbies. He sleeps very little in comparison to his parents. For example we like to have an afternoon nap and get up late, he hates to take an afternoon nap or get up late. He is very restless and his mind is always working at something. He is always up to something. And more of thoughts; he is a lethargic child. He would not do anything but he loves to write. He writes poems and stories.

D: What poems and stories have you written?

P: When I read books I get different kinds of imaginations. I combine imaginations and try to write articles.

D: Can you tell something that you have written just to give an example; anything that you have written that you like very much?

P: If I read something about flying then I like to write a poem about flying. If there is a quiz at school I try to make a small quiz. It depends on the background.

D: Can you give an example?

P: Recently there was to be a quiz at school. So, I just decided to fool my friends by making a quiz of my own. 11

D: What did you make?

P: A quiz with questions and small answers like dates, names and years.

D: What else do you like to write?

P: I like to write poems, but nowadays I am giving less attention to that.

D: What kind of poems do you like to write?

P: Imaginative ones. Funny types.

D: Can you give an example.

P: I try to make the poem funny even if it is simple so that I can rhyme the words.

D: Do you remember any?

P: No, I have not written any for a long time so I do not remember any.

D: When you sleep at night, do you get any dreams at all?

P: Sometimes I get some scary ones.

D: Can you tell what those are?

P: Like, about some thieves or burglars.

D: What are they doing?

P: Robbing.

D: What are you doing in the dream?

P: Usually I keep myself out of the picture in my dream. I am hardly there. I just stand and watch and sometimes I have some emotions. I get scared and sometimes I am very happy. I am scared, fidgety, etc.

D: What are you happy about?

P: I am happy that something good happens in a dream.

D: What good happens?

P: I receive something, like a gift.

D: Like?

P: Like something to play with. I do something creative, like I play a game where I win sometimes. That makes me feel happy.

D: What are the other happy dreams?

P: If my cousins or friends come to my house. They are far too imaginative. It is quite impossible for them to happen in real.

D: What is this imaginative dream? Is there any one that you might remember?

P: I do not really remember any in particular, but I can tell you some things that are common. Imaginative means that when I am dreaming I feel that these things are really possible, I really feel that it is true. Sometimes when I have a bad dream I feel relieved that I have got up and it is not true.

D: Why?

P: Because some of the dreams are really scary.

D: What are those scary ones?

P: About thieves, burglars and murderers.

D: Murderers also? What do you mean by murderers?

P: Murderers are coming out.

D: Who is murdering whom?

P: They are not actually murdering anyone, just creeping over here and there.

D: What are the other scary dreams that you get, really scary?

P: Someone is trying to attack.

D: Who is trying to attack you?

P: Some bad person. I try to wake up from the dream.

D: Attack you how?

P: Kind of destroy my place.

D: Which place?

P: It is a kind of battle.

D: Battle between who and who?

P: Between me and some other people.

D: Why this battle?

P: Also because of the TV serials that I watch.

D: Which serials?

P: Fighting serials and history serials. 12

D: Which ones?

P: About kings attacking kings, and the wars between them and the battles.

D: In the dream who are you?

P: Sometimes I imagine myself as a man, sometimes as a boy. Usually I try to make myself a hero in the dream.

D: What kind of hero?

P: Like winning against enemies. But I very rarely have dreams, hardly have dreams.

D: What serials do you like?

P: I like comedy and slightly mysterious.

D: What books do you like?

P: Books, I like mysterious only: "The Hardy Boys" and "The Famous Five", and I like general knowledge books also.

D: What are the other things you like to do?

P: I like to play, sports 13: cricket, football, swimming. I like swimming. And at times I like to play with the carom board and chess. And sometimes I like to play games in which I have to run, like hide and seek and catch the crook.

D: What are the things that make you very angry? Your mother says that you get so angry.

P: (He thinks a while.) I get angry, but not for very long usually. I get angry for many things but only for five or ten minutes and then I get cool very fast.

D: What is it that makes you so angry?

P: I am angry when someone forgets to do something important, something that I really want does not happen.

D: What do you like in food?

P: I am a little fussy about food. I do not like green vegetables much, except for some. I like one or two vegetables like peas and potatoes. I like Chinese food. I like chicken, pulses and rice and bread.

D: What do you like to drink?

P: I like to drink milk with chocolate, sometimes plain milk, water, sometimes cold drinks. And once in a while I would love to have a juice, like orange juice, apple juice or lemon juice.

D: Did you feel very bad about your speech problem before?

P: I wanted to improve it.

D: Why, what did you feel?

P: I felt that I wanted to have a proper speech and be normal.

D: Why?

P: Because sometimes when I do not say things properly children misunderstand me. They sometimes laugh at me.

D: What do you feel?

P: I do not take it so seriously. I understand that I have a problem, and so I do not get angry when they tease me. 14

D: Anything more that you would like to say about yourself?

P: Nowadays I have some headaches often. And I do not eat properly.

D: (To the mother) Can you add something?

Mo: He has been complaining of headaches for quite some time and his father being a paediatrician we took him to an ophthalmologist.

D: Tell me about these headaches. Where is the pain?

Mo: In the forehead.

D: And when do you get it?

P: When I have not eaten anything, or when I am very tired or when it is very sunny and hot.

D: Does he complain of these headaches frequently?

Mo: Quite often. And we felt that these headaches were because of his tantrums. He would get so angry and very tired. So we thought that the best way was to keep him very cool and to take care of him emotionally. Because whenever there was an emotional outburst...

D: Can you tell me more about these tantrums? What does he do exactly? What brings it on and what does he do or say?

Mo: Let me think of a recent one. He had asked me to search for a book and I just forgot about it. And he wanted to desperately read that book.

D: What was that book?

P: It was a religious book. He goes to the mission class and his teacher must have told him to read it and he desperately wanted to read that book.

D: Why? 15

P: I did not want to read it so much, but I had to take it to class. And I wanted to refer to it.

Mo: And I failed to remove it.

D: Why did you want to remove that book? I did not follow. If you had failed to take that book what would have happened?

P: The teacher would have shouted at me. 16

D: What would you feel if the teacher shouted?

P: Sad, because I do not like it.

D: Why? What do you feel?

P: I would feel kind of sad and I would feel very unhappy.

D: Can you tell a little bit about that sadness and unhappiness? What exactly would you feel?

P: I would feel a little bit insulted and quite unhappy. I would not like it. I would always want to improve it. I would not want to get into the same trouble again.

D: You would feel insulted? 17

P: Not very much. In front of everybody if I forget to bring a book then I feel insulted that I have not brought it. 18

D: Then what would you feel?

P: I feel that the next time I will try not to forget it.

D: In front of everyone he will shout at you?

P: Yes.

D: And then you will feel bad?

P: I feel bad because it is actually my fault and I had not brought the book or whatever. 19

D: (To the mother) And then what happened? 20

Mo: He came back from school he found that I had not removed the book. I had gone out and it seems he made a very big show. He started throwing pillows and he started screaming. He did not

want to take his milk. And he did not want to take off his clothes. When I returned home the house was in very bad shape. And my husband was so upset because it had taken him one hour to cool him down. These type of things happen quite often. 21

If I have promised to make him pizza and I have not been able to, when he returns from school he starts hitting me. He starts pulling my clothes, and he will throw pillows on me, and he will throw his bag. He will not throw his books because he is very sensitive about his books. His bag is thrown at the door of the toilet, and his water bottle is thrown, and his lunch box is thrown. He gets very angry. He does not say anything to his father but with me... he starts hitting me. 22 He starts pulling my clothes, he will throw my scarf. He can do anything to me, he gets so angry, basically. And since some time he has been learning karate and so he wants to practice all of it on me only. He gets so angry that he does not know what to do. I do not say anything, remain cool, take his beatings, pick up everything. After some time he becomes cool and then he goes to his room and does not say anything and then of his own comes and apologizes and says: "You should not have done it to me. Because you did it I did it to you." Every time he does that he says sorry also. It happens but he is not aware of it and then he apologizes. 23 He says that he likes the way I behave because I do not slap him, I take his anger. My husband gets irritated that I allow him to do all these things. But I do not get angry. Then he makes me explain why I did not find the book and then he understands that I did have a problem, I did not get time. Yesterday there was something he had asked me to do and I had gone out and returned late. And he stood ready to punch me and said: "You tell me the reason and if it is not good you have had it." He was so angry that I was late. But he is a very sweet child otherwise. Very simple and very innocent.

D: Innocent?

Mo: Anyone can fool him. 24

D: In what way innocent?

Mo: He shares his things. He has pity. He likes his family around, his cousins. He does not know the bad words that other children use. With me only he shouts. Outside he is the most timid child. He had a swollen eye the other day; a boy had hit him and he was unable to do anything. 25 So, I told him that all this practice that you have on me, why do you not try with the other children. He says: "Let it be. I do not want to fight." There are times when he loses his head. Otherwise he is very self-sufficient, very self-dependent. I do not have to do anything about him. Like he knows now that his throat is bad, he is not even tempted to eat the things he is not supposed to. He is a very safe child. I know that if I leave him in the house he will not touch anything. 26 I am not scared. He is very reliable. He says that I must trust him and he wants the same from me. He feels that if I have told my mother to do something she will definitely do it. If I do not do it he loses his head. 27

D: Is there anything that he gets scared of? 28

Mo: Staying alone in the night. If it is very important and he understands that I have to be somewhere, he will stay alone, read, switch off the light and go to sleep. But he is very scared that I should not leave him alone at night and go.

D: Do you feel scared?

P: Sometimes.

D: Of what do you feel scared?

P: All kinds of ghosts and this and that, and my imaginations of the day in the night. 29

D: What do you want to do when you grow up?

P: I do not have any plans. 30

D: No plans! Why?

P: I never think of that... about what I am going to be when I grow up. I will just think according to whatever the suitable condition will be for me at that time. I will be that. I have not yet decided. I always want to decide but I cannot. Sometimes I want to be this and sometimes that.

D: What do you want to be at sometimes and what do you want to be at other times?

P: Sometimes I want to be a sportsman, sometimes the captain of a ship, sometimes a doctor, sometimes an engineer.

D: Please show your tongue.

Observation: His tongue has a central crack.

D: Which weather does he tolerate better?

Mo: Cold.

D: Is there anything he likes a lot in food and drink?

Mo: He likes Chinese food the most, and that too the one that mummy has made. He does not like to eat much. He likes what I have made and he likes cakes. Chinese food he likes the most.

D: Does he have any reaction to animals?

Mo: He is scared of dogs even. My sister has a pet dog and he does not want to go there because of the dog. Other animals... I do not know.

D: How much is his thirst for water?

Mo: Not much.

D: How is his sleeping pattern?

Mo: He sleeps very late in the night, has to be forced to sleep, not till 11:30 pm or 11:45 pm. After that I go to see him and he is just tossing and tossing in the bed. In the morning if he is worried, if he has to study or has homework, or there is a picnic at school, he wakes very early on his own. On regular days I have to wake him.

D: What is his position in sleep?

Mo: He curls and likes two or three pillows, a thick blanket, and he wants all the windows shut and sometimes even the curtains drawn. He sleeps alone in his room and I think that he gets scared sometimes. He wants the curtains drawn because he is very scared that someone might be peeping in. He wants the fan on full speed, no matter how cold it is.

D: Does he sweat?

Mo: A lot. On the face, temples, back. His shirts are very messy because of sweat. Even his hair becomes very sticky and wet, especially when he returns from school.

D: What are the illnesses that he has had in childhood?

Mo: He has been a very healthy child. He has hardly even ever had fever.

D: What about his milestones: teething, walking, talking?

Mo: On time, everything. I think he started talking more than others at the age of one year and a half. He was talking more than others and always asking a lot of questions.

(I send the boy outside and question the mother about her state of mind during pregnancy.)

Mo: I had had a previous abortion. I conceived again two and a half months later. I was advised bed rest and was given medication because I had had spotting in the first two months.

D: Did you have any problems during that period?

Mo: I was emotionally upset.

D: What was the feeling?

Mo: I used to cry a lot. I had a lot of family problems.

Observation: Her expression has changed from cheerful to one of dejection and frustration.

D: What were your feelings at that time?

Mo: I was put on bed rest, confined to a room. I wanted to go out. I missed my parents. I did not get along with my mother-in-law. Anything intentional or unintentional on her part would upset me.

D: What was your feeling?

Mo: Very insecure, I think.

D: Can you describe this?

Mo: I felt that there was no one who likes me around. I think I was missing my parents a lot then. I wanted to go back. I was missing my place. I just wanted to go back, but was not able to. I was supposed to be in Bombay. I used to cry. When my parents would call, I would burst out crying. I would tell them that I was dying to be in my hometown, and I wanted to be there only.

I was very scared to go to a gynaecologist, very scared. So scared. I used to cry every time I had to go for a checkup. That is the reason I have never had a second child. I can never imagine myself going to a doctor. I do not know how I married a doctor. I have been very scared of doctors always.

D: Why?

Mo: Even now if I have to take an injection, I am very scared. During the pregnancy when I had to take iron injections, I used to be scared for half the day in anticipation. That is why I wanted to be home, because I felt my mother will understand. 31 My in-laws are all doctors and would not understand why I was scared about taking injections. I am very timid, very scared. If I have to even go for a regular checkup, it scares me. I cannot.

D: Did you have any anger during pregnancy? 32

Mo: I conceived only one year after I was married. I was not very well adjusted, so maybe...

D: What was your feeling?

Mo: I was angry for certain things. I was missing the care and affection and love, the way I was brought up in my family. So, maybe if no one looked after me... They just put me in one room and I was supposed to stay in the house. I used to get upset or angry, and feel: "Why are they doing this to me?"

D: Was there anything else that used to get you angry?

Mo: There was one thing: when my mother-in-law would keep telling everyone that I had had an abortion because I did not take care of myself. I used to get very upset.

D: What would you feel?

Mo: I never used to like it. People used to come and see me and say: "Why did you do it? You should take rest." It was as if it was a crime. I thought that anyone could have an abortion; it could happen. It was not my mother-in-law's fault. She did not have children. My husband had been adopted. They were desperately wanting to see a child in the family, and I had aborted one.

D: Had you terminated your pregnancy?

Mo: No, it was an accidental abortion. I did not know.

They thought it was because I did not take enough food and rest. I was only twenty-two. I did not know anything about this.

D: Then?

Mo: They always made me feel like I had committed a crime.

D: What was your feeling?

Mo: It was not a crime.

D: How did you express it?

Mo: I never did. 33 I would not say anything to anybody because I am not that type.

D: What did you feel like doing?

Mo: Shouting and screaming. 34

D: And saying what?

Mo: "Why are you saying all this, telling everyone? Do not tell anyone. Leave me alone. I am not a sick person. I am healthy and can have another baby. Let me have my own life." I used to feel miserable staying locked at home. I used to want to say: "Let me go out, have what I want to eat. I want to be on my own."

I was very attached to my parents, my mother and father.

D: You were never allowed to go anywhere?

Mo: Because I was on bed rest. 35

D: Describe the feeling. I am still not able to understand.

Mo: I wanted a child, but I wanted to be in my own home. I did not like the house where I was.

D: They did not let you go home?

Mo: There were no good doctors in my hometown and so my husband was concerned.

D: What was your feeling?

Mo: I wanted to go, to be away. I was not able to go. I wanted to scream, to shout: "Leave me alone!" But I was not able to do it. So, I would cry in my room. I never fought with my mother-in-law or said anything.

D: Did you ever feel like you were troubled or tortured? 36

Mo: I felt tortured silently. They were not, but I felt... I do not know.

D: What did you feel they were doing?

Mo: Why were they doing this to me? Not letting me go anywhere, eat the way I wanted to. They were telling everyone. Why was everyone coming to see me? I was healthy. Why were they telling me not to do this or that, to go to sleep?

D: Did you feel forced?

Mo: Maybe.

D: Or restricted?

Mo: Very badly restricted. I did not like sympathy given to me. I did not like if my mother-in-law brought me milk or dry fruit. 37

D: You did not like it? What did you feel?

Mo: "I am not a very sick person. I can look after myself." I wanted to do things on my own. 38

D: Did you have any dreams during pregnancy?

Mo: Always. They were like those of my son. I still get them.

D: What are they?

Mo: Thieves, fights, riots.

D: What are they?

Mo: Someone has come into the house. Of quarrelling. I get so scared at night, and I have to wake up my husband because I am scared.

I dream that somebody is breaking in, opening my cupboard and taking away my things. I see that someone has killed somebody. I am not there, but I see somebody doing something of that kind. I get very scared. I see that everything is dark and I am going through a tunnel. I feel that my son is going through the same thing.

D: Any other dreams?

Mo: No, just these.

D: Did you have any cravings during your pregnancy?

Mo: Spicy things. But I never got what I wanted.

D: You were not allowed?

Mo: No one took me out or brought me what I wanted. I was missing the food that my mother used to cook for me, or that I had been eating for so many years 39, that pattern in which I had been brought up. I was missing that food desperately, and it was one more reason why I wanted to go my mother's house. I wanted to eat all those kinds of food. Here, the food pattern was totally different, and I was not enjoying the food.

Comments: She says that she has been very nervous about her son, and desperately wanted to bring him to me. He has also been very nervous and depressed because he wants to talk and is not allowed to. 40 He cries because he cannot express himself.

Case analysis

The most obvious feature about the child is that he is very precocious. The other features are seen to be similar to the state of the mother during pregnancy. These are the issues of dependence and independence, the fears and insecurities, timidity and the feeling of tremendous anger. In the case of the mother, she felt that she was badly restricted by her in-laws. They had confined her to one room and would not allow her to go anywhere she wanted or eat what she wanted to. It was like she was imprisoned. They made her feel like she had committed a crime, while she felt that she had not. She wanted to scream and shout, and get away, but she did not do that. She longed to return to her hometown, to her mother's house and be with her mother who understood her, and would cook for her what she wanted. At the same time she did not like the care that her mother-in-law was showing her. She did not want to depend on her, but was forced to, and she felt confined and looked upon as a criminal by her. She was also terrified about visiting the doctor and would have very scary dreams.

