



Learn A Remedy Through Cases: *Hura-braziliensis*

-Travail of the outcast

Editor: This Remedy has the same feeling as the HIV/AIDS cases and so its study is included in this issue.

Hura is a rarely used remedy and only a brief outline is given in the Clarke's Dictionary. In recent literature a few interesting cases on this remedy have been published, which I give here:

The main feeling in the remedy, demonstrable in all the first four cases is that he is a **leper- an outcast** and hence isolated and alone in the world.

CASE 1:

A 49-yr-old man consulted Dr Praful Barvalia for the following complaints:

1. Severe mental depression
2. Hyper acidity, constipation, eruptions on forehead
3. High BP
4. Indecision and slowness
5. Sleeplessness
6. Intense feeling of isolation from family and lack of harmony in the family.
7. Lack of interest and suicidal thoughts.

LIFE SITUATION

He is the last of 6 sons in a Gujarati family. After marriage he stayed in the joint family. He was not close to his father or brothers; in fact, he suffered hurt for being ignored by all except his mother; His wife was very aggressive and stubborn, and could not get along well with his elder brother and his wife. A quarrel led to such strained relations that she and her sister-in-law stopped talking to each other. It ended up in separa-

tion and in setting up his own home. This upset the patient very much and caused his depression. His efforts to patch up were not fruitful and he felt isolated and forsaken. There was, at this time, a lock-out in his company; so to add to his woes, he did not have any work! Felt insecure. His wife's quarrel with a neighbour, and brother expressing displeasure over it, just added fuel to the fire and resulted in acute myocardial infarction. The patient could get only some part-time job. He felt that he was doing a peon's job and others considered him inferior to them. "My children and my brothers dislike me. When I talk of patching up with my relations, my son becomes aggressive. *I feel left alone in this world.*"

CASE ANALYSIS:

What is striking? The patient's reaction and sensitivity to external stimuli:

His intense sense of isolation, not being loved and as if alone in the world.

That others consider him worthless.

That his is ignored by elders; his mother's decision to ask him to set up his own home, led to despair, suicidal tendencies and heart trouble.

RUBRICS:

SRI547: Forsaken feeling

SRI 263: Delusion, despised he is

SRI 264: Del deserted

SRI 234: Del alone in the world

SRI 343: Del, repudiated by relatives, he is

SRI 547: Forsaken, isolation, sense of

SRI 371: Del, unfortunate, he is

SRI 318: Del, looked down upon, she is

Remedies which came out of Repertorial filter:

Hura-bra, Mag-mur, Lac-can, and Arg-nit.

Dr Barvalia ruled out *Mag-mur* as its rejection generates suppressed or repressed hostility, which will have



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clear or devious expressions in the patient. The specific aspect of feeling rejected because others despise him and repudiate him is not covered by *Mag-mur*.

Hura is the individual who always remains under the threat of losing affections of loved ones and interprets each input accordingly. Morbid perception of self and the relationship which he has with the world with the underlying feeling of being disliked and being hated; being denied identity. He perceives himself as an “**Out-cast**”. He considers this as the greatest misfortune and even death is a lesser punishment.”

Rx *Hura* 200. Anti-depressants discontinued; anti-hypertensives continued.

15 days later- sleep improved; felt a little better. BP still high at 180/110. 2 episodes of chest pain. Repetition needed. *Hura* 200 repeated weekly → later daily for one month → stepped up to twice daily.

Review after one month: Tremendous improvement in mental state and concentration. He did not feel dejected; sense of isolation was also reduced considerably.

-Dr PRAFUL BARVALIA HOMEOLINKS 1\93

Other delusions of this remedy:

Del, Friend, she is about to lose a friend.

Del, Friend, lost the affection of.

Del, confidence in him, friends have lost all; lost repudiated.

Let us see how this delusion is reflected in the following case of a boy:

CASE 2:

A schoolgirl consulted this doctor for severe eczema on face, with thick scabs and yellow crusts. The eczema erupted in 1991. She was timid by nature and hence had few friends. In school she was very close to a class mate and they became thick friends. They were so thick that they did everything together, sat in the same class, spent their leisure hours together also did their homework together. In 1991 a new girl was admitted in the school. Slowly she became friendly with the

patient's best friend and gradually weaned her away from the patient. She did everything to ensure that. Finally the patient's once bosom friend broke her friendship with her. On top of that, both the other girls took every opportunity to make this patient look ridiculous and foolish to others. This rejection weighed so much on the patient, that despite her best efforts she could not make new friends and that is when her eczema erupted. The patient, therefore, felt isolated, insecure and lonely. She said: “It is as though I am an outcast”. She therefore changed her school. It was important to make new friends and get accepted in the new school; but inside she felt dirty because of her skin condition and an outcast.

