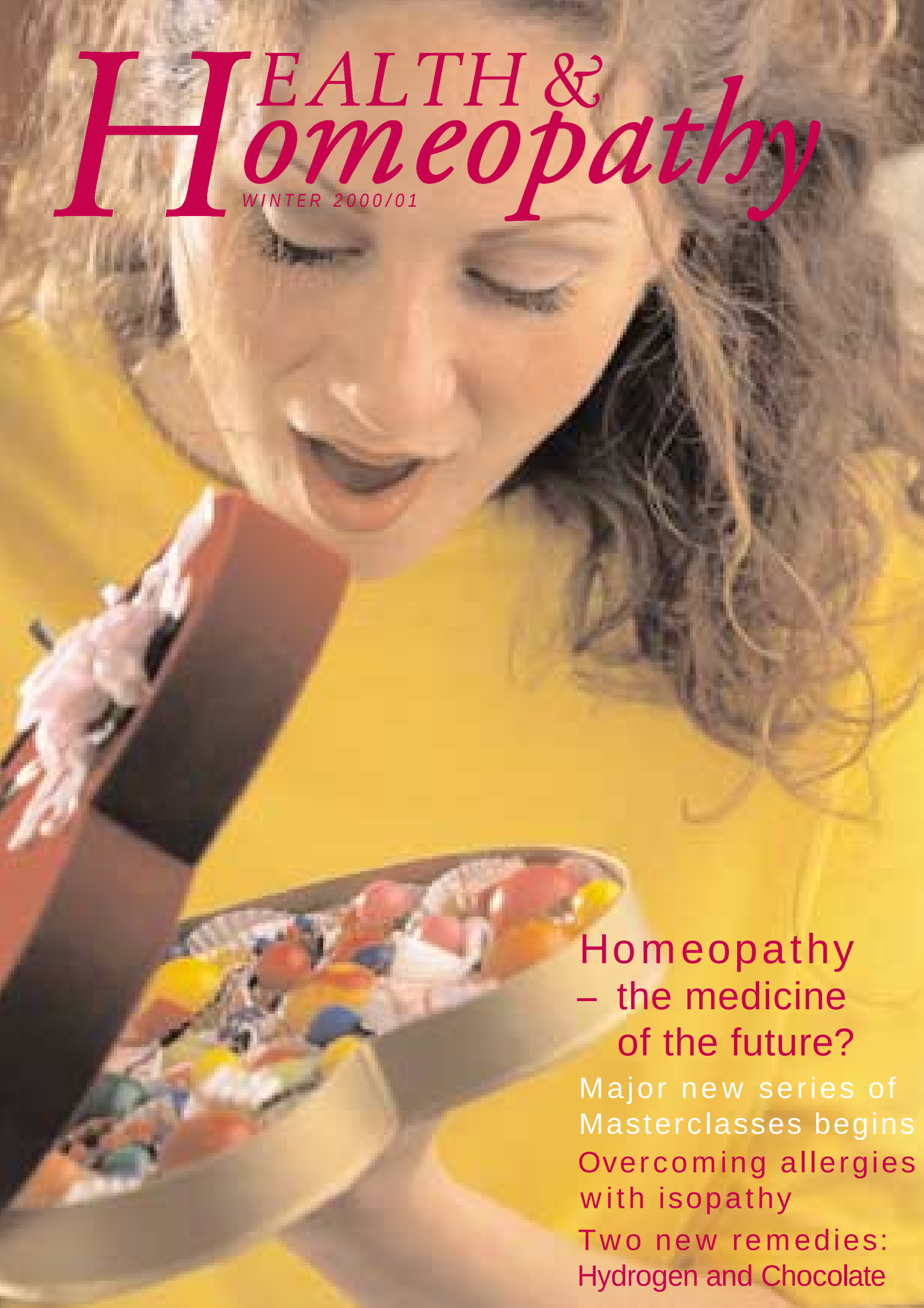
# HEALTH & Homeopathy

WINTER 2000/01



## Homeopathy – the medicine of the future?

Major new series of Masterclasses begins

Overcoming allergies with isopathy

Two new remedies: Hydrogen and Chocolate

# Food of the gods

It begins with childhood and captivates us henceforth - the ambiguous predicament of chocolate addiction. Not many of us will admit to being prone to indulgence during this era of diets and health fads, but some of us, says *David Curtin*, will benefit from a prescription of Chocolate, the remedy

Many psychologists see chocolate as an emotional substitute or replacement for love. Some would go as far as to say that with every delicious mouthful we are rewarding the child within, reaching back to our mother's breast. And it is true to say that many people when depressed or lacking in vital energies will instinctively look for chocolate.

There seems to be a perfectly good biochemical reason for the desire of chocolate in broken hearts. In states of euphoria, such as being in love, the brain secretes phenylethylamine (a substance similar to an amphetamine) in the saliva. According to a report by Liebowitz and Klein, the rejected lover suffers a number of symptoms due to the lack of phenylethylamine, a condition they call "hysteroid dysphoria". They consider chocolate to be rich in this biochemical and therefore to be the reason for the subconscious desire by disappointed lovers. Due to the actual small amounts of the phenylethylamine present (660 milligrams per 100g), others believe that the popularity of chocolate is more due to its cardiac stimulating effect combined with the addictive quality and the association of sensual pleasure.

One cannot deny that chocolate is a very sensuous experience combining the senses of smell, taste and touch. It just melts in your mouth, gradually softening and enveloping the taste buds. No wonder the advertisers of chocolate products use images of seduction and unadulterated pleasure to promote them.



### *Chocolate as a homeopathic remedy*

This is prepared from 0.6 gm (1 grain) of plain best quality Belgian dark chocolate (unbranded). The recent use of Chocolate as a remedy stems from the modern proving by Jeremy Sherr and the Dynamis School, published in 1993. Sherr explains his motivation: "My decision to prove chocolate was based mainly on clinical experience. Patients often reported adverse effects from eating chocolate, sometimes resulting in severe symptoms.

"The number of patients who were seriously addicted to chocolate was always impressive. It seemed that those desiring chocolate far exceeded any other food craving. These addictions were not so much a physical but rather an emotional phenomenon. Chocolate is often used as a substitute for love, an idea often exploited by the emphasis on romantic themes in chocolate

advertisements. In patients the desire often arose at times of emotional stress especially regarding relationships. Research has shown a connection between chocolate and enzymes produced when people fall in love.

"Chocolate addiction has become a serious problem in today's society. It is quite amazing to see the number of outlets where chocolate can be purchased. Every shop or garage carries a large supply, and chocolate is often bought as a 'comforting treat' alongside other purchases. Chocolate has become a major feature of late 20th century culture.

"Another theme that seemed to emerge was the affinity between chocolate and the circulatory/hormonal systems. The need for chocolate often appeared in connection with menses. Chocolate is known to contain many substances that affect the heart. It has been reported to cause heart failure in animals. Blood and heart relate to love, sharing the function of supplying warmth and nourishment, thereby supporting the idea of chocolate as a 'love substitute'."