In the case of the boy you see that he expresses his anger very easily, whereas his mother did not express her feeling at all when she was pregnant. He wants to be trusted and also trusts that his mother will do what he asks, and he gets very angry when he is let down. His anger is like a fury; possibly the feeling behind this can be seen in the case of the mother: of being restricted and wanting to break free. She felt very badly restricted and his anger is as easily expressed. He is also very sensitive to being shouted at in front of the whole class, to have his friends notice his speech defect. But while the boy's main feeling is of being let down by the person he depends on, the mother's is of being confined from a crime that she did not commit, again by the person on whom she depends. Their reaction is the same: one of tremendous anger. So the remedy must have both these feelings along with the features common to both mother and child.

One can see in the case the tremendous dependence on one relationship, viz. with the mother. This would remind one of a mineral remedy especially from amongst the first two groups of Cations in the Periodic Table. If some of the other features such as precocity, the childlike fears, the timidity, profuse perspiration and homesickness are considered, one would be reminded of *Calcareo carbonica*. What is not *Calcareo carbonica* however, is the fury, the feeling of being let down, and the feeling of being imprisoned for a crime that she has not committed. So, the remedy would be a salt of *Calcareo*, where the Anion would have all these feelings. That Anion is Bromium.

Of the Bromatums the best known is *Kalium bromatum*.

Some of its features are:

- Anxiety of conscience, as if she has committed a crime;
- Ill effects, of embarrassment;
- Ailments, from fright;
- Night terrors, in children;
- Delusion, images and phantoms, sees;
- Delusion, thieves and robbers, sees;

- Fear, of doing something wrong;
- Ailments, from anger;
- Delusion, accused of stealing;
- Delusion, arrested, about to be;
- Delusion, insulted, he is;
- Religious affections;
- Shrieking, screaming, shouting.

Calcarea bromata is a sycotic remedy and its main feeling is of being punished or pounced upon 41 by the person on whom he depends (refer "The Soul of Remedies"). The feeling to be let down is common to the remedies from the Halogen group. In the case of the boy he is receiving a lot of affection and understanding from his mother and so the feeling of being pounced upon or punished does not come up. But the exact feeling of the mother during her pregnancy gives the clue to the remedy.

I gave him a single dose of Calcarea bromata 200C and asked him to see me after a week.

Follow up

05.03.94

Voice better in the first half of the week, but now hoarse again. Does not have to strain so much. No throat pain, and feels more confident.

Remedy not repeated.

12.03.94

Voice better, and in fact he forgot that he had a problem.

Relaxed, not sobbing. When he had heard about the possibility of an operation, he used to feel sad. He did not want it because it was rough and painful, and he was scared.

He can recite poems with more confidence and does not have to strain.

Placebo given.

19.03.94

Mo: Before this he had forgotten that he has a voice problem. He was okay after seeing you last week. But it had gone really bad after the picnic. Now it has improved. But after picnic he was straining a lot. Also a little bit of anxiety in him from this week because of exams. He is quite tense because his exams are coming, so he wants to finish his portion and keep up with his marks and scholarships. He says that he is quite worried because this is the final exam and he wants to do his best this time. It is his last term so he will try his best this time. His sleep pattern is very bad, he just does not take rest. He sleeps very late in the night and then he sleeps for only six to seven hours.

D: The last time you said that he seemed to be more confident. Has that gone down again?

Mo: Yes, because of the exams. People in his class are challenging him: "Are you going to come first again?" I think it is working on him. He is a little conscious about finishing his portion.

Repeated one dose of Calcarea bromata 200C.

27.03.94

Voice better.

Dreams that he is receiving books after his exams are finished.

Placebo given.

23.04.94

Voice normal. No pain.

D: (To the mother). We begun the treatment two months from today. In these two months we saw a change in his voice. But has there been any change in his temperament in the last two months?

Mo: I think those tantrums: that throwing and hitting, that has become infrequent. It used to happen now and then: jumping around and screaming. He is also a little cautious about his voice as well. But that thing has become definitely less: the coming on me, throwing things and hitting me.

D: And you said he used to be very short tempered if the food was not to his liking.

Mo: Yes and because of that he used to scream and shout. That has now become less, definitely. Recently I have put him in a class and sometimes I am half an hour to forty-five minutes late to pick him up. In fact, last night I was discussing with my husband that he is not screaming, or shouting, or jumping as he used to do. He was so impatient if things were not up to the mark, or not up to his expectations, he used to get so upset. Now he is very cool and relaxed; he does not complain that you have come so late to pick me. He is so different, so calm. He says: "Never mind if you are late."

D: (To the patient) Can you say something about it? You used to get very angry before, if your mother was late? Is it like that now?

P: No.

D: What do you feel?

P: Now, I do not mind; I do not care if she comes in time or late, if the food is to my liking or not. I do not mind it. I do not mind adjusting nowadays.

D: Why not?

P: Now I have got the habit. So now I am beginning to adjust.

D: How is his level of confidence?

Mo: After his oral exams... (he whispers something to his mother).

D: You say.

He does not reply, and his mother speaks for him.

Mo: There was a small elocution programme for children and he did very well. Everyone appreciated him. He was full of knowledge, he knew so much and did so well. In fact he was overconfident in his first two exams and we had to really bring him down.

D: You used to get those scary dreams before?

P: But now I do not remember. It is tough to remember.

He stopped following up thereafter. I heard from his mother that the hoarseness did not recur for at least sometime after his last follow up.

Avascular necrosis of the head of the femur and hip

Calcarea silicata

Case 31

Mr. L.S. , a forty-two year old stenographer, consulted me in January 1994 for pain in the right hip joint, which had been steadily increasing since the last two years. It had been diagnosed as avascular necrosis of the head of the femur and hip replacement was recommended.

He brought the entire case written down and had all the dates in order. His form was filled out neatly with tiny writing. He was native to the state of Kerala in south-west India.

D: Tell us about your problem.

P: This problem started in April 1992. There was a kind of pain in the hip joint. I had X-rays which were normal. The orthopaedic surgeon said it was nothing serious. He gave me pain killers and those helped. The pain subsided and would come sometimes. In December of this year the pain recurred. It is not frequent, but comes from walking and from climbing the stairs. If I am stationary, it is very less or nil. When it is there, it is very serious, intolerable. I consulted an orthopaedic surgeon again. He took some X-rays again. He says that there is no treatment for the disease that he suspects, and so I would like to go in for Homoeopathy.

D: What does he suspect?

P: He suspects it is due to an insufficient supply of blood to this joint. He says there is no medicine, and has given me Aspirin, so that there is some improvement in the circulation and I get some relief. He said ultimately I would have to undergo surgery. He also advised the use of a walking stick so that the pressure on this side is minimized. I have some relief, but even then while climbing stairs, I have some pain.

D: Tell me what else you have.

P: Nothing else.

D: Except for this your health has been okay?

P: The doctor said I am perfectly okay.

D: What about you?

P: Yes, okay.

D: Have you had any other problems with your health?

P: I had undergone a small surgery for internal piles in 1991, cryosurgery. I have some pigmentation problems. I was okay at my native place, but after coming to Bombay I have noticed dark circles on the face. I have taken some medication but there is no relief. 1

D: What else?

P: I have not had any accident. The doctor had asked if I had had any accident or fall. Once I fell down the steps a few years ago, but it was okay, no pain. Otherwise I feel quite okay.

D: What do you do?

P: I am a stenographer.

Basically I am a sportsman. In my school and college days, I used to participate in each and every sport. After coming to Bombay, I used to jog in the mornings, but I have stopped that now due to this problem. 2

D: What else have been your hobbies and interests?

P: Mostly watching TV. I am not interested in going out in the sun, because of this problem. I used to drink a lot; during my college days, I took all sorts of drinks. I used some drugs during college, cannabis. I used these for two or three years, but during that time I never had any problem. Hobbies are nothing much. Mostly I would like to sit at home. I have only one day off and I never go out, like for films or something.

D: You never go out?

P: Very rarely.

D: Why?

P: It does not interest me much. I do a lot of work at home on Sundays. When my father-in-law was around, he was interested in going out and so we would go out.

D: But now you do not go out?

P: Very less. It is better to say never. 3

D: What dreams do you get?

P: I fall asleep quickly. I prefer to go to sleep right after dinner so that I get a good sleep without any break, and I wake up at 5:30 am every morning. I never get any dreams. In childhood I would dream that a thief or someone is coming after me, and I am running. Someone is coming after me and I cannot run anymore, and I am in the same place and he catches me. This, I would see repeatedly. Sometimes I would cry in my dream.

D: What other dreams from childhood do you remember?

P: None. Just the ones with the thief. They are trying to catch me.

D: Is there one person or more than one?

P: Sometimes there would be more than one person chasing me. Sometimes instead of running, it would be that I am flying and the person is following me and trying to catch me. And I cannot fly anymore because the person is very close, and I just shout or cry out in desperation.

D: You are trying to fly but you cannot?

P: I am trying to fly and I cannot go up any higher. I ask for help, demand for help, by crying out.

D: Who is the person chasing you?

P: I could not see clearly.

D: Any other dreams?

P: In my teenage years, I used to see that sexual thing, doing some sort of sexual pattern, intercourse with somebody, some ladies. After that I find that I am erect and have discharged. That sort of dreams would come once in a while in my teenage years.

D: What other dreams?

P: One or two years ago, I dreamt that I have done some murder and I am trying to escape from the police, and the police are after me and I am hiding here and there... I am climbing on the trees and sitting there. I am trying to avoid these people. Then my sleep would break.

D: Where else are you hiding from the police?

P: Only once I have climbed the tree. I do not remember anymore.

D: Do you remember any other dream?

P: In my school days once I dreamt that I had forgotten to pay my school fee. And indeed that same day I did forget it. That was a coincidence. I went back home and got the money; we used to live close to the school I attended. 4

D: What other dreams can you recall?

P: I do not remember.

D: Was there any dream with animals?

P: No. In what sense?

D: Any animal?

P: No.

D: Did you ever see snakes in your dream?

P: No.

D: What sports were you interested in?

P: Long and high jump. Especially basketball: my favourite game is basketball. I played for my school team, college team and work team. I won prizes.

D: What was your feeling about basketball?

P: I liked it.

D: Why?

P: There was no other game in my school. That was the only game I could learn and play. 5

D: How were you with your studies?

P: I was very good in school. I just passed the exams well. In college, I was a little backward because of the drinking and other habits, and bad company. I could not concentrate on the studies. I was living in a hostel where they smoked marijuana. So I could not pass my final Chemistry exam.

D: What did you feel about that?

P: Now I feel a little pity because if I could have passed that, I would have had a much better job. Now my future is that I have to continue as only a stenographer. Everywhere there is this problem of not being a graduate. 6

Observation: His hands are restless.

P: In my school days, I would do three to four lessons at a time. Now my memory is less. I cannot remember many things. That affects my career also. If my boss says something, I forget. I fail to do some things. That affects my career.

D: Which do you prefer: reading or TV?

P: I do not like to read. I do not have much concentration. I cannot read too much because of my eyes, and I get headaches.

D: Which is your favourite TV programme?

P: Dramas or soap operas. Serials. (But he is not specific about any programme.)

D: What can you say about your nature or temperament?

P: I used to be very angry in my childhood and now I have matured and do not get angry as fast.

D: Can you tell me a bit about this anger.

P: For anything, for small things I would get angry. If I did not get the food of my choice, I would not eat. That was between the ages of fourteen to eighteen years. After coming to Bombay, I learned cooking and now I eat whatever I get. I eat any type of food now, I can cope with any type of food.

D: What else used to make you angry when you were younger?

P: The problem was mainly at home. We were a very big family and we did not have sufficient food or clothes of our choice. It was a group family: my grandmother, my mother, her sisters and brothers and their wives. I have four brothers and three sisters.

D: What was your feeling in childhood? 7

P: There was no frustration. My Daddy used to do whatever he could. We were not unhappy. Still some things come.

D: What incident do you remember most from childhood? Was there one with intense fright, sadness or anger?

P: My anger is not that much when compared to others in my neighbourhood. I had typical anger.

D: What else can you say about your nature?

P: I am sensitive. If people become happy, I become happy. If they cry, I feel like crying. If I am scolded or abused, I feel very bad. In the office or family... it hurts me a lot.

D: For example?

P: If my boss scolds me for some mistakes, or if someone in the house does not obey me or says something against me, those that I love...

D: What do you feel?

P: I get angry sometimes.

D: What do you feel?

P: I think these people are not listening to me. I give much love and affection to these people and yet why are they not listening to me? Why are they not doing what I want them to? Outside (of my house), I am very helpful to others and they do not reciprocate it, and that frustrates me. I ask for some minor help and they do not help me. Then I feel there is no meaning in keeping this friendship going.

D: Can you give an example?

P: There are many people in the middle East and they were friends with me. They used to come to my place and I would help them and give them money. Now they are in the middle East and they never write me letters. Even if they come back to Bombay on their way home to Kerala, they do not come and meet me. My very close friend, I wrote him two letters and he never replied. 8

D: What do you feel?

P: I feel they are betraying me. 9 I feel they have misunderstood me. I wanted to ask my friend why he was not writing to me.

D: So you feel betrayed?

P: I feel why are these people away from me. Why are they keeping away from me? 10 For the first two years he was writing me letters and now there is no reply. Why is he away from me? His last letter said he would come to Bombay in December, and he would see me and stay with me with his family, but he has never come back.

D: What is your feeling about this?

P: Pity. Why are these people behaving in such a different manner?

D: I did not follow you.

P: I cannot express it.

D: Can you try? What feeling comes up?

P: I become unhappy... unhappiness.

D: Tell me about this unhappiness. 11

Observation: Tapping with his fingers.

P: I am not happy because they are not writing nor coming. After that, I too stopped writing. I thought: "What is the use of writing?"

D: What do you expect of them?

P: I only expect them to come and meet me. That is all. Even if they bring me gifts, I say I do not need them. I do not expect anything material from them.

D: So what do you want, exactly?

P: To keep the relationship. To ask some day how is your job and other things, and what is happening. I write about what is happening with me, and he writes about what is happening with him. That kind of relationship I want to keep. 12

D: What does it give you?

P: Some sort of happiness.

D: What kind of happiness?

P: Some kind of satisfaction you get. I always write very elaborate letters, long letters explaining every incident that happens with me. Whatever happens he should get a clear picture so he knows what is happening at home. He may be very eager to know what is happening in India.

A colleague may ask what is going on. He will ask me something and I will write everything. 13

D: What is your nature like?

P: Soft, sensitive. Always helping. Previously I would get angry, but having now learned anger is not the solution, I calm down. If I get angry, I will have a glass of water and sit down and not talk to anyone, and my anger goes down. I have adapted. I always avoid fights and never confront.

D: Are you religious by nature?

P: Of course, but I do not go every day to the temple. I pray for two to three minutes in front of the photos (of religious idols) at home. Usually I do not go to the temples at all. I believe in God. I always spend five minutes in front of God, praying, in the mornings.

D: What do you pray for?

P: I pray to God to forgive me for my mistakes, to show me the right path so that I do not do anything wrong. 14 I pray that He gives my family good health and a long life, that sort of priority.

15

D: What do you mean by doing wrong and making mistakes?

P: There are some things where I may feel I am right and the others feel it is wrong. In those cases, I

say: "Pardon me, I have made a mistake", even if I really do not think it was wrong. "Forgive me for that and lead me to the right path and get me food and shelter." 16

D: Tell me about the nature of your parents.

P: My father was in the military; by profession he was a driver. My mother was a housewife. He drank a lot. My mother is from a very simple and orthodox family.

D: How was your relation with them?

P: Very good, though my father punished us for mischief.

D: Punishments?

P: If we did not obey him. If he asked us to do something and we did not.

D: Were you afraid of him?

P: Yes.

D: A little or very much?

P: Very much. He would beat us with a stick.

D: Can you remember a time? Tell me about it.

P: I used to have a ring and I lost it in the pond, and could not get it out. He had punished me a lot for that. He beat me up. He was a little angry.

D: What effect did this beating have on you?

P: I was frightened. I kept away from mischief. We would finish our homework and keep quiet when he returned home. From that time on, I was very careful. From that time on, for whatever father said, we behaved as if he is ex-army man. We would take a bath in the morning, go to temple and then only we could eat. We obeyed these rules perfectly. 17

D: What was the good side of your father?

P: He was very loving. Even if he punished us, after a while he would give us money for a movie or something. We were poor. Because of our financial problems, we could not do much. 18 I wanted fashionable clothes but our capacity was not that much. We used to get enough to eat, but not real quality food. We survived, but it was not luxury. It was not possible in a group family like that. My father is very loving and my mother is very, very good. She is actually God for me.

D: In what way?

P: She has very good qualities as a mother. She helped everybody who came to our house. She never spoke angrily or harshly to anybody. She has very good relations with everyone.

D: In your nature, do you take after your father or your mother?

P: Physically, I am like Daddy and in my other qualities, I am more like my mother, sensitive.

D: When these dark circles started to happen, what did you feel?

P: I did not notice, a friend told me. I felt something is wrong.

D: What do you like in food and drink?

P: I like spicy, pungent food and eggs, yogurt. I use extra salt.

D: How much do you perspire?

P: When I used to go for exams, I would carry a towel with me because I sweat on the palms of my hands. The perspiration used to be so much that it would destroy the paper. Even now, I perspire on both hands and soles.

Case analysis

There are two sides. He needs relationships that give him food, shelter, family and friends, that kind of relationship.

Another thing he needs is the security of money. And he regrets that he could not get a better job, and that money is scarce for him. He needs that kind of support and that is what he is losing with his

hip joint. The thing he stands on is gradually going down, a loss of support, family, friends, limb. That we can put into the rubric: "Fear of poverty".

