

Chapter Nine

Thematic Materia Medica

This chapter outlines the main qualities of some of the most important remedies used in homeopathy for chronic conditions. There is some overlap with remedies used mainly acutely and which also will be listed in the next chapter. The structure of each remedy description is as follows: an initial overview of the main ideas of each remedy and then the remedy is partitioned into three sections: Generalities, Mind and Physicals. Ideally by studying the Generalities in a remedy, one will find the most important elements that will justify the choice of that remedy. The idea of structuring the remedy information in this way is to ideally help create a better image of the main themes of a remedy to identify it more accurately. Materia Medica study can be intimidating with the amount of information seen, often with very similar pictures in many different remedies, and a challenge to see the essential information that should be there to give the remedy. Therefore, gaining an understanding of the main identifying qualities and characteristics of a remedy is important, including the essential generalities, mental qualities, and characteristic and strong physical keynote.

The Generalities and Mind sections have been written in a thematic way to identify the most important characteristics that should be found when giving the remedy. At times, some mental characteristics are included in the Generalities section if they are a fundamental part of the remedy e.g., Aconite. Then the most important mental/emotional characteristics are listed, which in some cases are given in some detail. In some of the most important *polycrest* remedies which are often of a deep constitutional nature, the mental/emotional characteristics form a distinct personality and which becomes an essential part of the picture of a remedy and that need to be recognized to justify these remedies. It can be likened to describing a person with their characteristic behaviour and unique qualities. One needs to understand how that remedy may act and how that is seen in individuals needing that remedy.

The Physicals section lists the most important symptoms, keynotes, and areas of affinity for each remedy, using the same basic schema that is found in Phatak's Materia Medica. The source for this information often comes from Phatak, Boericke, Boger, Kent and other reliable materia medicas. At times, one keynote in a case may determine the remedy and it is possible that this would only be found in the Physicals section and not the Generalities. However, some general themes should be found to help confirm the remedy. Understanding how to identify a strong keynote, what is often called a strange, rare and peculiar symptom is an essential part of homeopathic prescribing. This knowledge comes from the study of Materia Medica and clinical experience.

Synthetic Analysis of Homeopathic Remedies

Some remedies have many similarities including various salts of certain elements. For example the Kali family consists of many remedies, all with different salts attached e.g., *Kali arsenicosum*, *Kali bichromicum*, *Kali bromatum*, *Kali carbonicum* etc. Not all the remedies in the Kali family are listed and other materia medicas can be studied if, for example, one is certain a Kali remedy is needed but it is not clear which one. This type of prescribing and analyzing can be called a *synthetic* method as it is taking some of the unique characteristic of the main element and the salt it is attached to. This has been a legitimate strategy of understanding materia medica for a long time. It can also be used to identify a central theme or *essence* of a remedy and how that can be identified in a case.

The following overview gives some of the main characteristics of each salt:

Arsenicum: chilly, restless, anxious, fearful, hypochondriacal (See Arsenicum album)

Bichromicum: sticky mindset, rigid, formal, concerned about appearances. Pedantic, always focusing on details Narrow minded. Sinus, joint and digestive complaints. (See Kali bichromicum)

Bromatum: more warm blooded. Mental issues to do with guilt, shame, restlessness and escape. (See Bromium and Kali bromatum)

Carbonicum: identity, structure, form, family, basic self-worth and dignity. (see Calcarea carbonica)

Iodatum: restlessness, work, busy, freedom, obsession, heat. (See Iodum or Kali iodatum)

Muriaticum: care, nurturing, internalization/introversion, self-pity, bitterness. (See Magnesium muriaticum and Natrum muriaticum)

Phosphoricum: communication, sympathy, friends and family, homesickness, easy exhaustion, chilly, nervousness, restlessness, travel, inquisitiveness. (See Phosphorus)

Sulphuricum: identity issues as seen in looking good, having beauty around them, needing appreciation and love. Being recognized or the opposite, not caring about anything. Lazy and self-centeredness. (See Sulphur and Calcarea sulphurica)

For example, in the Kali family one may see the essential qualities of the Kalis, that of duty, family, order, structure, black and white, right and wrong and then some essentials of one of the salts. That way, a more precise remedy may be found once the central *Kali* theme is seen. More is written on this below.

For more understanding of the techniques for case analysis and evaluation, please refer to Chapter Two.

Identifying the essence of a remedy

The term *essence* has been used in homeopathy to identify a central theme or core idea of a remedy, that is expressed throughout the picture of a remedy. This is seen more in *polychrest* remedies when there is a clear idea of the personality or core characteristics of a remedy.