The proving was published in the classical format for provings. It is often difficult to perceive the image of the remedy from proving material. This usually only emerges after several years of clinical use. However Sherr took the unusual step of commenting on the results of this proving.

"It seemed that the theme of romantic love so prevalent in common chocolate folklore was not strongly represented in the proving. After talking to many serious chocolate addicts it became apparent that the feelings concerning the texture, smoothness, warmth and 'melting in the mouth' qualities were most venerated. These feelings were often associated with breastfeeding and motherly love.

"Though a very definite theme emerged in the proving, it has taken me some time to understand the relationship between these symptoms and chocolate as a substance. The connections did become clearer once the reports of people with extreme addictions or aversions to chocolate were incorporated. These aspects seemed to revolve around family issues often in connection with nourishing and raising children.

## Confessions from chocolate addicts

In interviews chocolate addicts expressed feelings very similar to those revealed during the proving of Chocolate. Here are a few examples.

*"I remember shortly after my children were born, I would eat six large bars of chocolate in one sitting. I was unable to breastfeed any of my children."*

*"My youngest daughter loves chocolate. I had a craving for chocolate when I was pregnant with her."*

*"When I had my children I didn't eat properly, but I did eat a lot of chocolate. Everyone said what wonderful children they were, but I didn't like them and I couldn't understand why I didn't like them. I just didn't feel connected to them. I was overdosing on chocolate at the time. I ate a bar a day, sometimes even a pound a day. I definitely had an aversion to children."*

*"I like being on my own. I can only tolerate children in small doses. It's great when they're there, but I'm relieved to separate."*

*"My brother is a chocoholic. He went off to the south of France and I said 'what fun you'll have'. He just replied 'I'm going off on a journey with four people I really dislike.' He was talking about his four teenage children."*

*"My mother lives for chocolate. Although I hate chocolate, all my birthday cakes were chocolate. She is a very resentful and bitter person. She was always jealous and possessive towards her children and insecure with her own mother. She wasn't breastfed by her mother and she insisted that babies should not be held during feeding."*

*"When I met my wife 20 years ago all she ate was chocolate cookies. She has had six children and she would like to have another four or five kids at the age of 41. The children are the focus of her life. She has a child's relationship with her mother."*



"In modern human civilisation the process of raising the young has been stretched beyond its natural boundaries, often in isolation from a supportive community or 'extended family', thus adding new dimensions and stresses to the modern human psyche. This evolution appears to be in contrast to our animal instinct of expelling the young as soon as they can fend for themselves."

While there are many homeopathic remedies that have a desire for chocolate, this desire alone is not an indication for the remedy. In my experience Chocolate as a remedy has been prescribed mostly for cases where a woman has been unable to connect with her children, has a strong dislike of them, or feels that they don't belong to her. In some of these cases the child is not yet born.



Depression and a lack of interest in life are often concomitant symptoms. In several cases after giving the remedy, the woman has started to connect with her child, and become more optimistic and joyful. It is wonderful to see such a result after giving a remedy.

This article uses substantial extracts from *The Homoeopathic Proving of Chocolate* by Jeremy Sherr, with the permission of the author.

# *Chocolate - facts and fiction*

Chocolate is produced from the beans of the cocoa tree, Theobroma cocoa, ("theobroma" from the Greek for "food of the gods"). Theobroma has existed wild in tropical America since 4000 BC, growing in the shade of the taller trees of the rain forests. The cultivation of the tree has expanded to the tropical regions of the world.

The main constituents of cocoa are:

- caffeine which has a stimulating effect on the central nervous system, heart, blood vessels and kidneys (as a mild diuretic). The negative effects of caffeine are irritability, nervousness, anxiety, headaches and insomnia.
- theobromine which has a cardiac stimulating effect. Its properties are habituating and some consider it to be at the basis of chocolate addiction. Cocoa contains five to ten times more theobromine than caffeine. It has an aphrodisiac effect on hornets.
- theophylline - part of the xanthine alkaloid group.
- phenylethylamine - a chemical which is produced by the brain when we are in love.

The finished product of chocolate is composed of carbohydrates, fat, protein, water, caffeine, theobromine and ash. It is a good source of iron, calcium, phosphorus and magnesium. Also present in small doses are vitamins A, B1 and B2.

Eating too much chocolate is considered bad for your health and statements like "I have been naughty" are always associated with the consumption of a bar of chocolate. In actual fact, chocolate is easily digested and one of the foods that provide most energy in proportion to their weight. It contains many minerals and may contain more protein per gram than most foods.

A number of myths have been shattered by the results of scientific research:

- Chocolate has been accused of producing skin complaints such as acne, dermatitis, spots and of being an underlying cause of herpes. In fact chocolate has very little effect on the skin. Tests showed that the intake of high doses of chocolate did not materially affect *acne vulgaris*.
- Another claim about chocolate is that the sugar in it causes tooth decay, but contradictory to common belief, the theobromine in cocoa actually inhibits the streptococcus mutans, the real culprit for cavities. Theobromine binds minerals such as calcium and magnesium, therefore rendering them inaccessible to the bacteria which require these minerals for growth.
- Generally sugary foods are the major contributors to the formation of dental plaque, but tests have shown that those eating chocolate have less plaque than those on ordinary diets. This is attributed to the coating effect on the teeth by the fat in the chocolate.
- Many diet-conscious people stay away from chocolate because of weight problems, but according to latest scientific research chocolate does not produce obesity.

# Chocolate - a brief history

The Mayans took cacao seeds with them on their migration south. They settled in the lands which were eventually dominated by the Aztecs. The cultural importance of cacao began with the Aztec priests and it played an important role in religious ceremonies. The Aztecs believed that the god "Quetzalcoatl" created cacao as a divine gift to relieve fatigue and provide a pleasurable rest. They used the chocolate drink as the basic potion for medicinal plants. Flavoured with vanilla and spices it was also a drink enjoyed by the nobility.



The cacao fruit was also used as a monetary system. Tribes conquered by the Aztecs had to pay tribute in beans. Apparently the rich could buy a rabbit for ten beans and a courtesan for 12 beans. The conquistadors were astonished to find that the cacao beans were valued more than any other substance, even more than gold.

Cacao then came to Europe following the conquest of Mexico and the Aztec Empire by Cortes in 1521. Apparently it was he who first took chocolate to Spain in 1528. But the Europeans did not take to the drink straight away. Then someone had the idea of adding sugar. Later they began to serve it hot instead of cold. Together with tea and coffee, which had arrived from China and Arabia around the same time, chocolate became part of a new social activity in distinguished society.

The conquistadors observed Montezuma drinking a lot of chocolate and were convinced of its aphrodisiac properties. They claimed it gave him "access to women". Chocolate has been associated with romance ever since. Nowadays chocolates are given to sweethearts on Valentine's Day, anniversaries or birthdays, wrapped in heart shaped boxes. In some of the popular TV adverts, men will enter into extremely hazardous exploits, just because the ladies love it.