Then on the other side, he is very much afraid to make a mistake. His handwriting is perfect. He must do it right because he will be punished if he does it wrong, and he is most sensitive to being scolded by his father who gives him food and shelter, and reprimanded by his boss. Both give him financial security.

He likes to play basketball where he comes first, and he is most tense about exams, and he has the perspiration on his palms (like *Silicea*). He craves eggs.

So when we talk of sensitive to reprimand it is the boss scolding him, the person on whom he depends for his food and shelter finds something wrong with him and scolds him. He needs to be perfect: if you do all these things, you will be okay.

This is the "Sensitive to reprimand" in *Calcarea silicata*. It combines the sensitivity to reprimand of *Silicea* and the insecurity of *Calcarea*. He must behave in a certain way to find the security of *Calcarea*, be good, follow the rules, perfect his handwriting. He has to help others and be cooperative, and fulfill his role in the community and not offend others. He will not do what others feel is wrong, because he is dependent on his friends and family for security. When his friends keep a distance, he is very hurt. He feels: "I did my bit, why am I not getting what I want?" The taking drug and drinks in the case was a mistake and it ruined his career. Because he did not live up to the role he was supposed to, he lost his security. If only he had kept up with his studies and behaved well, he could have security. This is his strongest regret.

He was given *Calcarea silicata* 30C BID for one year. His state was not very strong: the fears were not so strong, all the dreams he talked of were in childhood, it took a long time to get the state out. The pathology was gradually coming on over years and the pathology was the strongest feature of the case. This is why 30C was chosen and repeated. Also because of the slow destruction of the bones, and low intensity of the inner state. He improved quickly in regard to the pain and walking. He was advised a series of X-rays every six months, and they showed gradual improvement. The last X-ray showed almost complete healing.

Follow up

Three months later

P: I am fine. Now the pain is very less. I can walk without a stick and when I do, there may be slight pain only. Otherwise my health is fine.

D: Dreams?

P: Office work and other things.

D: How are your moods?

P: Okay, fine. Better.

D: In what way? What is the change?

P: Last time, I had some sort of nervous thing and it is reduced now.

D: What was that nervousness?

P: I felt an inferiority complex and this is better. My fear is decreased. My memory has improved, and the X-ray shows the healing process has begun.

After one year, I gave him *Calcarea silicata* 200C. After that he has received infrequent doses of *Calcarea silicata* 200C, six doses in all in the last two years. By this time his pathology had healed a lot.

April 97

I called him in three years later, in April 1997, and did an interview. I asked what really changed.

He had skin eruptions, boils on the eyelids and acne on the face. The pains were almost gone, and the X-ray was nearly normal.

D: How are your moods?

P: I used to be very upset with office problems, with my boss and management. I used to be a union leader, and after the treatment I quit all such activities.

D: And your nature?

P: My nature is changed. I used to sit alone and not mingle with others. Now I go out of my way to make friends. I had a feeling of lack of confidence and could not express my feelings. I can do so now. I had the fear of making a mistake and felt people would laugh at me and blame me. I never socialized and just stayed at home before.

D: Why did you stop the union activities?

P: Because it was a thankless job. A friend left the job and told me to do it, so I did. I was helping everyone to get more money and when we went to them for support, they would all run away. I felt it was totally thankless. Why am I doing good to everyone? It is totally unnecessary. I feel much better now. 19

He discontinued treatment since there was no pain, and the X-rays showed considerable improvement.

Ringworm on the abdomen

Kalium phosphoricum

Case 32

A ten year old boy, S.C. , was brought to me for ringworm on the abdomen since two years. He also had problems with sleep, headaches, and was putting on weight. He was irritable and disliked studies. The skin problem would keep him from swimming and the itching, which was worse in the night, would interrupt his sleep. His headaches are in the temporal region.

He had a liking for foods like lentil, rice, curry, bread, chips, mango, and was averse to slimy foods like ladies fingers (okra).

During the interview I noticed that he would start from the ring of the telephone. In general he was dull, grimacing and looking here and there, and starting from noise. His gestures seemed foolish, but he spoke sensibly. He put his fingers in his mouth. He liked to play badminton. If angry, he would tease his sister.

He told of a dream where he and his brother were in a field and being chased by the cow, and his brother broke his leg. In another of his dreams, they were all on a hike and his mother gave ice cream to everyone but him, and he was angry about it. He feels his mother always hits him. "She hits my sister one time, but she hits me six times. I feel very bad and angry about it. Then I start teasing my sister, because I feel mother likes her more." He described *déjà vu*: "I am sitting and a picture comes to me, and I read a book and I feel it is the same picture that had come to me. I will see in my mind a man who is dressed in a particular way, and after some time I see a man like that, dressed in that same way."

D: Tell me some more things you see or dream about.

Mo: If someone talks about ghosts, he will keep remembering it.

D: Does he have any fears?

Mo: He is scared of God. He can do anything.

D: What will he do?

(No answer.)

D: Does he have any other fears?

Mo: Darkness, ghosts. He sleeps hugging a pillow, cannot sleep otherwise.

P: I like a photo of my sister when she was young. I find it very cute.

D: What else are you scared of?

P: Travelling in a car and leaning on the car door... I am afraid, I do not like.

Observation: The mother's speech was wandering and she was excitable, nervous, and impatient. She and her son both had fidgety feet.

During her pregnancy she had a tendency to fainting while standing in the sun. She also had cramps in her legs, calves, and thighs, which were worse at night, and which came on very suddenly. She had a dream five days before the birth of her son that all her teeth were broken.

She used to walk very fast and she had fallen on her belly, and the child was three weeks early. She also had varicose veins during pregnancy. She craved noodles.

Nature of mother and situation of life during pregnancy

She had two sons and a daughter. She said about herself that she was overinvolved with her children: "They are my whole life. I am too much with the children." Her husband used to go away on tours, with work for long periods of time, leaving her alone to manage with the children. She developed an anger to him and aversion to him because of this.

She had dreams that she was being pursued by tigers, and was trying to climb to the first floor of her house and protect her children. In the end she escaped. She had amorous dreams of being sexually involved with a cousin on whom she had had a crush when she was younger.

Mo: When I was a girl the doctor said it was not good for me to be in constant touch with my mother and I was sent to boarding school for four years, and I was so happy coming home from school. I was closer to my father than my mother.

Observation: The boy has an eruption over his belly in a circle with the umbilicus in the centre and his genitals are also involved.

Case analysis

The main symptoms of the boy were:

- Startling from noise;
- Gestures, foolish;
- Children put their fingers in the mouth;
- Fidgety feet (Phatak).

And symptoms from the mother:

- Speech wandering;
- Excitement, nervous;
- Hurry and impatience;
- Faintness during pregnancy;
- Cramps in the thighs and calves;
- Amorous dreams.

The remedy that he received was Kalium phosphoricum 10M, based on these symptoms. But let us understand the case as well.

He dreams that he goes out on a picnic and his mother gives ice cream to everyone but him (incidentally, craving for ice cream is a symptom of Phosphorus). His mother loves his sister more than him. The idea is that I am not getting the love I need from my family. The mother also has the same feeling with her husband travelling on business and being away. So there is dependence on the family, and yet neither is getting the love and affection they crave from their family.

Wanting and giving affection to the family, total dedication to the children: this is Kalium

phosphoricum. The boy also has the dream of his brother breaking his leg; here again you can see the concern for family members. There are a lot of fears for example, in darkness, of ghosts, like in Phosphorus. If the feeling is of being insulted and suppressed by the family, the remedy will be Kalium sulphuricum. If the feeling is of being attacked by the family, it will be Kalium bromatum. If it is of being stabbed in the back by the family, the remedy will be Kalium iodatum. Here the feeling is that he is not getting enough love from his family, and at the same time there is a lot of concern and affection for members of the family.

He was given 10M potency because the symptoms were very strong. The starting from noise was a strong symptom in him, and this represents a strong disturbance in the central area. The feeling of not being loved by his mother was very clear. The clarity of the case and the clarity and intensity of the symptoms determine the high potency. The dream is very dear and strong. The gestures are very foolish and prominent.

Follow up

One year later

Initially the itching had increased and the eruption suppurated. But his concentration improved.

Roughly eight months later, the rash was gone.

Kalium phosphoricum 10M was repeated a couple of times when his mental state was not so good.

He was teasing his sister less.

They followed up for four years.

The mother also received Kalium phosphoricum with good results.

Infection of the nail of the thumb

Hura brasiliensis

Case 33

This thirty-five year old woman, Ms. U.S. , came to me in July 1995 for an infection of the nail of the right thumb since the previous seven years. She had no other major complaints, was otherwise okay. The thumb nail had become very thick, curved and separated from the nailbed and deformed; it looked very ugly. There was occasional pain and swelling, but her problem was with how it appeared, it looked very untidy and ugly. 1 Looking at it would get her upset. She would keep hiding her nails.

Another problem she complained of was recurrent cold and cough that comes suddenly, and is worse especially in the mornings. She suffered from a dust allergy, and would come down with sneezing and irritation in the nose. She had a history of tuberculosis in 1991, and had been given eleven months of anti-Koch's treatment. She had also suffered from typhoid, again in 1991.

She had a desire for spicy and sour foods, pickles, tomato and tea; increased and frequent thirst.

She would sweat profusely on face, in the axillae, on the back, upper lip and forehead.

She was unable to tolerate extremes of temperature.

She had the following to say about her nature:

P: I get depressed easily, I am disheartened by the other person's mood. I cannot do anything on my own, I need a push all the time, have no self-motivation. I am sensitive, emotional, negative, and indulge in a lot of self-pity.

She says she suffers from a great inferiority complex and occasionally develops a hatred for herself.

P: If someone shouts at me and puts me down, I get very hurt, even if someone suggests something for my own betterment. If someone speaks harshly at me, I cannot stand it or if they yell or shout.

I am loyal and give a lot in a relationship and when I do not get anything in return, I feel frustrated. I go out of my way to be nice to everyone, especially my friends. I try to please the other person. I am

quiet, hard-working and involved in my work.

When someone speaks to me in a loud voice, I think: "What have I done?" I think I have done something wrong. 2

I have a lot of self-pity having had tuberculosis, it is a stigma. If my friends knew about it, they would not speak to me. If my relatives knew about it, I would not have gotten married. It is like the pity you feel for a beggar on the street; this is the pity I feel for myself. 3

I never wanted to get married. I felt something would happen and he would divorce me. I always imagine the worst. If I look down from a terrace, I feel the wall will give way and I will fall. If mother is frying food in the kitchen, I feel the oil will spill and there will be a fire. I hate myself for being so negative and sensitive. 4

I am very gullible. I take people at face value. I am not smart. I am not capable of analyzing any problem. I cannot convince anyone of anything.

I dream of ghosts and get up with a start. I dream of someone who is close to me dying, like my mother or family, and wake in panic.

My mother means a lot to me. I am so close to her and emotionally dependent. She is the only person in whom I can confide. 5

(She is very reserved and reluctant to answer. I have to push her to get these answers. Very timid, soft, low voice. She answers in one sentence.)

P: I dream of crying and am crying. I dream that I am walking naked on a road and am feeling ashamed. I wonder how am I walking on a road this way. I get up and I thank God and feel relieved that it was only a dream.

I like reading, painting and listening to music. Sometimes I like to walk alone. I do shopping, window shopping. I do not like cooking or cleaning the house.

Soon after I was married, I discovered my husband was a drunkard and gambler, but I was in love with him. All my family and friends pushed me to leave him. But I could not. I was in love and felt that no one understood me. Ultimately they had to pull me away and now I am divorced.

(She is reserved and suppresses things.)

P: Even if I want to say something, I will not say it but brood over it. I feel frustrated and helpless. I have a fear of ghosts and of the future. Sometimes I have a fear of cows, I fear it will come and attack me.

I am a perfectionist in work. In childhood, I was very attached to a parrot. I have much of an inferiority complex. I feel I am not good looking, my colour is not good, I am fat and incapable. In my childhood, my mother used to hit me a lot. I was the teacher's pet because I was good at my studies. I cannot open up to strangers and am apprehensive that if I say something the person will develop a bad opinion about me. 6

Her hobbies are painting, and she likes to paint especially flowers; reading; and music. A song that she likes very much is about someone smiling but hiding some sorrow inside, and one that says: "Take everything, but bring me back my childhood." Her favourite movie is about a poet who was mistreated by the world in his lifetime; no one bought his poems, and they would not even let him enter their houses, but when they thought he was dead, they made him a hero. 7

During her first interview, she kept referring to her tuberculosis as: "You know I had that problem" and would not say the word "tuberculosis".

Her present situation was that she was divorced and thirty-five years of age and totally unwilling to consider marriage, because she felt it is for sure her marriage will not work and whoever he is, he will leave her and divorce her for sure. It was a very tragic situation. This woman had no future. Not

in this state, unless these feelings changed.

Case analysis

I studied her case. The deepest feeling is that there is something terribly wrong with her. She feels ugly, fat, dark. Her nail looks ugly. She has a stigma about having had tuberculosis. It is not of her own doing; she is a misfit not of her own doing. When they find out they will reject her and isolate her. Her life will always be a tragedy, the black mark will never go.

This feeling corresponds to that produced by Hura. Hura has features that place it between the tubercular and syphilitic miasm. Even with intense, rapid activity, there is very little hope.

I chose to study Hura with the purpose to understand its state. Its symptoms centre around an intense forsaken feeling with the delusion that he is about to lose the affection of his friends. It is the feeling of being alone in the world, despised and forsaken. Something has happened to him and he is now despised and forsaken, and he can never change this. He may become angry with himself and reproaches himself. He feels unfortunate, feels like a leper. This is the leprosy miasm, a very deep and despairing miasm, almost as despairing as the syphilitic.

If we were to simply consider the expressions in her case, we would end with Natrum muriaticum or Staphysagria. So each time we have an expression, we have to go deeper to find that secret inside the person causing the variety of expressions on the outside. You go to the deepest level in her case, the stigma. Her feeling was that there was something terribly wrong with her and she was lower than the lowest. Her timidity arises out of this feeling: she is so low and so what right does she have to shout back? So the timidity becomes an expression. So many remedies cannot express themselves, and in each this inability to express comes from completely different inner feelings.

She stayed in her marriage because she was in love with her husband, although he was a drunkard and a gambler. Usually one's family recommends you stay in a marriage, but her situation was so terrible that they were pulling her away and she did not want to leave. Her feeling was that: "I will get no one else, this is what I deserve. Because if anyone discovers the secret stigma within me, I will be kicked out." She had to be secretive; if her stigma were to be discovered, she would be finished. If someone finds out that you have leprosy even if you are cured, you are rejected and shunned. You do not want to touch a leper and want to keep him at a distance. The first reaction is to keep a distance. Even if it was treated and is gone. That is the stigma. Ugliness is not the feeling in the case. The secret stigma is the core. That is the nail she tries to hide. The one black spot in her life. The other person could do no wrong, it was only me who was the problem.

Rubrics:

- Delusion, friends, has lost the affection of;
- Delusion, alone in world;
- Delusion, friends, confidence have lost, in him, all;
- Forsaken feeling;
- Delusion, despised, he is;
- Delusion, unfortunate, he is;
- Delusion, repudiated by relatives;
- Despair, recovery, of.

She received a single dose of the remedy in the 200C potency.

Follow up

Over the next year she improved, especially with regard to her mental state. She needed the remedy on very few occasions.

One year later

D: What are the changes you have noticed in yourself since the time you started with the medicine?

P: Earlier, I was timid. Now, I have become bold. I never had an opinion about anything, I would take things as they come. Now, I am active. I was a pessimist and thought about negative things, but that has improved now.

D: Tell me about the pessimistic thoughts.

P: I thought about the negative impact of a thing. If a person goes on a plane, I think the plane will crash.

D: What else?

P: I would always think that marriage would not work out.

D: What would be your feeling?

P: That you just would not get along and end up getting a divorce. That is what happened to me. A feeling that something would go wrong.

D: What else?

P: Nothing.

D: You had described yourself as timid...?

P: If someone talks to me in a slightly loud voice, I get scared. If someone insults me or shouts at me, I cannot answer back. I used to keep it inside and never tell anyone about it. I have now started to speak out. If anyone shouts at me, I did not like it, I kept it bottled inside. I felt I was only in the wrong, that I must have done something wrong. Now, I can think that I have not done anything wrong, why are they shouting at me? I shout back now: "You are making a mistake."

D: If someone shouts at you, you get hurt?

P: Hurt and scared. I am extremely sensitive. I feel I have done something wrong. I have a low self-esteem: I feel I am not worth anything, that I am no good person and I can never do anything right. When in company, I could not converse. I felt people would laugh at me. My tongue would not move, I would feel as if I would say something stupid. I had this inferiority complex, a feeling that I cannot do anything right. I would feel that I am no good.

D: Give me one instance.

(She could not answer even though I gave her enough time, so I jumped to the next question.)

D: How was your nature as a child?

P: I can hardly remember. I was a shy child. At studies, I used to be a little above average, I was the teacher's pet.

D: Tell me, once again about the feeling of self-pity you had described. Do you remember?

P: Now that you talk of it, yes.

D: Try and remember this, you had said: "I feel pity for myself."

P: I went through that sickness and everything. I felt terrible. Why had such a thing to happen to me? It is a big disease and has a big stigma attached to it. We did not tell anybody at that time about that sickness.

D: What did you feel?

P: Sorry for myself. It felt it was like cancer. Why did it happen to me? I felt it is as bad as cancer.

D: How is it as bad as cancer?

P: We did not know if it was curable. Everyone in the house was shattered. After the treatment, we accepted it. I was more optimistic after the treatment. I felt if you think negative, it will happen to you. Then after that I got married and immediately I got problems. After three months, I returned to my mother's house. It was the worst period. He turned out to be a gambler and a drunkard. He just left the house and ran away after three months. Everything was okay until then. I thought I must

give him time since it was a late marriage. He used to drink heavily in those three months. He would leave for days and not say where he was. Then after three months, he left and said he would not come back. I tried my best, but he was adamant to break off. I did not want to break off and I lost control.