For example, remedies like Calcarea carbonica, Kali carbonicum, Phosphorus, Silicea and Sulphur. Certain words can be used to represent this essence and certain behavioural patterns can be seen as central expressions of the remedy. This will be seen throughout the remedy picture, and at whatever stage the person is at when needing a remedy. Many of the well-known mineral remedies will have this *essence* picture. Other smaller remedies may not be identified in such a way and as such one can only use the essence approach if it is clearly perceived in person and understood in a remedy.

Stages of remedy development

One can sometimes identify 2 or 3 stages in the development of a remedy picture. One way of looking at a remedy is that it represents a strategy, based on a clear foundation of how one sees oneself in the world. It is often an unconscious pattern, both physical and mental, one that is seen throughout the picture of a remedy. The possible three stages are somewhat abstract but can be related to the 3 main miasms of homeopathy: Psora, Sycosis and Syphilis. In this case it is being seen in the following ways:

Psora = intrinsic, foundational or basic state: This connects to the default identity, purpose and position one has in life. It relates to a basic identity and purpose in life, how one defines oneself and can be seen in the basic personality of a person, things that do not necessarily change in a person but none the less are used to help choose a constitutional

remedy. The term constitutional was defined and described above in Chapter Eight.

Sycosis = compensated or exaggerated state: This is where symptoms are expressed in a more intense, exaggerated or compensated way. They often reflect the strategy or compensation of the defense mechanism and are often the most important symptoms to prescribe on in a case. A combination of symptoms from the Psoric (intrinsic) and the Sycotic (compensated) levels make up the totality of symptoms for prescribing.

Syphilitic = destructive, decompensated or structural pathological state: this level is where the strongest pathology is seen and the end result of the disease process for each remedy. Every remedy functions within a possible pathological expression. Some remedies e.g., Mercurius, go deeper than others, e.g., Pulsatilla. It affects tissues on a deeper level and in the case of Mercurius, reflects the syphilitic influence in a case. This state is only seen after the compensated state has been seen, but in some cases, it seems as if the decompensated or destructive state is the first level of expression. This reflects the degree of syphilitic influence in the case.

Central Idea and Identity of a Remedy

In some of the old materia medicas, focus is often given to the compensated or decompensated state, whereas the intrinsic or foundational state is not seen or identified. Therefore, in incorporating a complete picture of a remedy, it can be important to identify the central theme that runs through the remedy at all levels. One can see at times that there are opposite expressions in the materia medica which relates to the different stages of the remedy expression. For example, Causticum can move from being optimistic and idealistic to being pessimistic and cynical in the more broken-down stage. Sulphur goes from being egotistical, very concerned of his/her appearance to being indifferent to how he/she is seen, even to being utterly disconnected to others. Many remedies have this distinction and it is important to see at what level of the remedy the person is expressing. Another way to look at a remedy is that in the intrinsic stage, one sees the susceptibility that then leads to the compensated or decompensated state. For example, the idealism and excitability of Ignatia leads to the profound shock and disappointment seen, especially in matters of love. In Natrum muriaticum, the emotional sensitivity and vulnerability leads to the sadness, grief and emotional closedness.

The following descriptions are of some of the most important remedies often seen in a constitutional way or at least the central idea of concept of a remedy. This overlaps with the synthetic descriptions as described above and also elucidated in the selected materia medica below:

Aconite: (*Monkshood*): *Words/Themes: Sudden, intense, violent states: shock, fright, death. Extreme fear, terror – wild frantic states. Predicts death. Sudden, acute intense physical states – infections, etc with intense heat, violent thirst. Sharp, ticking, tearing, burning pains. Great restlessness and anguish. Anxious face.*

Violence, intensity, extreme physical and mental states. Ailments from extreme fright and vexation. Fear with extreme restlessness. Fear of death, or crowds, crossing the street, of future. Impatient, frantic, from intensity of pain. With fear, screams, moans, gnaws fits, bites nails. Wants to die. Predicts the time of death. Anxious with extreme nervousness. Anxious expression. Intense burning thirst. Burning fever. Dry, burning, high fever. Hot, red cheeks. Voice, hoarse, dry, croupy cough.

Agaricus: (*Fly agaric*): *Words/Themes: cerebrospinal axis: angular, irregular, exaggerated movements. All neurological conditions. Exaggerated state of mind: eccentricity, wildness,*

extreme behavior. Alcoholism. Excessive emotions, wild, happy, laughter, or the opposite, dull, morose, fearful. Fear of cancer. Morbid fears. Physically, trembling, twitching, jerking or fibrillar spasms.