In 1992 the Chocolate Society was formed in England to fly the flag for "real chocolate", because many chocolate manufacturers now substitute the more expensive cocoa butter with palm oil. But certain companies take pride in their product and do not use substitutes, remembering that creating good chocolate is an art form, the fruits of which are appreciated by many connoisseurs.

## *Some rubrics from the proving*

Children, aversion to.
Dreams, childbirth of.
Dreams, children about.
Dreams; children about, babies.
Dreams, pregnant, of being.
Indifference, apathy, to her children.
Mind, ailments in pregnancy.
Husband, aversion to.
Estranged from society.
Delusions, separated from the world, he is.
Delusions, watched, that she is being.
Hide, desire to.
Death, desires.
Food, desires chocolate.

Related remedies: Sepia and Phosphorus.

Dr David Curtin trained in medicine at Guy's Hospital, and went on to study homeopathy at the Royal London Homoeopathic Hospital. Since 1978 he has been in full time practice as a homeopathic physician with a special interest in nutrition, chronic fatigue and anti-aging medicine.

# Homeopathy - history, or the medicine of the future?

*Sara Eames* gives an overview of homeopathic and allopathic methods and philosophy



Dr Sara Eames is Acting Director of Education and a physician in the women's and children's department of the RLHH. She also has a private practice in north west London.

Homeopathy is practised worldwide using the same basic principles, and many of the same remedies, that were developed by Samuel Hahnemann more than two hundred years ago.

This is in stark contrast to the practice of allopathic medicine which has changed out of all recognition since the days of Hahnemann. Then the mainstays of medical treatment were blood-letting, leeching and the use of strong medicines now known to be poisonous, such as mercury. Even today medical treatments are changing rapidly.

This contrast in the rate of change of treatments underlies the differences in the beliefs about health and disease in allopathic and homeopathic medicine. Orthodox western medicine sees disease rather like a battle to be fought. Antibiotics are used to destroy bacteria, steroids and anti-inflammatories to suppress tissue reactions, tranquillisers to reduce emotional reactions and surgery to remove diseased parts of the body.

Obviously these measures are sometimes necessary and can be life saving. There are, however, major concerns about this way of promoting health. While trying to fight the local symptoms of disease little attention is paid to the overall health of the patient, and little time is spent wondering why a particular patient should succumb to an illness at any one time.

There are also concerns about the side effects of the drugs used. Indeed it is now common practice to prescribe a second drug to reduce the side effects of the first. For example, anti-inflammatory drugs are known to upset the lining of the stomach and are often prescribed with an anti-ulcer drug to pre-empt any problems. There is a tendency for increasing numbers of drugs to be prescribed and it is the impression of many doctors that patients on multiple medications never feel really well.

A recent statistical analysis of causes of hospital admissions and deaths in the USA suggested that side effects from medical treatment was the third most common cause of hospital admissions behind cardiovascular disease and cancer.

Another difficulty for allopathic medicine is that the struggle against disease is often a rather rearguard action. For example bacteria and viruses are identified that appear to cause various infections. Antibiotics and other drugs are then developed to combat the infections but if they are used too widely the bacteria can become resistant to them and it is then necessary to develop further drugs. This is a particular problem in hospitals now where there are some "super-bugs" which are antibiotic resistant.

The beliefs and the means of treatment in homeopathy are completely different and, as already mentioned, have fundamentally

changed very little since the time of Hahnemann. "Like cures like" is the cornerstone of the homeopathic method. Symptoms which can be caused by a large dose of a substance can be cured by a dilute dose of the same substance. We all know, for example, that chopping a raw onion causes watering eyes and noses, so in homeopathy a remedy made from onion, Allium cepa, is one of the remedies used for runny eyes and noses. Thus a patient's symptoms are not regarded merely as things to be got rid of, but also as a wonderful guide to the remedy which will cure the patient.

Hahnemann talked about the "vital force" of a patient. When a patient is completely healthy his vital force is balanced, he feels well and energetic and does not display any symptoms mentally or physically. If symptoms do develop then the careful selection of the remedy which best matches these symptoms will provide the patient with the stimulus that the body needs to be able to restore its balance and health. Thus the dilute remedy aids in self-regulating and healing, rather than fighting against the body.

It is quite remarkable that over 200 years ago Hahnemann was very clear in his teaching that a remedy had only been selected correctly if a patient's overall health and well-being was improved. It was not enough to remove the symptoms if a person's general energy and well-being were either unchanged or worsened.

Homeopaths are fortunate that they have trained in a method of treatment which, by using dilute remedies, can enhance overall health without causing severe problems from side effects. These important advantages are as relevant at the beginning of the 21st century as they were in 18th century Germany. Then, Dr Hahnemann was so disillusioned with the medical practices of the day that he retired from medical work until he developed his homeopathic system of medicine.

Homeopaths have two main types of reference books at their disposal. Materia medicas contain information about the symptoms which each remedy can cure. When a homeopath is considering prescribing a particular remedy she may well check in a materia medica that this remedy covers all the symptoms of the patient.

Repertories are books which contain sections about different parts of the body. Each section lists both the symptoms a patient may complain of, and remedies which are known to cure these symptoms.



*Courtesy of the British Homeopathic Association library*

*Samuel Hahnemann*

The information, carefully collected by homeopaths from Hahnemann onwards, has come from a number of sources. Hahnemann studied the effects of quite large doses of substances on himself and his long-suffering family and colleagues. He carefully noted down the symptoms both mental and physical which had been caused by the substances and then used these remedies in a dilute form to cure those same symptoms in different patients.

These organised trials of new compounds are called "provings", and are still taking place today. This increases the number of remedies available to homeopaths and allows the matching of symptoms to occur evermore accurately. In this issue of *Health & Homeopathy* two new remedies, Hydrogen and Chocolate, are discussed and have been developed for homeopathic use as a result of their provings.

New information about remedies is also obtained from the study of toxicology. Symptoms which develop from poisonings either by chemicals or venomous animals have been collected from medical literature and remedies made from these poisons, diluted down, are used to treat the relevant symptoms.

It is this vast wealth of knowledge of the remedies and their symptom patterns which means that homeopathy is well placed to deal with problems of ill-health in the future. In the women's clinic at the Royal London Homoeopathic Hospital we see many patients suffering from polycystic ovarian disease and endometriosis, conditions which have only been relatively recently "discovered" by the medical profession. It is fascinating that the symptoms these patients complain of are often already in the repertory even though there are no references to the modern names we have given these conditions and that the careful selection of the correct remedy can bring relief from the symptoms and a return to overall good health.

Similarly in the treatment of flu every year there is a preparation of a new flu vaccine based on the "best guess" of which will be the most prevalent flu viruses each winter. Homeopathy already has many effective flu remedies which when matched to particular symptoms often reduce the course and severity of flu.

It can, thus, be safely argued that homeopathy is already prepared for the illnesses which will develop during the course of this century and can play an important role in the maintenance of health. Homeopathy already has a proud history and with the continual development of new remedies it can become an increasingly effective form of treatment in the future.