D: Lost control?

P: I started banging my hands on the bed, pulling my hair. I was totally frustrated. 9

D: What was your feeling?

P: I must try to adjust and give it a chance. One can not break off the marriage so soon.

D: Why? He was drinking and gambling and running away.

P: Today I have started getting some wisdom, but then I had no wisdom. My parents used to feel he was not able to give me a good future. I felt I had to do my best and try to adjust.. maybe he will improve.

D: Why did you want to stick to him?

P: Marriage is for life. 10

D: What were your inner feelings then?

P: Frustrated.

D: Can you describe that frustrated feeling?

P: You have no control over things. No one understood me.

D: How did that make you feel?

P: Frustrated. I kept thinking I am wrong. Low self-esteem.

D: How did that come out?

P: I was adamant I had to make my marriage work out.

D: But you had a negative feeling that the marriage would not work out.

P: That I have had since time immemorial. Any time I went to meet a boy, I went with a long face. I felt it is not going to work out.

D: Why? What would go wrong?

P: Nothing concrete.

D: That you would be rejected?

P: It is always there. I cannot talk. That feeling of rejection is always there. That could be one of the reasons.

D: How is that feeling now?

P: I am still very skeptical that I will ever get married again or that it will ever work out. But I want to get married now, but I am not sure it will work out. It is this way for about a year. Before I was not willing to even give it a chance, I was sure it would not work out. I have this fear that my brother will marry, and that after my sister-in-law comes to live with us, I will be unwanted in my house. But that fear too is less now than it used to be.

Her brother reported that she was much better. What I observed was that she was more expressive and was talking more easily.

Sinusitis

Rosa unknown species

Case 34

A twenty-four year old woman consulted me for frequent headaches and sinusitis. She complained that she was unable to do any work or activity as a result. She also had problems with sleep. She was married and had a son.

D: Tell me your problems.

P: I get heaviness in the head. It is difficult for me to move my head. I get a headache. I cannot sleep. I cannot do any work or activity. This is the main problem. I am suffering.

D: Tell me about your nature.

P: I am sensitive. I am not too strong. I cannot take care of my child or my husband. I want to do work but, I cannot because of the headache and loss of sleep. I am always having some problem. I cannot sleep peacefully.

D: What is happening in your mind?

P: Unwanted thoughts. There is the fear of something happening to my husband, child and family. I cannot stop them. I am growing very weak through these problems.

D: What are these unwanted thoughts?

P: Something happening to my husband, or to my child. If I have a problem, I feel I cannot do anything. My husband asks me why I always have these problems. I want to be more active. 1

D: What are the thoughts?

P: Suppose my husband has got into a fight on the train. Suppose my grandmother in the village gets ill and needs me. Suppose I am useless because of my illness. Suppose my husband finds me useless. These thoughts occupy my mind.

D: What dreams do you get?

P: The dreams go on in my mind like a cinema. I am weeping and I do not know what to do. My dreams are like a cinema reel with no end. Last night, I was weeping in my sleep; I felt that my grandmother had died and the news had reached me. My husband woke up from the sound of my weeping and said that nothing was wrong, and asked me to go back to sleep. This is a common thing. After that I cannot sleep. Even if there is a small disturbance, I cannot sleep. I dream that I am going here and there, spending time with my friends, and the smallest disturbance wakes me up.

D: Describe your dreams.

P: My grandmother has expired.

I am going to the marriage of a friend.

I am spending time with my old college friends.

D: Give more examples of dreams.

P: I dream of a snake biting. It bites a person in the leg, in three places. The doctors are curing him. I cannot see the man's face but am watching everything.

If my husband is late to come home, my thinking goes on limitless. If I think negative things, they become positive. If I think the worst, nothing will happen. So I force myself to think negatively and to think the worst. If I expect something good to happen, it will not happen. I must compulsorily think negatively. I think reversely. If I am expecting to go somewhere for some reason, I will not be able to go. So I think negatively so that it can happen.

Even for small things, I think negatively. If I have to have the tape recorder repaired and I need it on a particular day, I think that the shop will be shut on that day and I will not get it. Now I am an addict of this kind of negative thinking, so that it may become positive. 2

D: Say some more about yourself. What other dreams do you get?

P: The dreams are just like a cinema reel, something keeps going on.

D: As a child what dreams did you have again and again?

P: My relatives are dying and the information is reaching me, and how I am reacting to that. These bad dreams I used to get. 3

D: What were the good dreams?

P: Of attending my brother's wedding.

My husband has a fantastic job and we are buying a new house.

D: What are your hobbies?

P: Writing stories, drawing, writing poems.

D: What poems do you write?

P: Love. Politics. Poverty. But mostly about love.

Now I am writing a story about tribal women who wear veils, about how they lead their lives. I am writing from the view of a small child, and how as she grows up she realizes the difficulties of having to lead her life with her veil on. She realizes how difficult it is to work with the veil and she starts to hate it.

My husband tells me to send my stories for publishing. But after I got married I have stopped that. I noticed these poor people who live in the street outside my house. There is a six year old child taking care of a three year old. I see her looking after him, feeding him, taking care of the house, and I want to express the feelings of that child. The feeling could be: "Oh! I want to go out, and play and enjoy. But I have to be in the house, and look after the house and the child." The feeling of that child I want to express through my writing. Her feeling is: "My mother and father are going out, and I am stuck in the house and am suffering." After she becomes older, she feels that the small age was a good one. As she grows older, she has to go out and sell goods. How many difficulties come on to her as she grows older, and she yearns for her childhood even though there was suffering.

D: What are her feelings?

P: She wants to enjoy the other things: going outside, playing with the others. A small girl child has to do this, not the boys.

D: What are your feelings?

P: I want to express them, but I can only do that through writing. 4

D: Tell me about the poem that you wrote on love.

P: The love between my husband and me; romantic love. I wrote:

"Hereafter I cannot write anymore poetry.

Your name itself is a poem

After that what else can I write?

Hereafter I will only write your name."

Another poem is:

"The outside is in winter (pleasant)

Inside my heart it is summer (very unpleasant and hot)

Because you are not there."

D: What are your feelings in this poem? 5

P: The main thing is that you love all people and that you should be loved by all.

D: I did not follow.

P: You should be good and honourable. If I love all these people, I want that they should love me in the same way. I have to do many things for this. I have to do a lot to get this love. I can help them and keep good relations with them. I want to be loved by them like I love them. I want to be lovable.

D: How do you try to be lovable?

P: I never hurt others even if they hurt me by mistake. I forgive them but the hurt I never forget. In this world we have to be very flexible and be a loving person.

D: What is it that they do to hurt you?

P: I went to my friend's house, and they like that I go there. They want me but if my son does some mischief, they do not want that. They tell him not to do it, which is hurtful. Still, I go. The other day

there was a party at my friend's place, and they never considered me or gave me more preference over others. They did not give me snacks and cake, although they gave them to others.

D: What did you feel?

P: The next day they smiled at me and so I smiled back and forgave the whole thing.

D: What did you feel when they did not offer you those things?

P: I am helping, lovable, doing good for them, and still they do not consider me an important person. They take me for granted. They do not give me a special place. I want to be special for somebody, like my husband is for me. And for that I am willing to do a lot, forgive, help. And for that they should give me a special place, a preference over others.

Even in college these things would happen. My friend once asked me to write her assignment and I heard her tell someone else: "Why are you doing all the work? Just give her some good words and she will do it." And she made me feel very small. She was using me and taking me for granted. Why are people treating me like this, though I am helping them? Why do not they treat me as an important person, as someone special or important for them. 6

D: So, you feel insulted?

P: Yes. 7

D: What else do you like to do?

P: After I got married, I left all that. I want to be active and do all the things that I can do. I want to do so many things, write poetry, play music. And I cannot do these because of this problem. 8

I am very tired and I cannot write, because I cannot sleep. I cannot do what I want to, especially enjoy. What I have to do is care and care for others. And for this, I should be given a special place in someone's life. But I still forgive and do not express it, and I keep going on with my cheerful life.

D: What do you like to eat?

P: Fried foods and ice cream. Because of this problem I cannot have ice cream. 9

I also love rice and starchy foods.

D: Which weather do you tolerate better?

P: Summer.

D: Do you sweat much?

P: No.

D: How are your menses?

P: Regular.

D: Any problems during pregnancy?

P: It was normal.

D: Which position do you take in sleep?

P: On the side.

Case analysis

The main symptoms of the case are:

- Longing to be loved by everybody, wanting to be given a special place, and being disappointed from not getting it. She will do anything to be given a special place. Love is very important for her.
- Feeling that she cannot do what she wants.
- Feeling of being weak and helpless, that something bad will happen and she will be helpless against it.
- Feeling that she is suffering.

Tremendous sensitivity: to the feelings of others, to music, poetry, etc. Her main problem centres around sensitivity rather than relationships, or performance, or feeling as if she is being tortured or

persecuted, or competition. We are looking for a plant remedy in her case. She would need a plant remedy which has the feeling of wanting to be treated as someone special. So, I asked her some questions that would confirm my thinking.

D: How do you react to snakes or other animals? 10

P: I do not care for snakes if I see one pass or on TV.

D: How particular are you about order?

P: Not much.

D: How do you react to plants?

P: I like plants very much, particularly roses. I like to grow plants, especially roses. 11

D: Tell me about roses.

P: I like roses very much. It is beautiful and smells good.

I am having that headache even now.

D: Your liking for roses is since when?

P: From a very small age I like only roses. When I went to school and college, I got many roses. I grow roses.

D: What does the rose represent to you?

P: Even though the lifetime of a rose blossom is small, it gives so much pleasure to others. One should be like a rose. During our lifetime we need to give pleasure to others. It brings beauty. It is offered to God. It is a beautiful thing. It brings pleasure to others. A rose laughs all the time, even though it is between thorns. 12

She was given Rose 30C and the remedy has been repeated four times in five years. Her sinusitis got better, then the dreams started to improve and then she was able to sleep. She started to feel more energetic.

Follow up

After two years

P: I can control my mind through my body. I can do anything since my mind is so strong. I have a lot of confidence. I am writing short stories and they are being published.

I am writing a story called "Heart". It is about a man who is sitting on a bench at a rural railway station. There are not many people there. He sees a dog eating out of a dustbin, screaming with hunger, destitute. The man is carrying a lot of things, food for his grandchildren. He thinks of giving something to the dog, but as he is thinking the train arrives and he boards it. From the window he sees a small girl of around twelve years. She has a very small quantity of food, but she gives it all to the dog. He feels: "Even at my age I am unable to give anything to that dog, whereas the girl gives him everything." He calls the girl, gives her all the food he has and asks her to share it with the dog. He is big and rich, but his heart is small. The girl is so small and her heart is so big. 13

Another story is about a husband and wife quarrelling. I want to show the heart of people, how mean some people are. I want to expose the mean mind.

Earlier I could not communicate. Now I can speak without tension. I can sing easily and well when I am asked to.

The bad dreams are no longer there. I do not get angry and am more confident.

I still feel that I have to do much for others, and I do all the work myself. I do a lot for my home and in-laws, in order to get their love. And they give me a lot of love, and take a lot of care of me.

I want to be polite. I write poems about women. I feel that women have a lot of talent and are not allowed to do a lot of things. My parents kept me in the house and did not allow me to learn music. If women are allowed, they will do more. My parents never allowed me to go outside, only to

college. I was very frustrated. Now my husband is encouraging me, and I am writing stories. My parents did not, even though they gave me a lot of love. 14

I think that pure love lies only between husband and wife, without expecting anything. It is not simply attraction as in the case of adolescents. It is love without expectation, not the immature adolescent attraction.

She is continuing to follow up. Her sinusitis has not recurred and she is in good physical health. She continues with her writing and has also taken up a job as a school teacher.

Food allergies

Plastic

Case 35

This patient, Mr. I.E. , had had two remedies before I retook the case. He had been saying in the follow ups that he was better, but I did not think so. He came initially for a lot of food allergies. He had developed rash on the head, and then numbness and swelling in the area of the right mastoid.

P: Too much nervousness all the time. I read about the coeliac condition, that it is because of wheat, and I tried not eating all those things. I felt very well. If I ate cake or a biscuit, I had severe depression and could not get out of bed. So, no wheat since six years. It affects me a lot.

I am not able to understand my studies, I cannot grasp the knowledge. All other members of my family are good. They are all accountants, doctors, are intelligent. I am not able to do anything.

I had frightening dreams for many years in childhood. I would go to my parents' bedroom and sit by it. It was due to some black magic done to us; we found this out after ten years. My sister also had this. The same time I became dull, so did she. She had the same frightening dreams. There was some dispute in business and this is why the black magic had been done. Any normal telephone call brought me down the stairs with a fright, very nervous. I am not sure what the dream was, it had no specific shape or form. After five or six years it stopped. Then we had gotten rid of that object the black magic was done on.

My mother was always frightened and looked harassed during those years. My sister is also still very weak, working and has a family, but very weak. Somehow, my brother was not affected.

I am living on rice and vegetables, I cannot digest meat. I avoid white flour, it makes me very ill and I feel terrible.

I feel very weak and just stay at home and lie down. I get irritable and fight a lot. I scold my wife. When I feel good, I work fourteen hours or so. I have the exact dates the medicines worked well for me. Sometimes, I just do not do anything and stay home nervous, trembling. The glands on the head make me feel terrible. I do not look normal in fact. There is always a slight pain in my abdomen and I just weigh forty-eight kilos. I feel all this started after the period of frightful dreams because of the black magic that was done on us.

I do not want to go out and do anything, do not even want sex. I do not want to go to work. I do not want to do anything, but to stay at home. I do not even watch TV. I go to work most days though there is some weakness. There is a mild pain in the abdomen most of the time. This was severe between 1986-1990, and there has been some improvement after stopping some cereals. 1

I was one of the healthiest boys at school.

After eating any wheat, I am depressed and irritable for a few days, and cannot go to work. So I strictly follow the diet. I do not worry about it because I stick to the diet. The problem is that sometimes I get so mentally blank, I do not feel like going to work. I lose concentration counting ten digits.

D: Tell me something more about yourself.

P: Since the last years, I like reading medical books to see what might be wrong with me. Today for two hours, I was reading some medical books.

I stopped seeing movies six or seven years ago. I do not go out to restaurants, am not interested.

Even after getting married, I could not decide whether to have a child or not, and after ten months my wife delivered it. I did not even know whether to get married or not. My father said to. I was not sure, but he convinced me. I said I would look. Our parents arranged it. I was at my uncles' place and her parents came. I saw the girl and I said: "Okay, fine."

D: Did you like the girl?

P: Yes, but wait a minute, I was not sure if I liked the girl or not. But I have no complaints as such. The point is I did not know whether to go in for marriage. I was not able to take a decision. My uncles and parents took the decision and I said yes. They said that I was twenty-seven years old, I had a house, and because of my restrictions on food she would cook, and I would not have to eat outside. So I said: "Okay."

I am not interested in anything. I never take my wife out or go to anyone's place. Now four years have passed. I look very sick and cannot present myself well to others. I do not look healthy or normal. I cannot talk for just five minutes. I feel they will observe I am not looking normal. I know I look somewhat sick. 2

D: So what will happen?

P: Nothing.

D: What will you feel when they look at you?

P: Self-conscious.

D: What will you feel?

P: I feel that they are thinking how weak, ugly I am, thin, sick.

D: What will you feel?

P: They will feel I am abnormal, my weak looks.

D: So what will they feel?

P: How stupid I look. I am not interested in any new things like wearing new clothes, cologne. I just do not feel like it.

D: What are the things you are interested in?

P: In nothing. Work hard and earn money. 3

D: Why?

P: Just like that. Some days I work very well and I earn well. Otherwise it is all slow.

I felt better on your medicines. I was able to work hard for a few days.

D: Did you develop any interest in things?

P: No. I did not put on weight.

Most of the time I am thinking of God. Reading a book on positive thinking feels good.

D: What does it say in this book on positive thinking?

P: Pray and prosper and you will feel good. I have had no interest in anything for many years, ten years maybe.

D: How did it start?

P: No particular incident.

D: What are the things that excite you?

P: A cricket match, that is the only thing I watch on TV. The stock market boom.

D: What makes you really happy?

P: Nothing. 4

D: What makes you sad?

P: My mother's ill health and she is not well. I am deeply in love with her and in touch with her.

D: What things scare you or frighten you?

P: If I am startled. Some dreams.

D: Which dreams?

P: I only remember getting up scared. I cannot remember the dreams. Some spirit like.

D: Would you turn to your father or mother more in those times?

P: Mother.

D: Why?

P: I do not know.

D: What does your mother mean to you?

P: A lot.

D: If you would lose her what would you lose?

P: I would be very deeply upset.

D: What would the feeling be?

P: I do not know. I keep phoning her often. When I was young, I would make it a point to tell her that I would be taking my motorcycle out. If I informed her, nothing would happen and I would be safe. After the age of fifteen, I came to Bombay and felt very homesick, a lot. I thought of my mother.

D: What would you miss?

P: I missed them personally.

D: What would you miss?

P: Love and affection. 5

D: What was the effect on you of coming away?

P: I do not know. I was longing to go back home the whole time. Even after coming back from a vacation home, I would be upset for two or three days.

D: What was unpleasant about Bombay?

P: The study part of it. I was not able to grasp anything, I had become so mentally dull. I was not able to understand what was taught. Students used to tell me how pale I looked.

I do not want to have sex, I am not interested, from the beginning. The desire used to be there often before marriage. I am not able to perform after marriage, there is no erection. It is very difficult to get the erection itself. I would have to masturbate to get the erection. I used to release in a few minutes, it used to be over.

D: So what is your feeling?

P: I am not able to make my wife happy. The interest is still there but intercourse is difficult. I like to watch sex on the television and I like pornography.

D: Do you masturbate?

P: Pretty often.

D: How about intercourse?

P: Better than before. Main interest to have sex is not much.

D: Why?

P: I have to perform there with another person. 6

D: If you do not perform what would you feel?