Exaggeration in body movements and mental states. Strange, eccentric, and wild movements of body and behavior. All forms of convulsions, and neurological states. Twitching, jerking motions. Twitching of eyelids, oscillating eyeballs. Extreme coldness, frostbite. Burning, itching, and swelling, as if frozen. Chilblains.

Argentum nitricum: (*Silver nitrate*): *Words/Themes: Excitable, extroverted, passionate, enthusiastic: anxieties, fears, phobias – agoraphobia, claustrophobia, apprehension, stage fright. Performers with sudden intense anxiety and stage fright. Nervous, impulsive, and hurried. Sticking, stitching pains in body. Neurological conditions, paralysis. Larynx and trachea, stitching pains, chronic laryngitis. Parts enlarged, or bound up. Expansion/contraction.*

A need to maintain enthusiasm, passion, and expression in all things, especially in how they are able to perform in life. An expansive mental and physical state which can produce much exuberance. But they can often feel overextended, like a bubble that bursts. This can produce a lot of anxiety and fears, especially agoraphobia and claustrophobia. There is a feeling as if one can lose control, anticipatory anxiety, a hurried, impulsive nervous state. Extreme and sudden stage fright in performers. Laryngeal issues. Sharp, sticking, splinter like pains. Neurological states, mental and physical exhaustion. Parts seem enlarged, bound up. Exaggerated states. Acute and chronic digestive disorders. (Compare with *Argentum metallicum* which is similar but less extroverted and more refined.

Arsenicum album: (*Arsenic*): *Words/Themes: insecurity, fears, anxieties – poverty, disease, robbers, death. Not safe. Seeks security – in money, possessions, home. Fastidious, faultfinding. Weakness, coldness, collapse. Acute and chronic states – digestion, septic states, near death states. Malignancies, cancer. Burning pains, burning thirst. Burning discharges. Serious asthma with anxiety.*

Insecurity in life. Nothing is safe. The person can present as orderly, fastidious, careful with underlying anxieties that the world is not a safe place. The orderly nature is a compensation for underlying anxieties and fears: fears of poverty, of being alone, of disease and ultimately of death. Physically there is great chilliness, often with stomach and digestive disorders, and great burning pains. Serious chest conditions, asthma etc. Cancerous and malignant and septic states. Near death states. (compare with *Arsenicum iodatum*)

Aurum metallicum: (*Gold*): *Words/Themes: responsibility, seriousness, duty, religious pursuits, extremes in behaviour. Guilt, shame, feels neglects responsibilities. Heaviness. All too much. Contradiction aggravates. Depression, suicidal ideas, thoughts. Circulation, pressure, hypertension. Violent pains, palpitation, heart pathology. Bone pains. All symptoms < night.*

Duty, responsibility, pressure, ambition, a tendency to go to extremes and perhaps with religious/spiritual inclinations. The person needing Aurum often feels a lot of pressure to perform their perceived duty and responsibilities in life. They may be successful and wealthy, but feel a weight of burden to maintain this. They become more pressured, leading to irritability, anger and with an aversion to being contradicted in any way. They can feel that they are failing, that they cannot succeed which can

lead to deep and suicidal depression. Can feel totally forsaken. It may happen because of a business loss, a romantic failure or simply from an idea that they are worthless, leading to the deep depression. Or one may see the person only in the state of being industrious, serious, and overly responsible. Physically it manifests in heart, joint and cardiovascular pathologies. (compared with *Aurum arsenicosum*, *Aurum muriaticum*, *Aurum muriaticum natronatum*, *Aurum sulphuricum*)

Remedy example:

AURUM METALLICUM

GENERALITIES

This remedy has a strong affinity for affections of the mind, heart, circulation, bones, and joints. It is a syphilitic remedy and has many destructive and violent expressions. Mentally it is suited to people of a serious, over-responsible, dutiful nature, who become burdened by their responsibilities, which leads to sadness, depression, violent anger, and even suicidal tendencies. Physically the circulation is disturbed, with congestion of parts, blood rushing up and down and fullness. There are violent destructive physical and mental states: ulcerations, caries of bones and all forms of heart pathology and sclerosis of arteries. Palpitations, with anxiety, pains, angina, aortic disease, inflammation etc. High blood pressure. Inflammation in genitals; orchitis, induration and sterility in females. Depression, sadness, grief: anguish and despair. Ailments from grief, loss, business loss. Depression with heart symptoms. Bone and joint pains can be seen and night time aggravates all complaints.

Emotional and mental grief, loss, sadness: ailments from any loss and grief with deep sadness and despair, especially if seen with any heart symptoms.