# The divided self

Hydrogen occupies a special place in the mineral kingdom and the state of a human being who requires this medicine is especially striking and fascinating writes *Jonathan Hardy*



*"I will start to feel woozy, as if I've been on a fairground ride, and then I'm unable to relax"*

A man of 27 came to see me in October 1999. He had been given a diagnosis of depression and anxiety and was currently taking Prozac for his psychological state and Motilium for severe and chronic diarrhoea.

After discussing his physical symptoms he said, "On occasions I feel suicidal and quite nihilistic. But I am aware of myself spiritually and therefore I haven't done it. I am in a state of turmoil. There is a lack of continuity in my life - I don't know where my roots are - I was adopted. It is so big that it is almost too difficult to talk about. Sometimes I feel overwhelmed by just getting out of the front door."

It is very interesting to note the sort of words he is using: nihilistic, spiritual, continuity in life, big, overwhelmed. The language a patient uses is very important and I was by this stage beginning to get a sense that this patient viewed himself and his world in a rather unusual way.

"There is turmoil inside me - so many things in my mind," he continued. "I feel disorientated, almost a physical dizziness - I will start to feel woozy, as if I've been on a fairground ride, and then I feel sick and I'm unable to relax. I feel pent-up, het-up, tense, unable to stop thinking about things. I'm generally unwell - tired, heavy, lethargic, unable to relax. I tend to be unapproachable and distracted and withdrawn. I'm off sick from work at the moment."

It was clear that he was suffering intensely. Not only was he unable to find any state of peace in himself but he was unable to function properly and was therefore not working. He continued, "I have remarkable mood swings - sometimes I have an irrational elation about the world, some days I am absolutely ecstatic - I will suddenly start laughing and giggling for no reason. It feels like I'm crazy - my sense of humour comes back in a

strange way. I am unreasonably happy about absolutely everything. Suddenly I feel part of the universe, connected with everything. It feels as though there is a pattern to the universe and I am part of it. I can feel absolutely brilliant, on top of the world - it's a feeling of elation, of connectedness, that there is a point to life and I feel more active and intelligent. When I'm like this I want to talk to people more and I become hyperactive. I am really Superman and I feel really lucky and that things will really go my way. I feel that I have a boundless self. I have a confidence which makes me feel that I can deal with anything, that there is absolutely nothing I can't face up to. It is a total sense of well-being. It feels that everything is going to be OK - with me, with other people, with the world and the environment - absolutely everything."

It is not every day you hear a patient describe things like this! He is using extremely unusual words and describing extremely unusual states which reflect a very unusual perception of himself and the world. In conventional terms we might think this patient is manic.

In homeopathy a specific medicine is chosen on the basis of what is unusual and different about a particular case and I quickly felt that I had a Hydrogen patient sitting in front of me. The sort of words he used to describe his state corresponded remarkably closely to many of the symptoms found in the proving.

He then went on to describe another aspect of his state which contrasted remarkably with the ecstatic state. "I have always felt a certain insecurity from being adopted especially when my parents divorced. It made me feel like I was outside of things. When I thought about it I realised that I quite often felt like I was outside of my family. I feel I don't know where I come from, where my real family is."

I noticed at this point that he tended to lean forward far more than most patients do - really leaning over the desk as if he was trying to make a connection with me and that he had to get close to me in order to do this. Observation

"Observation of patients is so important in homeopathy - everything about them can tell us how they are feeling"

of patients is so important in homeopathy - everything about them can tell us how they are feeling.

"I felt part of something when I was at boarding school. I find it really difficult to feel that I belong, that I am a part of things. There is a lack of continuity in my life - no direction. For the last six years I have had one job after another. I will be 27 in five days and I feel there has been no benefit in what I have done. I see no plan for my future. Jobs just don't lead anywhere. I come up against a brick wall which means I can't face doing the same thing day after day. I feel like I'm not part of a community, I'm not part of society. I feel there's no one I can approach and that I'm not connected to people. When I feel that way I become physically jumpy. I am sometimes really nervy and twitchy in my arms and legs or my head."

This patient had a number of physical symptoms. He had severe diarrhoea and would pass loose bowel motions six or seven times a day. He was very hot and sweaty. He had a skin rash in his armpits which was red and raised and would weep a sticky yellowish discharge. He had a sore pain in his stomach and his intestines would churn. I gave him a single dose of Hydrogen in a 1M potency and asked him to come back in one month.

One month later he returned and said, "I have been pretty well the last two weeks. The first two weeks were a bit of a nightmare - I felt very, very low - a real sense of despair. The diarrhoea was much worse. Now though I feel a lot more balanced. I am taking care of myself better and rushing around for others less. I am starting to think that I don't have to just get through this depression but maybe there is some future for me. I am feeling more confident. I am more in control of my emotions - I am less tearful, less obsessive. The diarrhoea is much better in the last two weeks, I am only going two or three times. I am less twitchy. The rash in my armpits is much better. I haven't been grinding my teeth so much - my partner is really pleased about that! My appetite is getting better."

This is just the kind of reaction we like to see. It is not that common for a patient to have such a bad aggravation but it is the long term improvement which is most important. One dose of one medicine has produced across the board improvements! Not only is he feeling all kinds of changes for the better in his

psychological state but all his physical symptoms are getting better too. For me this response of the whole person is absolute proof of the holistic view of healing. I gave him nothing more and asked him to come back in five weeks.

In fact he came back seven weeks later and was feeling much better and more positive. Again I gave him nothing more and this time asked him to come back in two months. However, a little over two weeks later he rang me up: "I am really depressed and tearful again, and much more over-emotional. It has just been the last two days." This was a little over three months after his first dose.

In a chronic case, when the medicine is the simillimum you normally expect improvement to be maintained for at least two months after the first dose. However this depends on a number of factors including the depth to which the patient is affected, how long they have been ill, their general level of vitality and the nature of the remedy and its potency. I was not at all dismayed that he had relapsed after approximately fourteen weeks. I repeated his Hydrogen in a 1M potency.

At his appointment seven weeks later he told me he had improved again from the second day after taking the second dose, without any aggravation. I asked him to come back in ten weeks, but he forgot his appointment - not for the first time (Hydrogen symptom: Absentminded!). I spoke to him on the telephone to check on his progress before writing this article. He told me he is doing very well and has not looked back since improving the second time.

## *remedy profile*

Hydrogen is a gaseous element and has the atomic number 1. The lightest of all known substances, it is estimated Hydrogen makes up more than 90 per cent of all atoms and three-quarters of the mass of the universe. Prior to the big bang it is thought that nearly the entire universe was comprised of Hydrogen.

The English homeopath Jeremy Sherr and his Dynamis School first determined the therapeutic power of Hydrogen. He elicited a superb picture of the prescribing indications and symptoms of Hydrogen including:

- Unification, with high consciousness.
- Delusion, that he is in the presence of God.
- Love, overflowing for humanity.
- Delusions, things look beautiful.
- Delusions, distances are enlarged.
- Delusions, body enlarged.
- Spaced out feeling.
- Everything seems ludicrous.
- Laughing over serious matters.
- Interested in esoteric subjects and astrophysics.
- No boundaries or painful experience of earthly restrictions.
- Problems of having to live in the world on account of a sensation of universal consciousness and enlightenment.