P: Awkward, not living up to her expectations.

D: What work are you doing?

P: Making jewellery pouches and selling them to jewellers. Thirteen or fourteen people work under me.

D: How did you start this?

P: I came to Bombay after stopping the cereals and I wanted to do something. I met a friend who worked in a company making velvet cloth, and I told him I wanted to work. I said: "Okay, I will do it." I started making some purses and selling them. After three or four months, I met a jeweller and started making other jewellery purses. He looks after the workshop and I look after selling and the marketing. 7

I make things with artificial silk which looks nice, but is not really silk. It is a cheap form of silk, it has a shine.

I am very interested in the business. This business does not keep me sitting in one place, which I do not like. I cannot concentrate sitting in one place. I cannot apply my mind to any sitting job. I am pretty good at selling to people. I am very good with my customers. I try to convince them to buy the product. If they do not like it, I get new fabric and try again.

D: Do you get upset?

P: No, not in the business. Only once when an order was rejected totally.

D: When do you lose your temper?

P: In the house. For example, if the tea is made and is not right. I scold my wife without thinking. I just shout and do not care if she gets upset. I say: "What is this you are making?" I am rude to my wife. Even if it is not actually spicy, I may scold her anyway for it being too spicy. If she puts warm milk in my tea, I scold her for fifteen minutes. I had a big fight: the child had pissed in the room and I shouted: "Why can you not teach him to piss in the bathroom?" She said: "Why can't you do it?" I said: "That is your job." 8 We had a quarrel and I did not speak to her for two days.

D: What is your feeling?

P: How can she talk to me like that? She cannot raise her voice. I feel very angry when she raises her voice, and want to slap her. Of course I have not done it.

D: Why do you get so angry if she raises her voice?

P: People will think I am harassing her.

D: What will you feel if they think that?

P: That we quarrel.

D: Do you have many friends?

P: I do not want to talk to anyone. I cannot present myself well. I cannot keep a proper face. They will think: "How stupid he looks."

I am supposed to be a very handsome person, but I am not because of my illness. I am supposed to talk well, be charming, presentable.

D: Tell me more.

P: Intelligent. Hard working. Lovable, a loving person. A responsible man. Mature. Since I am not able to put on these qualities, because of my health, they will think something is wrong with me.

D: What impression will they get of you?

P: They will feel I am sick in some way, weak. They will feel I am stupid, look stupid. Then I will feel: "Why did I have to go and talk to them, and create an impression of what I am not?"

I cannot look someone in the eyes and talk.

D: What do you feel?

P: I am given some suspicious kind of look. I feel inferior.

D: What are the things that surprise you or shock you?

P: Nothing.

I heard of a man run over by a train, and got very nervous. I saw a man picking a pocket at the railway station, and got very nervous. I just got off at the first stop because I thought he might pick my pocket, though I have no pocket and no purse. I got very scared.

I was sitting on the train and people shouted at a man to get off the train tracks, but he did not hear, and then they said he was gone and I was very nervous. But I was not affected by it later.

D: What dreams do you get now?

P: No dreams. I used to play good music as a child. Now I have lost interest.

Case analysis

The main thing in this case is the lack of involvement, even with pleasure and good things. Everything started with his movement from village to city life. His parents were very loving and the moment he came and stayed in the hostile city of Bombay, he became dull and he felt that others looked down on him because he is sick and weak. And so he isolated himself, and became insensitive and dull. The only thing that he expresses interest in is making money. The other thing he likes is cricket, but that is very popular amongst all Indians.

Even in his job there is no real interest; he does it simply because he has to. He does just what everyone else does, and has no individuality. His life has become routine and tasteless, because he is afraid of facing people, the shocks and the pickpockets. He is afraid of feeling inferior. He craves the love and caring of his mother, she was safety for him. The cover he produces for himself is isolation, he keeps out all pain and pleasure. He is too afraid to face things, so he isolates himself and this is how he feels safe.

The train accident really shocks him, or the incident with the pickpocket. These are both common in Bombay, and yet they affect him and make him nervous. But on the other hand he has tremendous insensitivity. He has very frightful dreams that had no shape or form. He avoids the fright, and in doing so he avoids the pleasure. He does the two things that everyone does, work and watch cricket. He is only weak in social interactions, in business he does so well he does not have to work half the time. Businesswise, he is good and can do his work.

The remedy I prescribed for him was Plastic.

I had conducted a proving of Plastic lasting six weeks, and this man walked in four days after the proving had been concluded.

He feels himself cheap, inferior, of no value. If he gets involved with people, they will think him cheap. In his business, he uses things which are useful and serve the purpose, but are not things of value. The main theme of Plastic is insulation. It insulates you from shock. It protects you. The idea of Plastic is that you go from a village to a city, and you lose your individuality. You are no longer special, but rather cheap, inferior and dispensable. Then there is an onslaught of sensory impression, and you need insulation. You shut off. Your skin becomes thick and insulated. You become plastic, shapeless, mouldable, dispensable, practically useful. No one cares if you are there or not. One plastic is as good as another.

He received a single dose of Plastic 30C.

Follow up

The remedy was repeated several times over the next one and a half year. He was able to tolerate many more foods, and started to show interest in looking after his son.

One and a half years later

P: I am feeling better in every respect. I have put on weight, thirty pounds. I am less irritable, it is almost gone. My relationship with my wife is very good. I am never angry with her. The anger is

almost not there at all now. I talk to her. The involvement is there. I used to be very indifferent with her before. Now we have tea together and I talk to her. We saw some movies together last month, the first since we married. I used to be irritable with all little things. With my son, we play together. I feel joy now, I feel some happiness in myself. I do not work with as much enthusiasm. I go to work daily. The weakness is less, but I go to work with less enthusiasm. When I get good orders, I get elated. For three hours in the morning, I still feel weakness.

I have dreams with tremendous nervousness and wake with my heart pounding.

I dreamt that my father was repairing an air-conditioner and a fire breaks out. We run out and I feel paralyzed. I was so frightened I woke with a feeling of terror. Another dream I had was of being chased by three politicians, because I wanted to change the system, and they beat me, and I came home and cried and cried. 9

In one dream, I am totally scared of a thief coming in the house. My heart starts beating loudly, and lasts fifteen minutes after the dream.

My muscles all work now. Sex is good. There is exertion in the whole body. We look into each other. I had never looked at her during sex before. Love is there; it was not there before.

I now feel a sense of belonging: that she belongs to me and I love her, togetherness and joy.

Appendix

The miasmatic classification of diseases

As Hahnemann, aided by his disciples continued to add to the homoeopathic Materia Medica, he realized that it was not the few number of remedies alone that was the reason for his not being able to tackle the large number of chronic diseases with Homoeopathy. He began to observe that patients, who at first seemed to improve in their health with the help of a homoeopathic remedy, returned some time later with a recurrence of their former disease state. Subsequent repetitions of the same remedy proved less and less effective, and the patient deteriorated in health. Otherwise a new remedy had to be administered, based on the symptoms available then, as if directed against a new disease.

This problem preoccupied the founder of Homoeopathy day and night, until it dawned on him that he was looking at and treating only a fragment of the disease each time, whereas the disease was in fact much more deep seated. He realized that diseases which were not acute infections had to be of a chronic, deep-seated nature, because once they had affected the organism and advanced to a certain extent, they could no longer be overcome spontaneously. In fact, they continued to progress. And in order to cure, one had to look at the disease in its whole extent, in its entirety. He classified diseases as venereal (sycosis and syphilis), and non venereal (psora or scabies), and proposed that all disease states had their origin in these.

This classification of the chronic diseases into miasms may appear at first to be of little practical value. But as my understanding of miasms increases with time and the number of cases, I have found this to be an indispensable tool in my practice. The utility of the miasmatic classification in understanding the case, in differentiating and selecting remedies, in the use of the Repertory, in anticipating the prognosis in a case, I have already dealt with in my earlier work, "The Substance of Homoeopathy". Since then my concept of each individual miasm has become somewhat more clear, as have some general ideas regarding how to identify a miasm in a case, understanding the miasmatic range of remedies, etc. This further insight is what I would like to communicate here.

In "The Substance of Homoeopathy" I introduced miasms (acute, typhoid, malaria, ringworm, cancer and leprosy) in between the already known miasms (psora, sycosis, tuberculosis and syphilis).

The miasmatic spectrum

TUBERCULAR

(Calc-p)

Bacillinum

Change

LEPROSY

(Sec-corr)

ACUTE TYPHOID PSORA RINGWORM SYCOSIS SYPHILIS

(Aco.) (Bryo.) (Sulph.) (Calc-s) (Thuja) (Merc.)

Psorinum Ringworm Medorrhinum Syphilinum

Panic Struggle Trying Fixity Destruction

CANCER

MALARIA (Nit-ac)

(Chi.) Carcininum

Perfection

Key:

Name in bold indicates a main miasm;

Name in italics (Capital) indicates an in-between miasm;

Name in (brackets) indicates a typical remedy of that miasm;

Name in ordinary type indicates the Nosode;

Name in italics indicates the action in the miasm.

Acute miasm:

The feeling is of an acute threat and the reaction is strong and instinctive.

Some remedies: Aconitum, Belladonna, Stramonium, Hyoscyamus, Veratrum album.

Typhoid miasm:

The feeling is that of a critical situation which, if properly handled for a critical period, will end in total recovery. The reaction is an intense struggle against it.

Some remedies: Bryonia, Nux vomica, Rhus toxicodendron.

Psora:

The feeling is that of a difficult situation where one has to struggle in order to succeed. There is anxiety with doubts about his ability, but he is hopeful and failure does not mean the end of the world.

He must struggle in order to recover or maintain his position.

Some remedies: Sulphur, Psorinum.

Ringworm miasm:

It is characterized by an alternation between periods of struggle with anxiety about success, and periods of despair and giving up.

Some remedies: Calcarea sulphurica, Calcarea silicata, Magnesium sulphuricum.

Malarial miasm:

There is an acute feeling of threat that comes up intermittently, in phases, between which there is an underlying chronic, fixed feeling of being deficient. This miasm is characterized by sudden, acute manifestations that come up from time to time, followed by periods of quiescence.

Some remedies: China, Colocynthis.

Sycois:

The feeling is that there is a fixed, irremediable weakness within the self. The action is to attempt to

cope with it and hide it from others; hence he covers it up with egotism, compulsive acts, is very secretive, etc.

Some remedies: Thuja, Meddorrhinum.

Tubercular miasm:

The feeling is of intense oppression and exploitation, and a desire for change. The reaction is intense, hectic activity in order to break free from this oppression.

Some remedies: Tuberculinum, Drosera, Calcareo phosphorica.

Cancer miasm:

There is a feeling of weakness and incapacity within, and the need to perform exceedingly well and live up to very high expectations. The reaction is a superhuman effort, stretching himself beyond the limits of his capacity. It is a continuous, prolonged struggle which seems to have no end. His survival depends on it, for failure would mean death and destruction.

Some remedies: Carcininum, Nitricum acidum, Argentum nitricum, Staphysagria.

Leprosy miasm:

The feeling is of intense oppression, intense hopelessness, and an intense desire for change.

Some remedies: Secale cornutum, Hura brasiliensis.

Syphilis:

The feeling is that he is faced with a situation beyond salvage, leading to complete hopelessness and despair. In a desperate effort, he tries to change the situation and the result is usually destruction.

Some remedies: Mercurius solubilis, Syphilinum, Aurum metallicum, Baryta carbonica.

Further insights into miasms

The typhoid miasm

The typhoid or subacute miasm lies between the acute, with its feeling of a threat and panic, and the psoric, with its intense struggle and optimism. Typhoid fever is characterized by a prolonged prodromal phase in which the patient experiences profound debility. This is followed by fever, which at first progressively mounts and then plateaus. The fever is accompanied by the dangers of delirium and intestinal perforation, and it abates at the end of three or four weeks. So, the situation is critical and life threatening, and if properly handled during this critical period, it will culminate in total recovery.

One can thus envisage the main action in the typhoid miasm to lie in a tremendous effort which must be concentrated over a short period of time, in order that one reaches a position of comfort and security. For example, if there is a bomb blast, the reaction to it is acute and instinctive: the situation is life threatening, and warrants an immediate response, i.e. escape. In contrast if one's house is on fire, the response needed here is a struggle or an effort to put out the fire. Although the situation here is also acute, the reaction needed here is of a prolonged effort before a position of safety is reached.

Another situation typical to the typhoid miasm is one of business failure, or a crash in stock market. I examined the rubric: "Ailments, from financial loss" and studied also the related rubrics and symptoms, and found that among the remedies that figured were Bryonia ("Delusion, fancies he is doing business" and "Fear of poverty"), Baptisia ("Dreams, busy" and "Delusion, succeed cannot"), and Rhus toxicodendron ("Ailments, from financial loss"). These are all known to be good remedies for typhoid fever. The situation of business failure is again one that comes on suddenly, but one that requires a prolonged concentrated effort towards recovery. Once the loss is covered, the need for the effort ceases, a position of security and comfort having been regained.

I further studied some of the drugs known to produce a typhoid-like state, and derived some common features and symptoms from amongst them. This enhanced my understanding of the typhoid miasm, so that I was able to recognize more remedies as belonging to this miasm. And so apart from the remedies already mentioned, I understood also *Nux vomica* and *Gelsemium* among other remedies as belonging to this miasm.

One symptom common to the remedies of the typhoid miasm is: "Delusion, bed is sinking". The action corresponding to the feeling should be an attempt to get out. Such an action is perceptible in the symptoms:

- Delirium, busy;
- Delirium, vexatious;
- Dreams: of struggle;
- Delirium, raving.

The prolonged exertion is followed by a profound prostration. "Desire for rest" is also a symptom common to all these remedies. For example, *Nux vomica* has the symptom: "Desire for repose and tranquillity", while *Bryonia* has the symptom: "Home, desires to go". So there is a period of vigorous, concentrated effort followed by a desire for rest.

Also there are symptoms such as: "Aversion, to talk", "Aversion, to thinking" and "Aversion, to business". These are opposite to those indicating the need for activity; they are symptoms of the failed state, of an inability to cope with the problem.

Some remedies of the typhoid miasm.

Bryonia alba:

Some of its symptoms are:

- Delusion, fancies he is doing business;
- Fear, of poverty;
- Delusion, home, is away from, and must get there;
- Delirium, talks of business;
- Delusion, pursued, he was, by soldiers;
- Dreams: battles;
- Fear, starving, of;
- Fear, death, of;
- Fear, suffocation, of;
- Fear, thunderstorms, of;
- Escape, attempts to;
- Bed, get out of, wants to;
- Activity;
- Anxiety, future, about;
- Anxiety, house, in;
- Delirium, busy;
- Delirium, furious;
- Delirium, raging, raving;
- Rest, desire for;
- Home, desires to go;
- Quiet, wants to be;
- Asks for nothing.

So, the situation of *Bryonia* is essentially one of business failure, which has to be made up very fast.

Bryonia patients are very industrious and work at a feverish pace. They engage little in any other activity, their efforts being concentrated only on business. So, they become dry, insensitive, averse to talk and being disturbed, want to be left alone and will talk only of business. They desire rest and want to go home. It is as if, having suffered a financial loss they feel that they have to work very hard and at a very rapid pace to make up that loss, and then they can go home and have their rest.

In the failed state they become averse to business and ask for nothing.

Baptisia:

Some of its symptoms are:

- Apathy;
- Cloudiness, dullness;
- Delusion, bed is sinking;
- Muscular soreness;
- Restlessness, with desire to move (Blacke);
- Delirium, restless with frightful dreams (Burke);
- Nervous restlessness (Hale);
- Mentally restless but too weak to move;
- Bed, wants to get out of, in typhoid;
- Delirium, busy;
- Delirium, succeed he cannot, does everything wrong;
- Dreams: busy;
- Dreams: physical exertion;
- Dreams: triumph;
- Escape, attempts to;
- Fear, death, of;
- Fear, heart disease, of;
- Fear, suffocation.

Baptisia is known as a remedy for typhoid fever. Here again you see among the symptoms the acute fears of death and suffocation, the feeling that his bed is sinking and the attempts to get out of this situation.

Rhus toxicodendron:

- Ailments, from financial loss;
- Anxiety, driving from place to place;
- Anxiety, business, about;
- Anxiety, bed, in;
- Anxiety, driving out of bed;
- Delusion, someone drives him out of bed;
- Delusion, business, he is doing;
- Delusion, die, he was about to;
- Delusion, fire, visions of;
- Delusion, murdered, he will be;
- Delusion, pursued by enemies, thought he was;
- Escape, attempts to;
- Fear, death, of;
- Fear, ghosts, of;
- Fear, position, to lose his lucrative;

- Home, desires to go;
- Occupation, desire for;
- Restlessness, must move constantly;
- Suicidal disposition, drowning, by;
- Dreams: rowing;
- Dreams: water, swimming in.

Here the rubrics of financial loss and the subsequent restless activity are seen. Also, there are many acute fears. I wrote in "The Soul of Remedies" that the situation of *Rhus toxicodendron* is one where there is danger from within the house, for example a woman with young children whose husband is an alcoholic. She feels the threat inside the house and is safe when outside. So she is very anxious and restless within the house, and this continues till she reaches her position of safety outside the house, where she is ameliorated.

Nux vomica:

In "The Soul of Remedies" I mentioned *Nux vomica* as a psoric remedy. But an understanding of the typhoid miasm makes me categorize it as belonging to this miasm. It has the symptoms: "Delusion, someone in bed with him and there was no room in it", "Delusion, his bed was sold", "Desire, for repose and tranquillity" and "Zealous, fiery temperament".

So, the feeling of *Nux vomica* is that someone has occupied his bed or place of comfort. He wants to regain this position of comfort ("Desires, repose"), and he will try and do this with his zealous, fiery temperament, by hook or by crook.

Some of the other remedies of the typhoid miasm are acids. For example *Muriaticum acidum*, *Picricum acidum*, *Aceticum acidum*. The acids too have the theme of prolonged exertion followed by exhaustion. An exception is *Nitricum acidum* which is a remedy of the cancer miasm.