Disturbed circulation and heart pathology: blood rushing around body, to head and lower limbs. Orgasms of blood. Venous congestion. Throbbing, violent head pains. Chronic hypertension.

Heart symptoms: angina, sensation of if heart had stopped. Aortic disease. Violent palpitation. Oppression of heart. Erratic pulse and palpitations.

Violence of all symptoms: physically and mentally. Everything tends to go to extremes. No middle ground. Alcoholism, drug abuse, destructive behaviour, and actions. Despair with pains and any condition.

Bone and joint disease: all forms of pains and destructive processes of bones and joints. Caries of certain bones, especially the nose and mastoid. Bone pains are boring and cutting. Bone pains alternating with heart pains.

Genitalia in both sexes: in male, a tendency to orchitis, epididymitis, induration, and pain in testicles. In females, a tendency to sterility, menstrual issues, amenorrhea with sadness.

Nighttime aggravates: all symptoms are worse at night.

Modalities: agg: emotions, grief; cold; winter; menses; alcohol; Night time – sundown to sunrise; mercury; **amel:** sunshine; open air, walking; listening to sad music in evening; moonlight.

MIND

Great sense of responsibility and duty: takes responsibilities very seriously.

Industrious. Works hard but can be heavy, serious, stern, humourless or the opposite, very happy with extremes of moods.

Goes to excess and extremes in all things: in both work and play. Addictive nature: drugs and alcohol. Takes them to excess. Reckless behaviour. Always drives too fast. Angry, irritable, haughty: worse being contradicted. Censorious. Judgmental. Can explode in rage.

Guilty: feels burdened by guilt and despair: feeling of great guilt, as if has betrayed himself and others. Anguish and despair. Great shame. With despair, there can be hysteria, along with great self-reproach and guilt. Talks to himself.

Forsaken feeling: feels all alone in his/her despair and grief. Religious guilt and forsaken feeling.

Ailments from grief, business loss etc: any loss. Fear of poverty.

Suicidal thoughts and despair: by jumping from a height or with a gun. Can do it without people knowing how bad things are. Keeps suicidal feelings to oneself.

Praying and meditating: seeks solace and refuge in prayer and meditation. Can embrace spiritual pursuits.

PHYSICALS

- Head: violent bone pains in the head. Despair with pain. Congestive head pains, throbbing and exploding sensations and violent heat to the face and head.
- Eyes: chronic inflammation, iritis. Ulcerations. Glaucoma. Pupils irregular. Photophobia.
- Ears: caries of the mastoid. Chronic ear infections with foetid discharge.
- Nose: caries, ulcerated painful, bloody, purulent discharge. Offensive smell in the nose when blowing nose.
- Face: often of a heavy and serious aspect in adults. (see other Aurums)
- Mouth: ulcers and caries on the palate.
- Throat: caries of the palate.
- Abdomen: inflammation and hardness of the liver. Hepatitis. Liver and heart symptoms. Ascites and heart symptoms. Inguinal hernia in children.
- Male: orchitis with hardness of testes < right side. Atrophy of testes in boys. Epididymitis.
- Female: induration and inflammation of ovaries and uterus. Chronic inflammatory states. Uterus enlarged and prolapsed. History of repeated abortions. Infertility. Menstrual irregularities. Amenorrhoea with sadness. Chronic leucorrhoea
- Respiratory: crushing weight under sternum < ascending. Dyspnoea < night. Dry, nervous, spasmodic cough < night. Always takes a deep breath. Cannot get enough air.
- Heart: heart/chest pain with anxiety. Fear of heart disease. Violent palpitations, and congestion of head. Anxiety with heart symptoms. Inflammation of the heart – endocarditis, pericarditis, of aorta, valves. Angina pectoris. High blood pressure.
- Extremities: nightly leg pains. Deep bone pains in legs, < shin. Paralytic feeling in legs. Cold, foul, foot sweat. Bone affections, pains: < night. Caries, ulcerations, bones feel as if broken. Induration of glands and other parts of body – testes, uterus, parotid and inguinal glands.
- Sleep: difficult to sleep. Tormenting thoughts at night. Frightful dreams. Sobs and talks in sleep.

Compare: Aurum muriaticum, Aurum muriaticum natronatum, Aurum sulphuratum,

Ignatia, Mercurius, Natrum muriaticum, Natrum sulphuricum, Nitric acid, Nux vomica, Platina, Psorinum, Sulphur, Sulphur.