Other symptoms reflect the opposite state:

- Delusion, that he is separated from the world.
- Delusion, detached.
- Delusion, despised.
- Delusion, there is a division between himself and others.
- Estranged, from family.
- Estranged, from friends.
- Forsaken feeling.
- Delusion, thinks he is repudiated by society.
- Delusion, diminished.

The Hydrogen patient has a state on the one hand of unity, accompanied by wonderful feelings of love and expansion and on the other hand a feeling of being small, separate and alone. Very often medicines show this kind of polarity - two sides of the same coin. Such opposites are actually the two extremes of one pathological state.

It has been suggested Hydrogen, as the first element, is to do with the most fundamental existential issues which face mankind. It addresses the challenge of incarnation: the spiritual nature of a human being feeling a connection with the divine. Yet when we incarnate there is a sense of separation, smallness and unworthiness. The patient who needs Hydrogen is the one who is suffering too intensely from this inner conflict between unity and separation.

Dr Jonathan Hardy has been a homeopathic doctor in private practice in Hampshire for over 15 years. Last year he set up, in partnership with Dr Jane Winfield, one of the five new NHS clinics funded by the BHA.

# masterclass

## ARCHETYPES OF THE MATERIA MEDICA

by David Lilley MBChB FFHom LLCO



This pullout and keep series includes:

- Sulphur
- Calc carb
- Lycopodium
- Pulsatilla
- Silicea
- Nat mur
- Sepia
- Lachesis

Remedies may often be best understood and remembered as archetypes. Archetypes are inherited, deep-seated patterns of constitution and behaviour derived from the collective unconscious of the human race forming a mosaic of potential character types. In response to disease one of these archetypes becomes dominant in the patient's life, influencing their physical structure, their functions and their emotional life. As with all of us, the archetype possesses both a good and a shadow side.

The art of homeopathy is firstly the ability to identify the archetype which dominates the temperament and constitution of the patient; secondly it is the ability to recognise the archetype in a medicine; finally it is the ability to match the one to the other in order to bring about a cure.

In this series of remedy studies it is my intention to portray the pictures of some of the major archetypes in such a way that the reader will become familiar with their characteristics and be able to recognise their presence in their families, their acquaintances and themselves. My use of "he" and "she" refers to male or female energy patterns rather than gender.

So much can be learned from symbols and correspondences. They enable us to remember and understand the unique features of a remedy with greater ease. It must be understood that it is not necessary for a person to possess all the characteristics of a particular remedy archetype for them to benefit from its use. If sufficient aspects of the patient and the remedy match, there is a strong likelihood that treatment will be successful.

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# sulphur

**Sulphur, the most ancient archetype in the history of our planet, can be equated with Adam. It has a predominantly male energy.**



Our planet Earth was at first an incandescent globe which gradually cooled over millions of years. This early period of earth's evolution was dominated by tremendous volcanic activity. The element most associated with volcanism is Sulphur or brimstone. The fumes emanating from volcanoes owe their offensiveness to the presence of Sulphur.

Sulphur symbolises first man, like a child, venturing forth into an entrancing, exciting new world, his mind filled with curiosity, inquisitiveness and wonder. He is a pioneer, a man of the earth, close to nature, the hunter-gatherer, handy, inventive and adventurous. Soon he is bewitched by the material world and worships its many idols, including himself. He swaggers through the portals of Eden, puffed with pride and ego, brash and bold.

Sulphur is forthright and open. What you see is what you get - whether you like it or not. In keeping with its pungent vapours, the type is intrusive, unaware or uncaring of social niceties, and in the words of Dickens – "free from any drawback of delicacy".

## the sulphur character...



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**The first symbol of Sulphur** is a powerful one - the volcano! The image is explosive and fiery. A nature given to explosive wrath which erupts suddenly and intensely in response to the slightest irritation, offence or frustration. This anger may quickly subside, often followed by remorse, or smoulder with sullen fury. There is passion in the volcano, and in Sulphur. It can be manifested in all facets of his life - be it sport, politics, science, philosophy or religion.

**Fire symbolises** intellectual, creative and artistic flair. Filled with curiosity and an adventurous spirit, possessed of a burning desire to investigate and analyse all things, be it a toy or the universe, he may become the inventive genius, the inspired visionary, the mad professor or the religious fanatic.

**If art is his passion** its form is most often innovative and "off-beat". When unsuccessful they cannot understand why their talent is unappreciated. They believe they are at the cutting edge of whatever they do.

**Fire is furthermore symbolic of the ego.** A volcanic ego must be very big indeed. Too big for its own good and very selfish. They take things for granted, think everything is their due and show a lack of consideration, appreciation and gratitude. He is an Andy Capp. An ardent chauvinist who believes that women are destined to be at the beck and call of the man of the house. In this role he is invariably critical, irritable and intolerant. It is possibly one of the least introspective of archetypes, always believing that its possessions and performances are the best. Often shrewd about others and hypercritical, he remains uninformed about himself and very self-tolerant.

**Some Sulphurs** can come across as being unpleasantly haughty and arrogant. He is characteristically self-opinionated, impatient, headstrong and domineering. Pride comes before a fall, and this is often the lot of the puffed up Sulphur.

# asterclass...

**The expulsive power** of the volcano is compelling. It reveals the remarkable ability of Sulphur to drive toxins and internal disease outwards onto the surface. It can counteract the suppression of emotional or physical symptoms, even when due to drug therapy. It can reverse the direction of disease flow and restore resistance. The reappearance of an old eruption on the skin is invariably a good sign when Sulphur has been prescribed.

**The discharges of Sulphur** are usually offensive and acrid, burning the surrounding tissues over which they flow. Any of the openings of the body may appear red and inflamed. The lips of a Sulphur subject are often very red, as are the ears. Their breath, sweat and flatus will frequently be offensive, and it is not unusual for even a young child to suffer from a strong or offensive body odour.

**There is also extreme** heat and burning in the image of the volcano. The Sulphur patient is hot-blooded and intolerant of heat and of becoming overheated, as by overexertion. They suffer from burning pains and itching of the skin, which are worse from heat. The hands are hot and sweaty, and the soles of the feet burn so much that they cannot tolerate having them covered at night, and must stick them out from under the sheets. At the menopause, Sulphur women are troubled by hot flushes and sweats. Like the volcano in eruption and then in extinction, they may be overheated one minute and chilly the next, or they may experience excess of heat in one part and coldness in another.

**In our comparison with the volcano** we must not forget that volcanoes are not always active, they may even be extinct. The laziness and indolence of Sulphur are proverbial. Although the children may possess a quick and perceptive intelligence, due to laziness and procrastination, they are often underachievers. He has an aversion to anything which resembles work. He can be the typical couch potato, or an armchair philosopher, who has an answer for all the world's problems, but never lifts a finger to help.