So, from a study of all these remedies we see that the typhoid situation is one where the person wants quick results, wants something over with fast. So, there is a concentrated effort, a lot of activity in the form of business, restlessness, etc., and this is followed by profound prostration. At the end of it all, the person cannot move, cannot walk, is tired. There is a feeling of being attacked in the acute fears of darkness, robbers and loss, and ailments from fear and fright. The theme of a challenge where there is a good chance of achieving it, is one of the typhoid miasm. The goals are short term, and till they are achieved there is tremendous activity and restlessness, and this is followed by a desire for rest.

The malarial miasm

The malarial miasm lies between the acute and the sycotic miasms. The base of the miasm is sycosis with its fixed feeling of being stuck, and superadded to this is an acute threat which comes up intermittently. The malarial infection is characterized by sudden episodes of fever, often very high and accompanied by severe chills, coming up intermittently, interspersed with periods of relative dormancy.

The main remedy and centre of the malarial miasm is *China*.

China officinalis:

Its main mental symptoms are:

- Delusion, hindered at work, is;
- Delusion, persecuted, he is;
- Delusion, pursued by enemies, thought he was;
- Delusion, tormented, he is;

- Delusion, unfortunate, he is;
- Fancies, exaltation of;
- Indolence, aversion to work;
- Contemptuous, everything, of;
- Unworthy, objects seem.

The main feelings in China are of being persecuted, tortured, and pursued by enemies so that he is not allowed to come up. He feels hindered all the time and develops a fixed feeling of being stuck. He considers himself unfortunate and accepts his weakness. He can also begin to fantasize, with the feeling that he is not able to achieve his ambitions. He becomes contemptuous of everyone. In his fantasies, he achieves his ambitions, but in reality he feels obstructed and develops an attitude of indolence.

The acute phase is characterized by acute fears, especially of dogs. China is also often indicated in acute attacks of asthma, loose motions and, of course, fever. The acute phase is usually in response to an external exciting factor.

Natrum muriaticum:

In my earlier work, "The Soul of Remedies", I classified Natrum muriaticum as a sycotic remedy. However with the progress in my understanding of miasms, I have come to understand it thus: Natrum muriaticum has the fixed fear that she is not good enough ("Delusion, wretched she is, when looking in the mirror"). Superadded to this fixed fear is the fear of being let down or betrayed by the person whom she trusts and loves. This fear of betrayal makes her enter into a relationship, where from the beginning there is no expectation of a total commitment, as for example, falling in love with a married man. This is a situation of one-sided love. In such a situation, she will never reach a position where she will receive all the love she desires or expects; it will always be a half love. So, she is stuck in that position of half love; she cannot expect more because it was never there from the beginning. Over and above this, there is the acute fear of being betrayed.

Natrum muriaticum, too, can develop the habit of fantasizing, feeling stuck as she does. She idealizes a perfect relationship where her expectations will be met with. This she does through romantic literature and music. The story of Cinderella typifies the Natrum muriaticum situation. Cinderella was tortured by her stepmother and sisters, made to do all the household chores, while she longed to go to the ball and meet her prince. So she fantasized going to the ball dressed in a pretty gown and looking beautiful, so that the prince fell in love with her. She realized her expectations through this fantasy.

The other fears of Natrum muriaticum, those of robbers and of being alone, are also acute in nature. Further, the headaches are typically migraines and they come in attacks. It is also known as a remedy for intermittent fevers, and its symptoms have a periodicity. Natrum muriaticum, therefore, is one of the important remedies of the malarial miasm.

The difference between sycosis and malaria is that whereas in sycosis there is a fixed feeling of weakness which has to be covered up, in the malarial miasm there is a fixed feeling of being stuck because he is hindered and not allowed to come up from that position. And upon this fixed feeling of being hindered is superadded the acute threat.

Main symptoms of the malarial miasm:

- A feeling of being hindered and obstructed;
- Fear of being injured;
- Feeling attacked;
- An episodic nature of events and complaints, they come on from time to time;

- Worried about the future, and plans regarding the same, though he does not actually do much;
- Feeling unfortunate, stuck;
- Alternation between excitement and acceptance;
- Suppressed anger;
- Feeling that things are not good enough, and things seem unworthy. Contemptuous.

On the one hand is the fixed feeling of weakness, with the feeling that he is unfortunate. Here there seems to be an acceptance of his limitation, and from time to time there is the tendency to get excited and show his anger. This is the stage of success. On the other hand the reaction to the feeling of an irremediable weakness within himself can be one of lamenting, feeling that nothing is good enough, brooding and fantasizing. And superadded to this can be acute fears that come up paroxysmally. This is the stage of failure.

The main feeling in the malarial miasm, therefore, is of being stuck in a dependent position, and being powerless and attacked from time to time. The situation of the malarial miasm is typically one of a clerk with an angry boss who fires him from time to time for no apparent reason. Being stuck in the position of a clerk, he cannot retaliate angrily. He is only an unfortunate clerk, his position hinders him from showing his anger, and so he suppresses it and dreams. All he can do is idealize or imagine that he is in a better position. He accepts his unfortunate position, but from time to time is excited by an attack on him.

The leprosy miasm

Perhaps one of the oldest diseases known to mankind, there must be no country in the world to have escaped the scourge of leprosy. Since ancient times its occurrence has been attributed to a punishment or a curse from God. Once afflicted, lepers were isolated from the rest of society, outcast, not only because of the infectious nature of the disease but also because of their repulsive appearance. Despite the discovery of drugs in modern medicine to combat this infection, the stigma against lepers still continues. This is similar to the stigma against patients afflicted with tuberculosis, only to be a leper is far worse: it spells doom, you are an outcaste forever.

This feeling of intense hopelessness and sense of isolation indicates that the leprosy miasm will lie in between the tubercular and the syphilitic miasms. The miasm has a tubercular base, the feeling of oppression and the intense activity to get out of this oppressed state being common to them both. But there is also an intense feeling of isolation, with no hope of recovery as in syphilis.

Some of the drugs that can be used as examples to understand this miasm are: *Secale cornutum*, *Hura brasiliensis*, *Curare*, *Coca*, *Solanum tuberosum aegrotans*, *Aloe socotrina*.

Secale cornutum:

Kent lists *Secale cornutum* as one of the remedies under the rubric "Skin, eruptions, leprosy". The main mental symptoms are:

- Delirium, abandons her relatives (single);
- Forsakes relations (single);
- Mocking his relatives (single);
- Company, aversion to;
- Contemptuous;
- Haughty;
- Indifference, apathy;
- Kill, desire to;
- Shameless;

- Treats his relatives contemptuously and sarcastically (Herring's "Guiding Symptoms").

All these symptoms represent the action which must be the opposite of the delusion, viz. that she feels abandoned, forsaken and mocked by her relations, looked down upon and treated with indifference, and that people are trying to kill her.

It also has the symptoms:

- Mental alienation (Clarke);
- Fear, of death;
- Forsaken feeling.

Some of its other symptoms are:

- Despair;
- Discouraged;
- Destructiveness;
- Suicidal disposition by drowning.

All indicate the depth of the miasm.

Hura brasiliensis:

A study of the mental symptomatology of Hura had led me to the idea that the original situation in which the state might have been produced would be that of leprosy. Later, I was delighted to have read in Clarke's "Dictionary" that a case of leprosy having been reported cured with Hura had led to its extensive use in this disease. Further, two of the provers had been affected with leprosy.

The main mental symptoms of Hura are:

- Delusion, thinks she is about to lose a friend;
- Fear, of misfortune;
- Delusion, has lost the affection of friends;
- Delusion, that she is alone in the world;
- Delusion, his friends have lost all confidence in him;
- Delusion, deserted, forsaken;
- Delusion, despised, that he is;
- Delusion, fancies herself lost;
- Delusion, thinks that he is repudiated by relatives;
- Delusion, unfortunate, he is;
- Forsaken feeling, sensation of isolation;
- Weeping, causeless;
- Death, desires;
- Delusion, sees dead persons;
- Delusion, spectres, ghosts, spirits, sees;
- Reproaches himself;
- Destructiveness;
- Despair, of recovery;
- Despair, of salvation;
- Dreams: body parts of, heads cut off;
- Dreams: dead bodies;
- Dreams: mutilation;
- Dreams: cutting heads, of;
- Dreams: murder;
- Dreams: oxen, putrid;

- Dreams: walking among ruins;
- Dreams: water, drowning;
- Dreams: death;
- Dreams: funerals;
- Dreams: graves, putting tapers on tombs;
- Dreams: prisoners, release of prisoners.

The feeling common to these two drugs is the tremendous sense of isolation, even from one's own friends and family. There is an intensely forsaken feeling, a feeling of being completely alone, of being mocked, abandoned, criticized, repudiated or despised by one's near and dear ones. This is the depth of isolation in the leprosy miasm. Also common to them is the despair and destructiveness, suggesting that they feel isolated beyond hope, and their reaction is one of desperation.

Kalium iodatum:

Its symptoms are:

- Abusive, children and family, to;
- Unfeeling, family, with his;
- Aversion, devotedly attached children become burdensome;
- Fear, death, of;
- Quarrelsome;
- Malicious;
- Anger, violent.

The feeling is that he will be terribly let down by his own family. This gives an idea of the depth of the isolated feeling in this miasm. He cannot depend on his own family, feels danger from them. And so there is no one in the world that he can depend on. It is an intensely hopeless situation.

Other remedies with similar feelings are:

Coca:

Its main mental symptoms are:

- Washing always her hands;
- Forsaken feeling, sensation of isolation;
- Hallucinations of hearing, unpleasant about himself (Phatak's "Materia Medica");
- Ill at ease in society, craves obscurity and solitude (Clarke);
- Delusion, greatness of body parts;
- Delusion, hears unpleasant voice about himself;
- Fear, falling of;
- Sense of impending death (Phatak's "Materia Medica").

Cocaine, the alkaloid of Coca has the following symptoms:

- Delusion, criticized, of being.
- Constant desire to do something great, to undertake vast feats of strength.

Solanum tuberosum aegrotans:

- Dreams: religious;
- Dreams: falling from a steeple;
- Dreams: eating human flesh;
- Censorious, critical.

Curare:

- Delusion, dirty, everything is;
- Delusion, foul everything appears;

- Company aversion to, avoids the sight of people, shuts herself up;
- Fear, of falling.

So, the main symptoms and feelings common to the leprosy miasm are:

- Intense disgust for himself and others;
- Deep isolation even from his own family, intensely forsaken, alone feeling;
- Feels repudiated, repulsed by all;
- Feels dirty, disgusted, helpless and unfortunate;
- Avoids society, prefers solitude;
- Very disgusting dreams that show the deep degree of the dirty feeling;
- Feels mocked and criticized by those near and dear;
- Illusions of grandeur;
- Dreams: temples;
- Feeling that he must reach a very high position;
- Dreams: falling.

The cancer miasm

In "The Substance of Homoeopathy", I introduced the cancer miasm and its theme of having to make a superhuman effort in order to survive. The miasm lies between sycosis and syphilis, and the feeling is that he is expected to fulfill a great demand, which he feels incapable of doing. So he puts in everything he has, because failure would mean death and destruction.

Apart from Carcininum, I have understood the remedies Anacardium, Argentum nitricum, Arsenicum, Nitricum acidum and Staphysagria to belong to this miasm. For further details of these, I would refer the reader to "The Substance of Homoeopathy" and "The Soul of Remedies". From a study of these remedies I have come to some themes that are common to all of them and are of the cancer miasm. These are:

- A feeling of disorder and the need to restore order;
- The need to control things and the need for self-control;
- A feeling that the task is too big for the person and that he must stretch beyond his capacity. It is almost hopeless, there being no more than a ray of hope;
- Feeling of guilt (sycosis);
- A feeling that one is not up to the standard;
- The need to be fastidious, a stickler for cleanliness;
- In the failed state there is a total loss of control.

The tubercular miasm also lies between the sycotic and the syphilitic miasms, but in the cancer miasm the desperation and hopelessness are more.

Conium:

I would also like to explain the remedy Conium as belonging to the cancer miasm. It has the following symptoms:

- Ailments, from celibacy and continence;
- Ailments, from sexual excesses;
- Anxiety, from sexual excitement, suppressed from;
- Avarice;
- Extravagance;
- Dress, averse to;
- Haughty, clothes, likes to wear his best.

So, here we see on the one hand excessive sexuality, and on the other a suppression of the sexual desire. There is a need to control the high sexuality and the control is exerted to the extreme point of celibacy.

A comparison between the typhoid and cancer miasms

In both, the typhoid and the cancer miasms the action is in the form of effort. In the typhoid miasm there is a concentrated effort to reach a position of comfort, followed by a desire for rest once that position has been reached. In the cancer miasm, however, the effort is sustained, there being very little hope of recovery, and the person has to stretch himself beyond his limitations to achieve his goal.

In both miasms there is the theme of working very hard, beyond one's capacity. In the typhoid miasm, which lies between the acute and the psoric, there is hope of succeeding, even with the urgency. But in the cancer miasm which lies between the sycotic and the syphilitic, there is very little hope and the situation is desperate. The struggle is lifelong and he never reaches a position of comfort. Here lies the difference between the two miasms, though their actions may seem to be similar.

The typhoid miasm situation is of a person who is participating in a hundred metre race. If he concentrates all his efforts on the race and gives it all he has, there is a very good chance that he may win the race. Then, having achieved the position he desires, he can rest. The situation in the cancer miasm is of a person who has to break an international record. The target that he has set for himself is already one that is beyond the reach of any ordinary person. He has to stretch himself beyond his capacity to achieve his goal, and the chances of his achieving it are very much slimmer. If he achieves his goal, he will set for himself another nearly impossible target. He has set himself a task which is beyond his capacity with very little hope of success. This is the cancer miasm.

How to identify the miasm

The following questions asked while studying a remedy will help to identify the miasm.

Where does the main action in the remedy lie?

Let us take, as an example, the remedy Opium. One of its most striking features

is painlessness, an indifference to pleasure and pain, an inability to realize or feel their surroundings. On the other hand there is an exalted sensitiveness or acute sensitiveness to pain, to noise, etc. So, there is an underlying very acute sensitivity that is covered up with painlessness.

One of the best known symptoms of this remedy is "Ailments, from fright, fear of the fright still remaining". The fright is experienced so acutely that the fear from it remains fixed in the mind.

So, here the main action is an acute sensitivity that is covered up by anaesthesia, and a fixed or a stuck fear. These features are indicative of the sycotic miasm.

What is the type of pathology the remedy is known for?

Psora : Psoric remedies are known to produce pathology that is solely of a functional nature.

Sycosis : Hypersensitivity and allergic reactions, as seen after vaccinations and in asthma are usually common to the sycotic miasm.

Syphilis : If the remedy is known to produce pathology that culminates in destruction of tissues, it may be close to the syphilitic miasm.

What do the symptoms of the mind indicate?

Violent destructiveness : Acute miasm and syphilis.

Cover up : Sycosis.

Effort : Psora.

Is it a remedy for the original disease of the miasm?

Examples : Scabies, Typhoid, Ringworm, Malaria, Cancer, Tuberculosis, Syphilis.

All these criteria may not be clear cut in each and every remedy, but used as guidelines they give a fairly good idea as to where the remedy lies in the miasmatic spectrum.

Illustrative example

Using the criteria explained above let us attempt to derive the miasm of the remedy Phosphoricum acidum.

Some of its symptoms are:

- Cares, worries, full of;
- Ailments, from cares and worries;
- Ailments, from death of a child;
- Ailments, from unhappy love;
- Brooding, disappointment, over;
- Apathetic from unequal struggling with adverse circumstances;
- Ailments, from grief;
- Weakness and debility;
- Slowness of the mind and the special senses;
- Indifferent to everything.

The main action of Phosphoricum acidum is in caring for others. They put in a lot of effort in this direction. If the effort is too much or if they are disappointed, they become exhausted and indifferent, quiet and brooding.

So, there is a struggle, a lot of effort and activity ("Hurry", "Restlessness"), and this is followed by exhaustion and a desire for rest ("Homesickness", and an inclination to lie down). They can also become indifferent to everything. This is similar to the theme of the typhoid miasm which is a concentrated effort followed by exhaustion and a desire for rest. The symptoms of the mind also show the effort, desire or rest, and the indifference. There are also acute fears ("Ailments, from fright", "Fear, of death", "Fear, of impending disease").

Phosphoricum acidum is known to produce especially paralytic weakness, slowly progressive and debilitating conditions. It is also a remedy for low fevers that come on and decline slowly, with slowly increasing muscular weakness and debility. Slowly progressive, debilitating processes that are nonetheless grave. The remedy is also known to cure enteric fever.

Miasms and the age of the patient

In "The Substance of Homoeopathy", I compared the miasms to the four stages in a persons life. As I continued to study miasms in remedies and patients, I came to realize that every person is stuck at a particular age, and this is indicative of the miasm.

1. Acute miasm:

The acute miasm corresponds with infancy. This is the time when the threat from the outside world is felt the most. The reactions are very instinctive and uncomplicated. There is sudden excitement and then it vanishes, and there is nothing left. It is like a child who is laughing one moment and

weeping the next.

2. Typhoid miasm:

This corresponds with the age of childhood. The attitude here is of impatience. He has to regain lost ground over a short period of time, and so he is impatient, demanding and competitive. As children get older, competition starts and the attitude of demanding, wanting things immediately, of grabbing things only for themselves develops.

3. Psora:

The psoric miasm corresponds with the age when one has to struggle, the teenage years. This is the time one has to face the world, stand on their own feet. It is like a teenager learning to drive. The task is well within his reach. All it needs is some effort and it will be accomplished.