AURUM MURIATICUM/AURUM MURIATICUM NATRONATUM/AURUM SULPHURATUM

GENERALITIES

These three remedies are very similar and must be compared with Aurum metallicum. The first two have more sycotic symptoms and have a focus on the female genitalia, with ovarian and uterine symptoms such as tumors, cysts, menstrual disorders. A tendency to hemorrhages from the uterus during menopause. Sadness during menopause. The mental states are similar to Aurum metallicum with ailments from disappointment, chagrin, vexation etc., but it is not so intense or extreme. The mental state tends to be a bit softer and milder but still with the tendency to sadness, loss, grief, disappointment, and guilt about failure in love. Aurum muriaticum is more like a softer Aurum met while Aur-m-n is a heavier Natrum muriaticum. Physically they affect the tonsils and glands in general and can cause suppressed discharges to reappear. High blood pressure and heart issues, including dropsy from heart conditions. Aurum sulphuratum looks very similar to Aurum metallicum but mentally may have more concern over their relationship to others, including their partner and how they are being seen. There is more egoic concern and certain qualities as seen in the remedy Sulphur.

Female issues: tumors and cysts in ovaries and uterus. Ailments during menopause: depression, hemorrhages; menstrual issues.

Catarrhal and glandular affections: suppressed discharges reappear. Nasal conditions, including ulceration and sinusitis.

Heart pathology: palpitations < night in sleep. Dropsy in heart or liver disease.

Mental/emotional states: sadness, grief, loss, disappointment, chagrin.

Addictive tendencies: excessive behaviour: this may be to alcohol, drugs, or dangerous reckless behaviour. (Similar in all Aurums)

Modalities: **agg:** warmth, room, becoming warm; night; sleep; becoming cold; < morning 5-9am; **amel:** open air, motion, walking slowly.

MIND

Sadness, grief: ailments from loss, disappointment in love.

Suicidal thoughts: may seriously consider doing it but more likely that suicidal thoughts are not seriously acted on.

Failure: fear of failing in business and other activities. Keeps things under control but feels under much pressure. All Aurums do this by initially keeping things under control and yet put themselves under more pressure until they feel that they cannot continue, with increasing anxiety and irritability and then hates being challenged, contradicted, or exposed.

Responsibility, duty, sympathetic, guilty: can be very caring and concerned for others, but also feels as if not doing enough or that has failed with a sense of mortification and great guilt inside.

Excitement, passionate, opinionated: may get very excited about things, ideas, life, what is doing. Goes to extremes. Egoic tendencies: opinionated, self-centered.

Solitude: desires to be alone. Aversion to consolation.

Irritability, anger: easily upset. Ailments from contradiction. Anger when thinking about his complaints.

Control and covering up symptoms: seeks to maintain emotional control but concerned about his health. Does not like to admit this. Keeps feelings more to themselves (esp. Aur-m-n). Laughing at serious matters (Aur-m-n)

Seeks attention, recognition, flattery: egotistical: all Aurums may look for recognition in their need for acknowledgment for their goals and ambitions. Aur-sulph is particularly egotistical and needs to show off their knowledge. Concerned about appearance and how they are perceived. May also be lazy and untidy.

Censorius, faultfinding toward others: wants to feel of use by telling others what to do (Aur-s).

Industriousness, seriousness, duty: often industrious but may become the opposite, leading to idleness, indifference and indolence (All Aurums but more so Aur-s)

PHYSICALS

- Head: syphilitic head pains < talking, windy weather. Heaviness of head.
- Eyes: pulsation in eyes. Redness and styes. Hemipopia. Upper half lost.
- Nose: chronic sinus issues and ulcerations of nose. < left side, offensive, purulent discharge. < stooping, warm room > open air. Cracks in nostrils.
- Stomach: desires for coffee and wine, though they can aggravate. Empty feeling 10-11am (Aur-s). Desires chocolate, spicy, alcohol, coffee, cold drink. Averse fish, meat, sour.
- Male: perspiration on scrotum.
- Female: hemorrhage during menopause. Sadness before menses. Affections of mammae. Cracked nipples, swelling, lancinating pains in breasts. Tumors in uterus (Aur-m-n). Transparent leucorrhea.
- Heart: sensation as if heart would burst upon fast walking. Suffocation in warm room or tight clothing. High blood pressure (with redness of face and parts of body – Aur-s)
- Extremities: swelling of lower limbs, painful to touch, esp. inside of tibia. Rheumatic pains > motion.
- Sleep: easy waking, from dreams. Waking at 4-5am. From slight noises. Dreams of violence.

Compare: Aurum metallicum, Mercurius, Natrum muriaticum, Natrum sulphuricum, Nitric acid, Sulphur, Thuja.