**"Hellfire and Brimstone"** conjures up an image of the impassioned evangelist denouncing the wicked and the unbeliever. Often a fundamentalist and highly superstitious, even when religious he is usually selfish, preoccupied with his own salvation, rather than that of his fellow man. He is intolerant of other religions.

## the sulphur child...

**The wild and wilful** Sulphur child has been immortalised in the character of Dennis the Menace. They are in perpetual motion; mercilessly tease their siblings; are always into everything and at the centre of any mischief; extremely high spirited; naughty; forever getting into trouble and into fights; disobedient; unheeding and defiant of reprimand. Something must always be happening; they need plenty of action, stimulation and excitement..

**No child** can become dirtier or more dishevelled in shorter time than Sulphur, or prove so difficult to clean. Water is inimical to fire, and these fire children are averse to any serious use of water, as in washing, bathing and brushing teeth, but delight in using it to make mud, drench things and do irreparable damage. Their hair is in keeping with their volcanic nature. Unless wet and clinging to the scalp, it is wild and unmanageable, standing up at all angles, more like a hedgehog than a human. Its texture is unhealthy, coarse and brittle and it lacks lustre.

**They also have unpleasant habits.** They are inclined to chronic catarrhal discharges from the nose, ears and eyes. These are conveniently smeared off on their sleeves. They are forever digging around in their noses and eating the gleanings. Sulphurs are great nose pickers.

**Coarseness and roughness** are common characteristics of the lower Sulphur. Many a rough diamond is a Sulphur. This roughness is also to be seen in their lack of refinement and sensitivity. They are not shy and do not suffer from self-consciousness, nor are they easily embarrassed. They can be painfully blunt and forthright, often lacking in tact.

## the teenage sulphur...

**Sulphur is possibly the teenager remedy,** for its picture is replete with all the classic characteristics of that time of life: the complexes, prejudices, dissatisfaction, paranoia, selfishness, resentment of authority, rebelliousness, arrogance, insolence, sulkiness, laziness, untidiness, lack of hygiene, bad posture, bad skin, the love of the torn and the ugly, procrastination, lack of manners, lack of discipline, love of play and parties, irresponsibility, love of loud strident music, love of speed, high sex drive, late retiring - late rising, love of alcohol and of recreational drugs. Always looking for the short cut, the quick fix, they even try to gate-crash heaven by taking mind-altering substances. There are many damaged Sulphur adolescents.

# the colours of sulphur...

**The language of nature is frequently expressed in colours.**

## Red

When heated to its boiling point Sulphur becomes a sullen, dark, red, mobile liquid. Red is the colour of anger and passion. Sulphur is competitive and aggressive by nature. When hearing a Sulphur holding sway, boastful, self-opinionated and domineering, one may visualise archaic homo sapiens beating his chest and proclaiming his territory.

## Yellow

Sulphur occurs in the most vivid, yellow crystals. Yellow symbolises characteristics which are essentially left cerebral: analytical, materialistic, logical, reductionist and scientific; showing a strongly male-type bias towards values and life. Sulphur generally represents control through the intellect.

Yellow is bright, the brightest and most penetrating colour in the spectrum; it catches the attention and insists upon being the centre of focus. Yellow has clarity, sharpness and agility and so too has the mind of Sulphur. It will leave no stone unturned in its quest for knowledge. Yellow is the colour of the scientific mind, dispassionately analytical, devoid of idealism, romanticism and reverence. Everything must have a concrete reason for existing, everything must add up, be weighed and measured. This focus upon reason can make him seem lacking in compassion - cold, calculating and even callous. Brilliant though they may be, many a Sulphur seems to lack soul.

Yellow is information, as in the yellow pages. Sulphur may set great store by general knowledge. He is a mine of information and collects facts like the Sulphur child collects bits and pieces. Both are human magpies. The value of what is collected is often only apparent to a fellow Sulphur. Both the quiz master and the whiz kid may be a Sulphur.

This curious mind is easily captivated by anything novel. They love new ideas and fresh angles on things. They always want the latest high-tech gadgets. Many Sulphurs never grow up, remaining overgrown schoolboys. Yellow is a play colour and Sulphurs love to play and to have toys. As they get older these toys become ever more expensive and sophisticated. Sulphur cannot bear to part with anything. His garage is filled with old junk and useless bits and pieces which he refuses to throw away, in case they should someday come in handy. The more discerning Sulphur becomes a serious collector of coins, stamps, art works, books or wine.

From an early age they have a remarkably well-developed sense of monetary value and soon develop an aptitude for business and a talent for making money. Keeping it may be more difficult.

From childhood they are good with their hands and love constructing things. They are fascinated by anything mechanical and electrical, and seem to possess an instinctive knowledge of how they work. They are people who like to get their hands dirty or greasy. Either as a profession or a hobby, they enjoy building, restoring and doing maintenance work. Likewise, gardening and farming appeal to them. They have "green fingers". They love nature and animals, and yet also love hunting, and are unable to perceive the contradiction in this.

Yellow captures the eye, it communicates, and may even intrude into our awareness. Sulphur is a good communicator. He dominates and monopolises conversations, loves the sound of his own voice, claims centre stage as his right and from this vantage point pontificates to one and all. Often they are highly entertaining, being consummate raconteurs, who enjoy an amazing vocabulary, a wonderful skill with languages and are blessed with a prodigious memory. They are often involved in the media as journalists, announcers, commentators, critics or entertainers.

## Blue

Sulphur burns with a blue flame indicating an affinity for the venous system and the venous circulation. It is a remedy for haemorrhoids and varicose veins. The inflamed tissues and mucus membranes of the Sulphur case are bluish in colour and not red as in most other remedies.

Next issue: David Lilley looks at Calc carb.

DAVID LILLEY is a Fellow of the Faculty of Homeopathy. He trained at the Royal London Homoeopathic Hospital and developed his practice in South Africa over the last 35 years. He is internationally renowned as a teacher of the materia medica.

# Allergy - the bane of modern living

## Neil Beattie discusses how isopathy can help

Allergic problems have a major impact on modern society. Allergic diseases are currently calculated to cost the member states of the EU 29 billion ECU per year in medical expenses and work absence alone. One fifth of our children are asthmatic and 85 per cent of these have an allergic basis to their problem. The other commonest allergy-related diseases are eczema, allergic rhinitis, seasonal and perennial, allergic conjunctivitis, and urticaria.

Modern allopathic medicines have proved more and more effective at controlling the symptoms of allergy, either early in the allergic process, such as Cromoglycate for asthma, or late in the process as with antihistamines. Desensitising treatment used to be available as a series of injections but had to be withdrawn after it was shown that one in 100,000 patients was having anaphylactic reactions. Fortunately recent studies in Glasgow have proved the efficacy of isopathic medicines as desensitising agents, and the use of these preparations in the Allergy Clinic at the Glasgow Homoeopathic Hospital has shown a clear clinical benefit to the patients.