4. Ringworm:

Mid twenties to thirties is the age group corresponding to the ringworm miasm. This is the time when tasks start to seem a bit more difficult and out of reach. The person makes an effort and achieves some amount of success. But the effort is not sustained and he slides down again, and the problem comes back and he has to begin the struggle afresh. The theme here is of unsuccessful efforts. It is the situation of a man who fears the water learning to swim. His enthusiasm will sustain his efforts for a while, before his fear takes over at some point, and then he gives up. Then he is again motivated and renews his efforts, but at some point the fear takes over and he again resigns to it. Another example is of a woman in her thirties trying to lose weight. She has accepted being overweight, but there are times when she still feels that she should lose some weight. So there is an alternation between periods of diet and exercise, and periods of resignation. There is no sustained effort and so the task is never satisfactorily accomplished.

5. Malarial miasm:

From childhood right up to middle age is the period for the malarial miasm. There is a feeling of weakness and an acceptance of it, and from time to time there is an attack. Malaria is a common infection in India, and an example of the malarial situation is seen very often here. In this age group most Indians are living in their parents' houses. It is difficult to move out on their own and so they have to accept their situation. They are dependent on their parents in this way. From time to time there are differences of opinion, arguments, fights, criticism from their parents (who are of another generation), but they are not able to rebel because they are dependent on them. So they start to think of moving out on their own, which is not very easy. In the meantime they begin to fantasize what they would do if they had their own space and freedom.

6. Sycosis:

The attitude in the sycotic miasm corresponds with that of middle age. This is the time when the person, after having struggled long, begins to feel and accept his limitations and tries to cover them up rather than cope with them. It is during this time that the person becomes fixed in his way of doing things and ideas become rigid. A typical example of this miasm is of a woman whose hair is turning grey. At first she will struggle to correct things in her diet, will consult beauticians, etc., to prevent it from greying further. By the time she is middle-aged she would have accepted the condition and given up all efforts to stop the process. She simply starts to use hair colour in order to hide it.

Miasms beyond sycosis:

These correspond to old age, from sixty years onwards. Around this time people can begin to feel that they have only a few years remaining, and they have not accomplished whatever they had wanted to. They also begin to feel unwanted by their children and by society.

7. Cancer miasm:

The attitude in the cancer miasm is of a person who is between sixty and seventy years of age. He has been unable to accomplish many of the things he had planned to. Now as he gets older, it becomes increasingly difficult for him to work with the same vigour and enthusiasm. The tasks seem very much out of his reach. He feels that his life is slowly slipping out of his hands, as problems of old age begin to set in and he has no control over his life anymore. But there is still a little hope that, if he stretches himself beyond his capacity, if he puts in an extraordinary effort, he can still manage to achieve it.

8. Tubercular miasm:

The tubercular miasm corresponds to an age group very similar to cancer. The feeling here is that old age is narrowing in on him and he has very little time left to live. There are still a lot of things left for him to accomplish. So he starts to work at a very hectic pace, as there is a lot to do and very little time to do it in. He is racing against time.

9. Leprosy miasm:

The corresponding age group is between seventy and eighty years. He is no longer able to make himself useful and has the diseases of old age. He finds it difficult to relate to younger people and their values, and so he narrows down his acquaintances to very few. He is no longer wanted by his family and by society, and is cast off into an old persons home. There is no hope left for him, only death.

10. Syphilis:

The age of syphilis is beyond eighty years, the age of senescence. There is absolutely no hope now. His health deteriorates as his body is prey to many illnesses and even coping with himself is impossible. The only way out is death.

This is merely a correlation of the miasmatic classification with the various stages in a man's life. It does not imply that all infants will need acute remedies and all old persons syphilitic remedies. What it does convey is that every miasm has an attitude that is characteristic of it and that corresponds to a particular stage in life. One has to identify this attitude and try and discern what age group it is characteristic of. For example, does the patient have the fear of sudden danger from the outside world, like an infant? Or does nothing worry him too much and everything seem within reach, like a teenager? Or has he given up and accepted his deficiencies, like a middle aged-person? Or does he feel no hope in life, like a very old person, etc.? Understood in this way this concept can be applied practically.

Miasms and games people play

If we look around us and observe our behaviour we will be able to identify patterns that can be correlated to miasms. A light-hearted example is the games that we play at different stages in our life.

1. Acute miasm:

Infants, for example, enjoy the game of Peek-a-boo. This typifies the acute miasm. The parent or a familiar person momentarily hides his face behind his hands, and then peeks out again at the child. For that one moment the infant loses sight of his parent or the familiar person and may be scared. But the very next moment he catches sight of the parent again and feels safe.

Similarly they also get a thrill out of being thrown up into the air and being caught again. Here for a moment the child is out of the secure grasp of the parent which is both fearful and thrilling, and then he is caught and is safe once again.

2. Typhoid miasm:

A typical typhoid miasm game is Hide-and-seek. The child has to put in an intense effort to find the hidden person, while there is always the danger/thrill that the one who is hiding may sneak up behind him. Once he has found the person, all is okay and he is comfortable again.

3. Psoric miasm:

A game that is popular with young people, and that is typically psoric is Football. The goal is very much in sight here (not out of reach), and after a bit of a struggle one is able to achieve it. It is not impossible, nor is it an absolute must to achieve the goal.

4. Malarial miasm:

The game of Blind Man's Bluff can be correlated to the malarial miasm. The blindfolded person has the fixed handicap of being unable to see, and from time to time the others in the game can hit him on his head or back, trip him, etc.

5. Ringworm miasm:

Snakes and Ladders is typical of the ringworm miasm. One struggles to reach the top of the board, and just as one is getting there one slides to the bottom and the struggle begins all over again.

6. Sycotic miasms:

Poker is very typically sycotic, with the person having to be careful not to reveal his hand.

7. Cancer miasm:

Figure-skating and Gymnastics can be easily correlated with the cancer miasm. What is required here is a remarkable control over one's movements, and this also requires tremendous mental discipline. The aim of the participant is always a "perfect ten". The martial arts also require control over one's mind and body, and precision of movement, and can be correlated with the cancer miasm. Another example of a cancer miasm game would be juggling on a tightrope. Tremendous control and accuracy are required for both, juggling and balancing himself on the tight rope. And one wrong move brings with it the danger of falling off.

8. Tubercular miasm:

Typical of the tubercular miasm are races or games where a time has been fixed or a record has to be broken. The person must speed up, put in all he has into that short span of time. The need to achieve here is much more, and increases as the miasm gets closer to syphilis.

9. Leprosy miasm:

With the leprosy miasm one could relate perversions like sadism. The person gets pleasure out of inflicting cruelty and pain on another person (the feeling of the person would be that people are being cruel to him and inflicting pain upon him). An activity such as sadism is also unacceptable by society, is considered shameful (would isolate one from society).

10. Syphilitic miasm:

A person of the syphilitic miasm would chose a game where, from the outset, there is very little hope of him winning, as for example playing chess with the computer.

This is again only a correlation. The concept of the game simply helps in understanding the attitude typical to the miasm. However, also important is the attitude with which the game is played. For example, football, which is typically psoric, can be played with a "cancer miasm attitude". It is very important for him to achieve the goal and he must put in everything he has, stretch himself beyond his limits to achieve it.

Depth of feeling and intensity of reaction

As the miasm gets deeper so does the intensity with which a person feels and reacts.

Feeling of isolation

A common feeling among human beings is that of being forsaken. If we study remedy examples from various miasms, we will see that as we travel along the miasmatic spectrum towards syphilis the feeling becomes one of isolation. I have come to understand that the greater the degree of isolation a person feels, the deeper is the miasm. In reaction, the sensitivity to the presence of strangers also increases with the depth of the miasm.

In the case of the psoric miasm the person can be part of a group. As we approach sycosis this group tends to narrow down to a few selected people. The person feels a weak spot within him that needs to be hidden, and so he will be comfortable in the company of only a few. In the syphilitic miasm the feeling is one of complete isolation. The leprosy miasm, which is very close to the syphilitic has the feeling of being abandoned by his own people, and so he has no one left in the world.

Ego and the fear of falling

The theme of big and small, the feelings of egotism and feeling that he is small and insignificant, also increase in depth as the miasm progresses towards syphilis. As an example let us compare the egos of Sulphur (psora) and Platinum (syphilis). With both remedies the ego is an issue, and common to them both is the feeling of being scorned. Sulphur has illusions of grandeur and the feeling that he is a great person. But there is also a feeling of contentment characteristic to this remedy (and the psoric miasm). So he will struggle to earn the respect of people, and once he is acknowledged as being a learned person, he will be happy. The underlying feeling of being scorned is only so deep that he strives to reach a respectable position. In the case of Platinum, the feeling is of such intense humiliation that she sees her survival only in reaching very great heights. She must be above everyone else, noble, the Queen. She cannot be content with being ordinary. Imagine the ego of such a person; it is indeed quite a contrast from that of someone who is happy to be considered knowledgable.

The subsequent fear of heights, whether expressed consciously or in the dreams, will also vary with the miasm. In the case of Sulphur, his dreams will be of falling off a high lace. In the case of Platinum, she will dream that she is falling off the highest building in the world.

Food cravings

Psora Sycosis Syphilis

Cravings are moderate. very cold, heavy, destructive, rich, stimulating food, for example spices, and excessively smoking and sweet food. alcohol.

Miasms and the attitude of the physician

The attitude of the patient reflects his miasm, and this attitude will evoke, in the physician, a sympathetic response. With the acute miasm the physician will experience urgency and panic. With the psoric miasm he may feel hopeful and feel that the problem is not unsolvable. In the case of typhoid his feeling may be that he has to get over the crisis and everything will be fine. In the case of sycosis he may feel that the problem is not life threatening and there is not very much he can do, and the patient may have to live with it for a while. With the cancer miasm he may feel the need to stretch himself and do all in his capacity to help the patient. With the syphilitic miasm he may feel that the situation is beyond salvage, and there is no hope for the patient.

Some notes on animal subclasses

Insects:

- Increased activity, must be on the move;
- Hurry, must run;
- Excited;
- Violent anger, rage;
- Fear, of death, especially death by suffocation and violent death;
- Delusion, he is about to die;
- Hydrophobia;
- Fear, of animals;
- Fear, of being attacked;
- Impulse to kill;
- Adulterous;
- Lewd, shameless;
- Lack of morals;
- Strong liking for music and dance;
- Vivacious, animated;
- Strongly attracted or repulsed by colours, especially very bright colours;
- Thoughts wandering;
- Rush and flow of thoughts;
- Thoughts crowd the mind;
- Competitive;
- Jealous;
- Malicious;
- Destructive;
- Shrieks;
- Sensitive to pain;
- Quarrelsome;
- Alert;
- Mood changes.

Most of the remedies of the insect class are of the tubercular miasm.

Examples: Spider (Tarentula, Theridion, Mygale, Aranea), Mosquito (Culex musca), Bee (Apis mellifica), Spanish fly (Cantharis), Ant (Formica rufa), Cockroach (Blatta).

Snakes:

Common themes:

- Fear, of being choked, suffocated, strangulated;
- Fear, of death;
- Fear, of being attacked;
- Feeling of being pursued and desire to hide;
- Desire, to kill;
- Violent;
- Hiding and deceit;
- Competition and oneupmanship;
- Competition, with the feeling that he is at a disadvantage, and so will require cunning to survive;
- Calculative and scheming;

- Manipulative;
- Jealous;
- Suspicious;
- Split in the mind, or antagonism with himself;
- Sexuality;
- Lack of morals;
- Show and appearance;
- Loquacity;
- Vivid and descriptive;
- Clairvoyance;
- Themes of superior and inferior.

These remedies are usually syphilitic or nearly syphilitic, the latter miasm being mostly cancer.

Examples: Lachesis, Naja, Elaps, Dendroaspis polylepis, Crotalus cascavella.

Mammals:

Some common themes:

- Belonging to the group or herd and paying the price for that;
- Connection with one's immediate family, especially father, mother, siblings;
- Safety within the group;
- Fight for supremacy within the group;
- Conflict with oneself regarding control of sexuality, sexual guilt, etc.;
- Dirty feeling;
- Self-critical, self-contempt, looking down on himself;
- History of abuse;
- Fear, of snakes;
- Problems related to the breast, example heaviness of the breast before menses and problems with breast feeding; problems around the time of the menses;
- Caring for young ones.

These remedies are mostly sycotic, but there are exceptions like Lac leoninum which would be closer to syphilis.

Examples: Lac humanum, Lac caninum, Lac felinum, Lac rhesus, Lac equinum, Lac defloratum, Lac leoninum, Lac caprinum, etc.

Summary

(by Bill Gray)

The following summary has been made from Dr. Sankaran's last two seminars in the USA.

Method of case analysis

Case taking:

Case analysis and case taking are really two aspects of one process. The process is both highly complex and very simple at core, not easily described. Here, I focus primarily on evaluation and analysis of information gained in case taking, but some brief words need to be said at first about acquiring the information itself.

Case taking requires an open, unprejudiced mind. Each patient has an elaborate story to tell. Some of the information matches data we find in Materia Medica and rubrics in Repertories, some of which may represent a core state, but most of which only point to a direction. The task is to listen carefully to each expression, in order to discern a sense of the inner state of being of the patient.

Case taking entails eliciting the patient's characteristic symptoms, including his innermost feeling. This innermost feeling or core delusion, being a distorted view of reality, is never expressed directly by the patient. Were he aware of it, it would cease to exist. But it can be seen at many different points in the case, in various aspects of the patient's life. It can be seen right from the outset, in the manner in which he expresses his chief complaint, in his view of important incidents in his life, and in his dreams. For example, if the patient describes his complaint as a "sudden attack", this may be one element of his delusion, and one must expect to see it elsewhere in the case. If it is apparent in more than one area or it is expressed in such a manner as to indicate that it is very intense, then it assumes importance as a characteristic sensation. The connection between the various sensations or elements of the delusion gives the key to the case.

The main thing mentally is not what happened but what seemed to happen. This is what is highly peculiar in an individual. Cases have a central core, a spirit of disease embedded deeply. When we get to this through some window, we can understand a lot of things from inside. We cannot push too hard, but we must push at the right time and in the right place, and to the right degree. Often it is more of a prodding than pushing. We enter a special world of the patient.

That is the idea of a delusion. That is the world of dreams, interests, hobbies, the imagery of the pains. The outer world of expressions may change on the surface, but the inner state often does not change, until the right remedy is given.

In Homoeopathy, symptomatology has traditionally been categorized into sensations and functions. For example, a patient with skin disease may have itching as a sensation, while scratching may be the function. Or in the case of an insomniac, anxiety may be the sensation and sleeplessness the function. In yet another patient, pain may be the sensation and restlessness the function.

In the description of physical symptoms, sensations and functions become evident without too much difficulty. One usually has no problem repertorizing them either. But much of the mental symptomatology in our *Materia Medica* represents functions and expressions rather than sensations. For example, *Lachesis* is described as jealous, suspicious, and loquacious. These symptoms are all objective, none of them indicating any sensations - what it is that *Lachesis* feels.

Considering mental states of remedies and patients, it came to me that the sensation or the subjective view of the patient is as important as, if not more important than, the expressions or functions. The patient's view or inner feeling is a distorted view of reality; it is his delusion. If one is to be sure that a prescribed remedy is the *similimum*, it has to be based on the totality of symptoms - the peculiar symptoms on the general and particular planes, characteristic mental expressions, and symptoms representative of the patient's delusion. The delusion theory is very appealing and has been accepted widely, but how to use it in practice has remained something of an enigma. My recent endeavours have therefore been focused on developing a system which can serve as a guideline to those wishing to apply my ideas in practice.

As I studied remedies and understood patients in this light, I came to realize that the delusion or the innermost feeling is best revealed in an understanding of the patient's subconscious mind, especially his fears and his dreams. In repertorizing a case, I often substitute rubrics pertaining to delusions, fears, and dreams for each other, since they are all related to the subconscious mind. Often the dreams are not available to us, either because the patient does not remember them or has no dreams at all, or because the physician is unable to understand his dreams. In such cases, one must elicit other symptoms of the subconscious mind,

or analyze the things that the patient does subconsciously. For example, one can look at his hobbies and interests, choice of profession, etc., and try to understand the patient through these.

To the subconscious mind, sensations often can be an equal and opposite reaction to the inner delusion. For example, contempt for relatives can mean that the delusion is that the relatives have contempt for him. Whether true or false, this is the patient's view.

Similarly, an outer action can be a compensation for the inner delusion. For example, Arnica may act as a tough guy who can take any beating but inwardly fears injury or touch.

Compensations take varied forms. In some cases, a passive compensation derives from a delusion that the condition just came out of the blue, not allowing reaction, having a feeling of being stunned. This may manifest as a failed state, an inability to cope with his own delusion.

As a remedy acts, the failed state may progress to an active or successful state of active compensation. In the Arnica example, the stunned initial state progresses to the tough guy stage. The delusion still persists, however. It is only over time, sometimes years, that the remedy brings the delusion to enough insight that it dissolves altogether.

Hard data:

Information from a case can be classified into hard data and soft data. The former forms the basis for the prescription, while the latter provide coloration to the analysis.

Hard data include, as mentioned, dreams, exact feelings, characteristic symptoms, peculiar symptoms, generalities, and sensations as if.

In evaluating symptomatology, we first try to discern the connections that run throughout the case. Similar phrases or metaphors often appear in different parts of the story. For example, a dream is described as being "horrible" and later conflict with the husband is also described as being "horrible", while a fear may be said to be "the end of the world". By observing these feelings, we discover the inner weight of the case that runs through and through.

Most important are connections between the mind and body, the general symptoms, and characteristic symptoms. The idea is not merely to accept the patient's expressions simply in rubric terms. During case taking, it is crucial to inquire into the feelings behind them. Sometimes the patient finds this difficult to access, but the task is important because it is through the feelings that the connections are made.

Traditionally in Homoeopathy, peculiar and characteristic symptoms are emphasized - and for good reason. Something that stands alone as unique, not obviously tied to other information, may be the clue to a deeper understanding of the case. It may be found directly in the *Materia Medica* and *Repertory* as a peculiar characteristic of a specific remedy which can be studied more carefully than might otherwise be the case. Or upon deeper questioning, it might be tied to underlying feelings which clarify the core of the case. Lastly, it might be a direct clue to the substance of the remedy itself.

