



Sorry for People who are Loved Best - *Sepia*

ABSTRACT: *The Cuttlefish is found mainly in the Mediterranean sea, the parts used are the pure pigments in the ink. Medicinally, used in ancient times to treat Gonorrhoea and kidney stones. Hahnemann published details about this homoeopathic remedy in 1834. Proved it after observing an artist licking his sepia-soaked paint brush frequently develops an obscure illness.*

Dr AMIT PANDEY BHMS III YEAR

Anushree Homoeopathic Medical College Jabalpur, c/o Dr S C Mishra 651, Yadav Colony, Jabalpur, MP-482002

Mobile: 09893735331 • Email: amitpandey007@rediffmail.com

One day I was deeply absorbed in NJH in my clinic. After a few minutes, a lady came with her husband. As soon as I looked at her, I remembered the constitution of *Sepia* that was exactly the same as I had been taught by my great teacher **Dr S C MISHRA**, who wants all of his students to become good homoeopaths. Suddenly I was lost in the memories of that class. My chain of thought was broken by her husband-Doctor!! Where are you? May we sit? I say Yes-Yes, please. Then her husband asked me, 'Do you remember me? I answered, yes you are "Mr and Mrs *Sepia*" and how are you? He replied-not all well. I am suffering from diarrhoea continuously for over five years. The disorder had started at marriage time on taking strongly boiled milk, he soon had an urge for stool. Being in the midst of the marriage ceremony, he controlled the urge. But from the next day onwards he had this long persistent diarrhoea

Further: condylomata surrounds the head of his penis. Urine thick, foul, adherent red sandy sediment. Heavy bearing down feeling in the hypogastrium. Naturally, he had consulted numerous physicians but had found no relief.

I saw Mr and Mrs *Sepia*, both are tall and lean with slim hips, dark hair and brown eyes; pigmentation across their nose and cheeks the yellow-brown "saddle". Mrs *Sepia* is attractive and elegant, with an angular, slightly masculine appearance. She looked downcast and sat with her legs crossed (because of a weak feeling in the pelvic area). Her "Tell Tale Face" indicates the

internal derangement so does her male type of pelvis.

On further enquiry: After marriage she was active but gradually becomes less interested in sex. Now, in spite of her strong sexual desire, she has aversion to coition due to pain during intercourse and feels exhausted afterward and overall does not enjoy intercourse. (That is why **BOGER** describes *Sepia* as "miserable"). Anything to do with sexual matters makes her nauseous. Her husband wants sex and so she pretends. She does not like mixing with friends whom she actually wants; rather she desires the company of some unknown person (*Wants company but no friends- ADOLPH LIPPE*). A very distinct aversion to men and persons whom she loves best, but she can't help herself appreciating their company. (It is somewhat like *Lycopodium* who does not want company in his room but wishes somebody should be there in the next room so that he feels that he is not alone).

She loses her husband (and children) whereas formerly she loved them dearly. Pelvic viscera are attached by their ligaments to the posterior wall of the abdomen or the back and also all the ligaments supporting the vertebral column become relaxed and the result? Like her elder sister Mrs *Murex*, she has a sensation of something coming out of the vagina (Dragging or bearing down sensation) and to prevent falling down sensation, she sits close and crosses her legs tightly together. (*Lillium-tigrinum* feels her uterus or whole of the abdominal viscera is com-



ing down and when standing or walking puts her hands on the vulva and presses it up in order to prevent protrusion).

Mentally she is irritable, angry, impatient, and intolerant of contradiction, suspicious, indifferent, and confused. She weeps while telling her symptoms (like *Pulsatilla*). Any attempt to console her aggravates and starts a fresh flow of tears. She has had tendency to abortion from 5th to 7th month. Abortion seems to produce a kind of serious disturbance in her health. (Schmidt writes, ' *Sepia* is used as a preventive medicine for habitual esp. 7th month abortion). I know all of you interested to know much more about *Sepia*. So I will continue....

The menses are usually late and scanty and of short duration (one or two days), and often flow is only in the morning. Occasionally they are early and profuse, with pain from back to front. Great irritability during menses. Mania from profuse menses. Metrorrhagia at the time of climaxis. The flow is accompanied by empty feeling in the epigastrium, hot flushes, shuddering, general coldness and icy cold feet. Leucorrhoea, yellow, greenish, in large lumps, in little girls, instead of menses, with stitches up in vagina from uterus to naval with much itching.

Sepia produces a general venous congestion. This is most marked in the portal system. Due to congestion, uterus is displaced backwards and presses upon the rectum and produces a sensation of a ball or weight in the rectum with frequent sensation for stool (cf *Nux-v*). So that the patient goes and strains without result and only succeeds in adding to her discomfort by increasing the congestion. Uterus also may press upon the bladder and provoke frequent urging for micturition. *Sepia* has painful sensation of emptiness, goneness or faintness' (so also *Ignatia* and *Hydrastis-canadensis*) in connection with uterine symptom. Tongue white coated and bitter taste in the mouth with longing for acids or pickles which seems to relieve. She often has nausea at the sight, smell or even thought of food (cf *Hyperemesis gravidarum*) Both < and > from eat-

ing. The periodicity of *Sepia* in headache and other complaints (eg paroxysms of malarial fever) which recur regularly every twenty-eight days.

Sepia child- Sallow, sweaty skin. Chilly and sensitive to changes in the weather. Nervous and dislikes being alone. Dislikes parties, but if forced, makes an effort to attend and will come alive, particularly if there is dancing. Tends to be constipated. Incontinence of urine during first sleep from which child is roused with difficulty (also *Kreos*). Skin blotched, boils in axilla. Ringworm < every spring. Urticaria < open air > warm room. Thick crusts form on the joints. **Fever-** Easily chilled. Chilly with air hunger. Cold, in *spots*, on vertex, between scapulae, feet, in bed.

"*Pulsatilla* and *Sepia* often resemble each other, both being very touchy, but the *Sepia* patient does not break down or weep so easily. *Pulsatilla* seems to be needed more by the immature, adolescent, sensitive girl of puberty, while *Sepia* seems to act better in the experienced, hardened women of climaxis".

P SANKARAN

"*Lachesis* 200 had a most unpleasant effect later antidotes by a dose of *Sepia*"

Dr M L TYLER

"*Sepia* is to be given in the evening because if given in the morning, it may produce a sufficient aggravation to leave the patient feeling quite useless for that day".

Dr R A FJACK

"*Merc-sol* and *Sepia* after *Belladonna* are most reliable in uterine congestion".

Dr T K MOORE

COMPLEMENTARY: *NAT-MUR*.

INIMICAL- *Lachesis* should not be used before or after. *Pulsatilla*, with which it should never be alternated- Allens Key Notes.

Symptoms worse Cold air, morning and evening. After first sleep, ascending, washing clothes, coitus, before thunderstorm, pregnancy, before menses. Better- **Violent Motion**, pressure, crossing or drawing limb up, after sleep and warmth.