Let me explain for anyone who is unsure of the difference between isopathy and homeopathy. Isopathy involves the administration of homeopathically prepared remedies derived from the same material as that responsible for causing a diseased state, in this case an allergic problem. They are thus given on a basis of "Same to treat same" rather than the classical homeopathic principle of "Like to treat like".

> "How much simpler to take a course of a safe homeopathic remedy"

The commonest allergens affecting patients at the Allergy Clinic in Glasgow were grass pollens at 48 per cent and the house dust mite at 42 per cent. For hay fever sufferers it is hard to avoid exposure to grass pollens during the summer months but most try to make appropriate lifestyle changes. Long-lasting steroid injections are an effective preventative treatment, but there are worries about repeated use.

There are now non-sedative antihistamines available and sprays of steroid or antihistamine are gaining in popularity. However, these all require continuous use. How much simpler to take a course of a safe homeopathic remedy at a cost of less than £3. Pre-seasonal use will often give a trouble-free summer but booster courses can be taken. No homeopathic skills are needed, but those who are able to prescribe for their symptoms can safely combine desensitising treatment with appropriate symptomatic treatments such as Euphrasia or Sabadilla.

It is impossible to avoid the house dust mite. Often at the clinic I had to reassure slightly offended mothers that I was not casting aspersions on their house-keeping abilities! House dust mites live in all beds. They are tiny creatures that live on the dead flakes of our skin and it is their faeces that makes patients wheeze or sneeze or both. It sounds quite disgusting but is sadly the truth.

Fortunately there are a few things that we can do to minimise our exposure to the unsavoury beasts. Most chemists can supply a

mattress cover that has such a fine weave that the house dust mites cannot get through to hide in the mattress. Running the vacuum cleaner over it and giving it a wipe will remove both skin scales and mites, lessening the patient's exposure. A popular brand of vacuum cleaner makes a strong play of having a microporous filter to filter out dust mites from its expelled air. This is actually an effective measure and drastically reduces the aerosol effect of using a vacuum without a filter. Anyone who has a house dust mite allergy should only wet-dust, or better still, get someone else to do it!

At the Allergy Clinic in Glasgow, we set out to try and find out the best treatment regime for desensitising allergic patients. Patients were referred by their GP, or specialists in other hospitals, to the Allergy Clinic with a variety of medical problems that were thought to be of an allergic origin. We took a general and allergic history, then carried out a Skin Prick Test to try and identify the problem allergens. At 15 minutes, if the test was positive, the resulting weals were measured, and the allergens accordingly ranked from worst to least. A trace of the weal pattern was taken for record purposes. Patients with negative skin tests were excluded from our study.

All patients were asked to take no antihistamines for seven days before initial attendance at the Allergy Clinic. They then had a four-week run-in control period, daily recording their symptoms and general well-being, before commencing isopathic treatment for the worst allergen. They were asked to continue recording daily the outcome and returned to the clinic for review after four weeks of taking medication. Other allergens were then treated in the same way at monthly intervals in descending order of severity.

> "Many felt able to reduce or discontinue their allopathic medicines"

Patients were randomly allocated to one of the following three treatment groups:

- three powders of the appropriate allergen in the 30th centesimal potency;
- three powders of the appropriate allergen in the 200th centesimal potency;
- one tablet of the appropriate allergen in the 30th centesimal potency twice daily for four weeks.

All patients received a pack containing three powders to be taken on the first day, and 55 tablets to be taken one twice daily for four weeks.

Some 147 patients, mainly suffering from asthma, eczema and allergic rhinitis, were treated in this double blind trial. During the trial, the patients were instructed to continue with their normal medication, but many felt able to reduce or discontinue their allopathic medicines and did so.

A total of 15 per cent of the patients defaulted during their treatment for a variety of reasons. Of those remaining, 87 per cent reported that their allergic symptoms were substantially or completely relieved by the isopathic treatment alone.



*For hay fever sufferers it is hard to avoid grass pollens during the summer months*

This success was reported across all disease groups and different allergens.

We ended up with a clear winner between the various treatment regimes. The best results were obtained using one tablet of 30c twice daily for four weeks. Using this regime 43 per cent of patients reported complete relief of their symptoms and 89 per cent of patients reported improvement.

About 15 per cent of those referred to the clinic were excluded from the study because their skin test showed no response. There didn't seem to be any rhyme or reason for this but we had to exclude them from the study and treat them by more general prescribing.

Desensitisation is not a substitute for minimising exposure to a known allergen but sometimes it is impossible to avoid an allergen completely as in the case of a dairy student I treated who had become allergic to cows. A few doses of Cow hair relieved his problem! Sensible precautions should always be taken and allopathic medicines like inhalers in asthma have a vital role to play. Where an allergen can be identified, however, desensitisation should be considered as it can often make a substantial difference to the quality of life of the patient.



*House dust mites live in all beds but simple measures can reduce them*



Dr Neil G M Beattie, ChB MFHom worked at the Allergy Clinic, Glasgow Homoeopathic Hospital from 1973-2000 as well as being a GP in Ayr, Scotland from 1975-2000. Now retired from clinical practice, he continues as Chairman, Ayr, Prestwick and Troon LHCC.

# *Is your home a health hazard?*

We're continually being told about exterior air pollution, but for many of us pollutants in our homes can aggravate or cause health problems. Dust, dust mites, mould and mildew, and animal dander and other allergens present in most houses can cause sneezing, nasal stuffiness, runny nose, itchy, watery eyes, and asthma. House dust allergy is particularly important because the symptoms are year round rather than seasonal like pollen allergies. Research has shown that reducing mite and allergen levels in homes can lead to an improvement in allergic symptoms and a reduction in the amount of medication needed.

Recent research shows that one in six homes in the UK suffers from damp patches and mildew problems and over one third of all homes in the survey experienced winter problems of steaming windows and condensation. While the average family produces as much as 20 pints of moisture in the home each day - generated from breathing, showering, washing, cooking and tumble drying - dust mites are having a field day and those who are susceptible to allergies and asthma find their symptoms worsening.

One answer to the problem of excess humidity is to increase ventilation by opening windows and using extractor fans. However this means heat loss and may present a security risk when people aren't at home. Double glazing may solve condensation problems on windows but the excess moisture in the air will find the next coldest surface - usually in an unheated room - causing mould, peeling paper or crumbling plaster.

Another solution is to use a dehumidifier which extracts excess moisture from the air which is then cleaned and warmed before being returned to the room. One dehumidifier, placed strategically, will remove excess moisture from the whole of a three to four bedroomed house.

Continuing our series on the great men and women of homeopathy, *Anne Coates* pays tribute to



# Donald McDonald Foubister

Donald Foubister made a somewhat circuitous route to medicine and homeopathy. Born in Kirkwall, Orkney in 1902, he spent every summer as a child with his maternal grandparents in Ross and Cromarty where he took a great interest in the trees growing there. So much so that after leaving Kirkwall Grammar School, he went on to study botany, geology and zoology at Aberdeen University.