Take for example a person who says: "I hate cats", with no clear incident to provoke it. We can look up "Aversion, to cats" in the *Repertory*, which might lead us directly to a remedy that covers the rest of the case. Alternatively, we can inquire more deeply into the feelings about cats, perhaps some association that connects with other aspects of the story and deepens our understanding of the core delusion. Or, rarely, it might simply mean that the remedy may be derived from a source known to hate cats, as for example *Lac caninum*, made from dog's milk.

To complete our full understanding of the case, we should identify apart from the mental state the physical symptoms. These must include:

- The present complaint and its modalities

- Concomitants, which are often the best indicators of the remedy
- Past history with homoeopathic symptoms highlighted
- Exciting factors.

Often these help confirm a remedy, and in cases where there emerges only a theme indicating the kingdom or group, it may be the physical characteristics that lead to a specific remedy.

Dreams themselves can be identified as actual dreams and virtual dreams. Actual dreams are those experienced during sleep. Virtual dreams represent the subconscious mind in waking life through fears, fantasies, aims and hopes, and interests and hobbies.

Actual dream data may be further classified as:

- Pleasant and unpleasant
- Projected dreams
- Associations with dreams
- Incidental (situational) dreams
- Deep, vivid, repetitive, or connected dreams.

Actual dreams may be with or without emotions. When there are emotions present, we should look for similar, related, or opposite sensations in other parts of the case.

In contrast, dreams without emotions are usually symbolic. For example, take dreams of eating, or dreams of falling into water. These can be taken directly, simply by themselves, since there is no feeling connected with them.

When there are nonspecific emotions connected with a dream, the dream itself becomes significant. For example, suppose there is a dream of being pursued by wild animals. Here, if the feeling is simply fear, the whole dream will become a symbol of fear. In another case, dreams of unsuccessful efforts to dress for a party in which the association is of nonspecific anxiety, the dream itself is significant.

When there are emotions present in the dream, they may be pleasant or unpleasant. Often these are opposites of each other. When we discover what is common between the two, we understand an important aspect of the patient. The following is an illustration.

Example : A middle-aged woman, with severe joint pains and asthma, complained of being very scared in the dark, with a feeling that two hands are coming from behind to grab and kill her. She has thoughts of death. She dreams of killing people who refuse her daughter's admission into college. In childhood, she used to have a pleasant dream of being the richest woman, living in a beautiful bungalow, doing whatever she pleases. In the dream, she has a lot of money and people come to her with their problems. She feels like an underworld don. There are no miseries and she feels very happy. But in reality, this woman does not want to be like that, because of creating a lot of enemies when you are big. She has a fear that even if there were a lot of people around her, these enemies would do some harm, either to her or those close to her. She prays a lot and is fearful of God's punishment.

So the pleasant dream is the opposite of her fears. In reality, her delusion is the fear of being harmed, and of death. Based on the main fear of being killed by someone behind her (a peculiar symptom), I gave her *Crotalus cascavella*, which helped her tremendously.

Projected dreams are those that involve a third person in the place of the patient. The feelings are often blurred. For example, there might be a dream of the neighbour's house being on fire. In such a case, one can ask what the patient would feel like in that case.

When all else fails, we can ask for an association in life in which he experienced similar feelings. For example, one of my patients was narrating a dream of a horse being reined in too tightly, and soon

after went on to narrate situations in which she was under constant performance pressure.

Incidental or situational dreams are generally less significant, unless they happen to involve peculiar information.

Finally, we have deep, vivid, or repetitive (connected) dreams. These are usually unconnected with external reality and the patient does not understand their significance. They are usually the most important. For example, one of my patients, a girl of twelve years had skin and behavioural problems every time she changed homes. Her mother had recurrent dreams of being in a foreign place, and also of being in her childhood home. The rubric: "Homesickness" was crucial in identifying the remedy Magnesium muriaticum for the girl.

Virtual dreams include fears, fantasies, and sensations as if. The latter can be seen in the description of the patient's physical symptoms. For example, consider the sensation: pain in the chest as if a sharp knife was driven through it.

Metaphorical expressions in certain situations express the patient's feeling in that situation rather than reality. For example: I am so "tied down" with work, or: I felt the relationship was "so brittle".

Interests and hobbies may be active - for example, travel, sport, collecting, handicraft, painting, drawing, and writing. Or they may be passive - when the patient is a mere spectator rather than an active participant. For example, if the patient enjoys listening to music, what kind of music? What mood does it produce in the patient? What books does he read? What movies does he watch, and what do they mean to him?

Moreover, what hobbies does he avoid? For example, the patient may avoid violent and horror movies, or may avoid socializing.

Aims and ambitions are also important. In children and young persons, what do they want to be? In older persons, what are their plans for the future, or what would they have rather been?

Soft data:

Soft data provide general contexts for comprehending hard data. They are subject to risky interpretation and should not be used as a primary basis for analysis. However, they do offer leads to finding the simillimum. Basically, the primary contexts I suggest are miasms and kingdoms.

Miasms can be characterized by their inner sensations, their pace, their attitude, their failed compensations, their successful compensations, and their pathology. Not only are the original three Hahnemannian miasms relevant in the modern era, but others that have been derived from clinical experience.

The table on pages 482-483 summarizes the key features of the miasms.

A word of caution: These perspectives should not be used as keynotes. Rather the overall pace and delusion are used as a suggestion to narrow the range of considered remedies.

Sometimes the case has no specific information other than the miasmatic actions which permeate every aspect of the case. Such a situation calls for a nosode.

Kingdoms and subkingdoms provide another general context from which to narrow the range of remedies. Basic themes in remedies of a kingdom or subkingdom enable groupings through similarities, and differentiation into specific remedies by unique features. Using these categories combined with miasms, we have powerful perspectives for interpreting symptomatology and selecting remedies.

Kingdoms can be broadly separated into minerals, plants, and animals. Descriptions of each belong to totality descriptions of the patient. It is only the overall state of the patient which has power here, always requiring flexibility in thinking as the case unfolds. What appears to be a mineral at the outset may end up to be animal later on. For this reason, it is crucial not to become routinized or

automatic with this line of thinking, lest the similimum be missed.

Minerals manifest through attention to structure and organization. Their universe tends to derive meaning from family, relationships, job, role, performance, planning, and order. The mineral kingdom includes metals, salts, and acids.

Plants are characterized by all kinds of sensitivities. They are sensitive to hurt, injury, environment, change. Their expressions tend to be more in the emotional realm and are more fluid, scattered, changeable. The plant kingdom has been classified by botanists into families, each of which have clusters of remedies and themes which can be identified.

Animals are most evolved and complex, focused on survival, attraction, competition, power, and hierarchies. They include insects, spiders, snakes, sea animals, birds, and mammals.

The way this works in a case can be illustrated by a few examples: A person who is very attached to structure and also sees his situation as bearable and solvable would be a psoric mineral. A patient with a lot of sensitivity and vulnerability whose attitude is that life is tolerable and need not be shared would need a sycotic plant remedy. Or, someone whose fears/dreams centre around survival and whose task seems impossible would respond to a syphilitic animal remedy.

These themes can be very subtle to discover in a given case. A plant-type person may be very attractive and belong to a competitive profession which might suggest an animal remedy. Or another might be very sensitive and thus become dependent, which might be misunderstood to be part of a salt's relationship focus. Another example is the mineral Phosphorus, which can be as sensitive as many plant remedies. To avoid these traps, we must be very flexible and open in our approach.

Mineral and animal kingdoms have been described in recent years by a number of provings, cases and teachers. Much more work is needed for the plant kingdom, which seems amorphous and often difficult to classify.

One approach I took to unearthing the themes of plant families begins with studying a primary remedy in the group, with an eye toward finding an underlining theme. Very often these may be opposites around a concept. Studying cured cases and provings for such themes is very useful. Once I have an idea, I enter into the phrase window of my computer programme a key word(s) for the concept, separated within the same remedy from the family name. This seeks for others within the same family with similar concepts. When a theme is found in many of the remedies, it becomes a theme of the family. I look for attitudes and compensations in these cases and *Materia Medica*s to describe failed and successful states as well as pathology. Each remedy within the family has characteristic symptoms unique unto itself, in addition to the general themes of the family.

Amazingly, I am finding that it is frequent that remedies within a family can usually be distinguished separately throughout the miasms when one performs a careful study.

The characteristic symptom of any remedy is the exact meeting point of the miasm and the family. The work of defining themes for plant families will continue to evolve for some time to come, but the initial findings are very encouraging, and the subject of my upcoming book, "An Insight into Plant Families". Studying remedies through such contexts helps us to understand their relationships to one another. Furthermore, viewing a patient's symptomatology through these contexts enables a more precise matching.

The following is a sketchy description of the family *Compositae* as studied by the above method. First is the sensation, then active and passive compensations, followed by miasmatic breakdowns. You should expand on these using your own insights and searches.

Compositae:

Sensation:

- Injured; hurt; insulted; walked on eggshells around
- Shocked; burnt; scalded
- Fears, touched; hurt on being approached
- Passive: numb, stupor, anaesthetic, catalepsy (initial effect do not react)
- Active: touchy!, hurting others, cruel; violent; strikes others; tough guy; takes beating; protective toward others.

Miasm:

- Acute : Calendula, Arnica
- Typhoid : Chamomilla
- Malaria : Cina, Eupatorium perforatum
- Ringworm : Taraxacum
- Sycosis : Senecio
- Cancer : Bellis perennis
- Tubercular : Abrotanum
- Leprosy : Lactuca
- Syphilis : Echinacea.

Synthesis:

As a case is being acquired and then analyzed, there are several lines of thought occurring simultaneously at all times. There is the kingdom line, the miasm line, and the characteristics line. This means that in every case one should attempt to assimilate from the data what is the kingdom, what is the miasm, and what are the characteristics, while at the same time trying to look for connections and associations - processes which should be basic in every case. Also, more traditionally, there are three other lines of thought - the mental, the general and the particular. These trains of thought and processes go on simultaneously in each and every case.

In addition, we constantly pay attention to the words of the patient. Some words may indicate directly the source of the substance needed. Often, quite to the side, a comment may suggest a clear attachment to something in nature, such as a flower or a perfume, or an animal. In addition, one's profession frequently may be found to be close to the substance needed as a remedy. Or a reference may suggest directly a rubric in the Repertory. All these subconscious indicators are closely recorded.

Some examples of phrases that provide such clues:

- I feel reined in
- I do not like to bitch
- I should let emotions percolate into actions
- I feel trapped and want to cut loose
- He is like a wild beast who needs to be tamed
- I am fascinated with snakes
- I dream repeatedly of volcanoes.

These expressions or associations are used without any feeling or emotions attached to them. They merely bring to mind certain remedies, not to be prescribed solely for these reasons but as part of a connected totality.

The elements of crucial importance to be included are:

- The present complaint
- The nature of the patient

- Life situations and exciting factors
- Dreams
- Physician's reaction to the patient.

The latter can be particularly important and is often neglected in our analysis. The reaction to the patient is as strong an indicator of the subconscious delusion as any other.

Next we turn to Materia Medica and Repertory software programmes to raise possible remedy ideas in the midst of already perceived contexts. These are merely hints, not answers.

I attempt to select as many rubrics as I can find to express a particular central concept. In this way, I may use dreams, delusions, and fears interchangeably, in addition to characteristic physical sensations expressed. I never really look at the graphs that come up in either software programmes. I am more interested in a direct consideration of the remedies themselves.

A technique I use a lot is elimination. I consider a few fundamental rubrics or phrases that most closely describes the case, then I see what remedies have both or all. In the Materia Medica programme, I accomplish this by putting in one phrase separated by remedy and another phrase. Or perhaps three or four in sequence like this. This effectively finds the remedy or remedies that have all of the symptoms at least in one Materia Medica or another. For example, symptom A may be listed in one Materia Medica, while symptom B is only found under that remedy in another Materia Medica. That is okay for my purposes.

Once a few remedies are found which seem to cover the case, we go to the source Materia Medicas to read the exact expressions of provers and cured cases. Sources which I use most frequently are: Phatak and Allen. Phatak's information is very well verified by an excellent lineage of teachers before him. Allen's "Encyclopedia" is drawn directly from provings and has exact descriptions in the patient's own words. Of course, in practice, I will use any source to seek out the best descriptions.

All that the patient says must fit, either directly or indirectly. Even every feature of every dream must be understood in the picture of the remedy. It is permissible to borrow characteristics from other members of the family/group in the case of a poorly proven remedy, but the entire case must be covered as much as possible.

Sometimes two parallel lines of thought seem to manifest. In this instance, a salt may be considered. Both halves of the salt should fit clearly a corresponding trend in the case.

At the end of the case, if a known remedy emerges, it is confirmed by checking whether the known characteristic symptoms are present in the patient. When these have not been derived spontaneously in the original case taking, such confirmation is of lesser significance but is still permissible.

"Sensations as if" are to be precisely defined and looked up. Here, the Materia Medica software is very useful. For example, if the patient has pains as if a knife were being driven through him, putting "knife" in the phrase window yields all the remedies where "knife" appears, whether it be in the realm of sensations, fears, or dreams, etc.

The final and perhaps most important step in the process is answering the question: "Is there anything that does not fit?" This is often the key element in the case. The human tendency is to disregard it as being insignificant or inexplicable. But the very fact that it does not seem to fit may lead to the remedy closest to the core of the case. For example, a case of mine fit *Staphysagria* very nicely, except for a dream of snakes. When that failed, I later prescribed *Elaps*, which covered the entire case, and it worked beautifully.

Cautions and hints:

A few cautions need to be emphasized so as to minimize confusion over some concepts in this

approach.

1. Do not mix up hard data and soft data.

The hard data is direct from the patient, without interpretation basically. It must be the foundation of the prescription. Soft data about kingdoms and miasms is important for shaping perspectives on what the patient is saying, but cannot be the basis of the prescription. A common and understandable error is to start with kingdoms and miasms, and then allow that line of thought to narrow down to the remedy. This is a mistake. Any misunderstanding or imprecision at the outset of such a line of thinking will eliminate huge realms of possibilities.

When identifying kingdoms and miasms, always take the whole totality into account. Do not take a phrase here or a comment there, or the manner of dress to create such a judgment. Always consider every aspect of all the expressions. Only in this way and by continual refinement in practice can this interpretation become accurate and useful.

2. Avoid eliminating rubrics.

Avoid eliminating rubrics which may be useful even if they seem insignificant. I can illustrate this with an example: A patient displayed typical behaviour in anger where he would throw off his glasses so that they would break. His anger would be excited from insults.

It is very tempting to use the rubrics:

- Anger, throws things away
- Ailments from indignation.

Here, *Staphysagria* readily suggests itself. But he had certain other features:

- He was prematurely bald
- Sweat left a salty deposit which stiffened the clothes, and he perspired more around the genitals.

His other symptoms:

- Impotence with weakness after coition
- Weakness from warm weather
- Slow starter in meeting new people; not very confident when meeting new persons
- Always felt shy, talked less, felt taken for granted
- Feels others are dictating terms.

On studying the physical symptoms, the remedy that came up was *Selenium*. It has the symptoms:

- Premature senility
- Sweat leaves salty deposit
- Weakness from warm weather
- Impotence
- Ailments, from anger, vexation
- Anger, at trifles
- Fear, of people.

Also, *Selenium* is below *Sulphur* in the Periodic Table. *Sulphur* has strong feelings of egotism. The other remedy that resembled the patient was *Baryta carbonica* because of the strong physical characteristics. He received *Selenium* which helped him tremendously. Later a further study revealed that *Selenium* has many features common to *Baryta carbonica* and *Staphysagria*.

The point here is that *Staphysagria* did not take into account the salty deposit from the sweat. If eliminated, the concept of the case would have been missed.

3. Use the Repertory only as a hint.

When using rubrics, stick as closely as possible to the patient's own words. Avoid creating symptoms from interpretations. One has the right only to evaluate symptoms that the patient utters, and not

the right to create symptoms out of interpretations.

The delusion is a broad view of the situation. It has many, many elements. See that all the elements from all the sources are included. The entire symptomatology of the present (all areas that are both active and excitable at the moment) arise and are part of a single state of being or a single delusion. Therefore one cannot say that this part belongs to one remedy and that part to another. One has to find a remedy that comes close to that state.

However characteristic or peculiar a particular aspect of the case may be, one cannot come to the remedy unless all aspects of the case are thoroughly examined. For example one may clearly get a dream, or delusion, or fear, indicating a particular remedy and be tempted to give that one but this may also be a part of a bigger picture - indicating a totally different, far deeper remedy.

4. Try to see the connections between all aspects.

Do not take one factor out of context. Try to see the connections between all aspects. A good example for study is a case of *Calcarea silicata*.

In one of my initial cases, the patient gave three main symptoms:

- Anxiety, about health
- Anxiety, about money matters
- Sensitive to reprimands.

Though these appeared common, only one remedy came through. Then on reading from Kent, more correspondences in the case emerged. Finally, through more cases, a picture of *Calcarea silicata* evolved thus.

His anxiety about money matters depends upon his sensitivity to reprimands. He conforms to a behaviour which will not invite reprimands from others. He is dependent on elders for financial security and they will give it to him only if he conforms to a particular behaviour or degree of correctness. His overconcern regarding his health serves as an excuse for him to not fulfil the expectations placed upon him.

Then from my experience it was observed that most *Calcarea silicata* patients came from Kerala, a state in South India with a communist Government. The idea of communism is financial security, so long as you play your role. From this understanding, many patients have been treated with *Calcarea silicata*, and this began from simply looking at the rubrics.

The lesson from this case illustrates the process of case analysis as a whole. Just looking at the rubrics themselves leads to little insight. However, when a deeper story emerges, the case becomes unified into a whole. Moreover, other clinical observations with other patients clarify the picture further.