Having been told that a job in forestry would be possible in Canada, Foubister went to that country only to find that positions of this kind were difficult to obtain. During his first two years there he took a variety of jobs until he became a salesman for a wholesale seed company in Nova Scotia where he remained for the next five years.

During this time a back injury cured by osteopathy sparked an interest in this complementary therapy and he returned to Scotland with the intention of training as an osteopath. Although he met many practitioners, initially he couldn't find the right one for him. Then he met an old friend who was studying medicine and it occurred to Foubister that this would complement osteopathic study and he funded himself through medical school at Edinburgh University. It was here that he had his first contact with homeopathy through the family of a fellow student and it became his life's work.

After qualifying and working as a locum GP in England and Scotland he joined the Royal London Homoeopathic Hospital and studied under Margaret Tyler, Douglas Borland, Sir John Weir and Margery Blackie. Foubister had discovered his true vocation and while serving as a medical officer in the RAF during World War II he used homeopathy constantly.

Back in the UK he set up in private practice and was appointed as lecturer at the RLHH. Two years after the war he gained a diploma in child health from Great Ormond Street Children's Hospital and received consultant status from the North West London Regional Board. At the RLHH he was put in charge of the children's department. In 1960 he became Dean of the Faculty of Homeopathy, responsible for the teaching department of the hospital and ten years later was appointed President of the Faculty.

During his time at the hospital, Foubister did much of the pioneering work on the symptomology of Carcinosin, a remedy which previously had only been prescribed as a constitutional remedy to patients with a strong family history of cancer. His paper on Carcinosin was published in the *British Homoeopathic Journal* along with the proving by Dr Templeton. His study of this remedy continued over many years and he also made other important contributions, specifically Thiosinaminum in relation to scar tissue, Hellibore for head injuries, Folliculum in relation to sterility and Sol for burns and the adverse effects of radiotherapy.

Pharmacist John Ainsworth

remembers him as "a very innovative prescriber who didn't stick to any particular course of action. He also prescribed a special combination of Ferrum phos and Calc phos known as Ferrical for anaemic patients which was particularly effective for pregnant ladies.

"He was a bit of a trial sometimes, prescribing 31st or 34th potencies which we had to potentise separately at the pharmacy. He was also interested in the potentisation of primary colours, shone through glass. For example he might prescribe Arnica 200 with blue light."

Donald Foubister was obviously a man who inspired, motivated and encouraged others. His daughter Sandra and one of his stepdaughters, Berenice Benjelloun, both have an active interest in homeopathy. Sandra qualified in medicine and is a Friend of the BHA while Berenice is a homeopath registered with the Society of Homeopaths. The latter remembers the series of lectures her stepfather gave during his semi-retirement to serious homeopathy students. "Most were doctors who came from London. My mother would make wonderful feasts of delicious cakes and we would all settle down in front of a blazing fire to listen to talks about the polychrests. These lectures were a great inspiration."

It was his second wife Agnes, an artist, who engendered another talent few people knew Foubister possessed when she gave him a box of water colour paints. His natural talent of observation led him to create fine landscapes and flower paintings. One of his paintings of freesias hangs at the BHA offices.

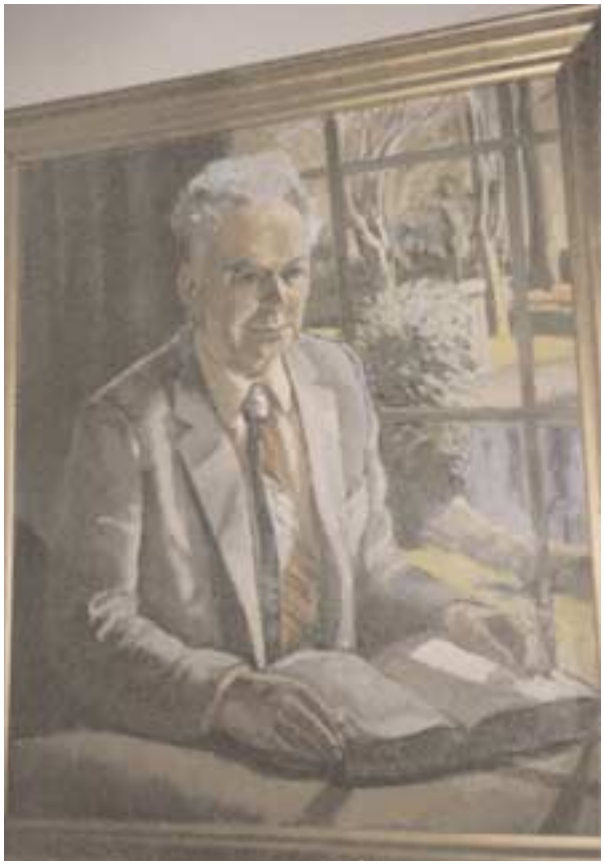
While homeopathy was his life's work, Foubister never lost his interest in osteopathy and used the early training he had received while studying medicine at Edinburgh to practice osteopathic manipulation along with homeopathy.

Many people have very fond memories of Donald Foubister. Dr Dennis Somper who in 1967 was introduced to him as a teacher remembers his pragmatic approach to homeopathy, "His dictum was, 'Listen to everyone. Believe no one. Test it yourself.'" Dr Dorothy Cooper was particularly impressed by the quality, thoroughness and integrity of his work, his openness of mind and his wide scientific interest. For Enid Segall, former General Secretary of the BHA, Foubister was her first contact with a homeopathic doctor. "He looked after the staff of the homeopathic pharmacy where I worked and he remained my doctor until he retired. He put me on the road to good health which has lasted me all my life. Always generous with his knowledge, he passed on many tips on what to take which I still use very successfully to this day."

Having enjoyed good health throughout his life, Foubister suffered a fall in 1987 and over the next eight months his health deteriorated. Dr Somper wrote in his obituary for *Homeopathy*, "His unflagging clinical curiosity no less than his stoicism, was demonstrated when he was heard to comment that it was 'interesting to actually experience pain, as opposed to hearing it described'." Donald Macdonald Foubister died on 31 January 1988.

## *Life at a glance*

| | |
|---|---|
| 31 October 1902 | Born |
| 1937 | House Physician at RLHH |
| 1946 | Married Joan - one daughter, Sandra - divorced 1973 |
| April 1946 | Assistant Physician to children's department, RLHH |
| January 1952 | Joined the Council of the Faculty of Homeopathy |
| April 1952 | Librarian of the Faculty |
| July 1952-58 | Honorary Secretary of the Faculty |
| June 1955 | Elected Fellow of the Faculty |
| September 1956 | Consultant Physician, Diseases of Children, RLHH |
| July 1958 | Vice President of the Faculty |
| June 1960-62 | Dean of Faculty |
| October 1967 | Retired from RLHH |
| 1970-72 | President of Faculty |
| 1975 | Married Agnes - two stepdaughters, Ros and Berenice |
| 31 January 1988 | Died |
| 1988 | *Tutorials in Homeopathy* published posthumously |



*Portrait of Dr Donald Foubister painted by his wife Agnes*