The doctor selected *Hura*. Selection is clear on the basis of the delusions referred to above, which were literally present in her case.

After *Hura* 200 one dose the eczema completely disappeared; what was important was the change in her behaviour. There was a complete turnaround; she was more confident, made friends easily and became popular in her class. Her case was monitored over 18 months and the patient continued to do well under the single dose.

- Annette Sneevliet, Homoeopathic Links 2/98

CASE 3:

A highly intelligent 13-yr-old refused to sit for exams for fear of failure. He experienced tremendous anxiety before examinations; would invariably fall sick, even though he knew the lessons well and was the best student in his class. The picture looked like *Lyc* but further questioning as to reasons for his fear and outcome, revealed that he feared isolation from his friends, that he would be despised and left alone by his friends; also neglected by parents and relatives. Based on the above delusions, Dr Jayesh Shah prescribed *Hura braziliensis*, which helped in a short time.

- Report of JAYESH SHAH seminar, Homoeopathic Links 2/91



CASE 4:

A 28 year old woman consulted the doctor for

- a) recurrent inflammation of the gingiva and eruption of pimple in the lower jaw.
- b) frequent bouts of common cold
- c) pain in knees since last 18 months. Also constipation under stress. Tonsils removed when three years old.

LIFE SPACE: At 15y, she had given birth to a girl, who was given away for adoption, as she wanted to continue her education. Her parents allowed her to make the choice herself- bringing up the child herself or give it for adoption. She did not feel upset about that episode at that time. She is warm-blooded and gets hot in the sun and can work only in a cool room; rather thirsty and likes sweets, butter and no particular aversions. She takes after her father who is taciturn and introverted. She likes company but does not discuss personal affairs; no boy friend while studying. When feeling alone or sad she seeks consolation, which ameliorates her weeping; afraid of worms, new situations and dark.

She was prescribed *Puls* 30, which helped her only for 3 months; then all her symptoms returned and there was pain in the whole knee with cracking noise in joints. She had hoarseness of voice and a lumpy sensation. The following rubrics from Repertorium Generale.

	<i>Causticum</i>	<i>Hura</i>
Extremities:		
Pain-knee	+++	+
Cracking,		
Joints, knee	+++	+
Ascending stairs		+
Descending	++++	+
Walking while	+++	+
Larynx		
Voice- Hoarseness	+++	
Voice, hoarseness,		
Painless	++	
Throat, lump,		
Plug sensation of	++	

Based on this repertorization, *Causticum* D12 was prescribed. Though *Hura* also came out but it was in third grade and the emotional background of that remedy was not evident at that time. *Causticum* had no effect and the patient reported again after 6 weeks. This time she was prescribed *Hura* in 200 potency, which has also throat irritation and scraped feeling. Clarke's Dictionary: dryness of the throat and pimples in the gums in the right lower jaw as having been produced by the remedy. After 2 weeks the patient said that she could neither sleep nor learn due to internal restlessness. When she was called for a review, she said that a few days earlier she had felt a desire to write a letter to her daughter as she wanted to know what kind of girl she had become. After taking *Hura*, she could recall clearly the days of that pregnancy and the difficulties she faced at that time and the pain she had to endure. It transpired that for many months she concealed her pregnancy from her parents and withdrew from company; though her parents suspected pregnancy, they could not talk about it openly. When the child was born she had to decide on whether to bring it up herself or give it in adoption. She felt having done something seriously wrong and that her friends did not understand her (Delusion, lost the affection of friends and alone in the world). Now after taking the medicine, all the suppressed grief, sorrow and pain came back. One can imagine what a shame it must have been to be pregnant in those times where social standards were more conservative, and she herself was still a teenager; how abandoned and isolated she felt from her friends and parents in her condition. *Hura* made her relive these moments and experience those unpleasant feelings and in that way she liberated herself. The patient thereafter met her daughter several times and developed a healthy relationship with her. She was convinced that she could explain to her daughter her situation when the latter was conceived and delivered, etc - **ANDREA SCHIESBUHL, AUSTRIA, HOMOEOPATHIC LINKS1/98**

Here, the teenage mother exhibited *Hura* mental make-



up, while the child fortunately did not develop such an image. More often such illegitimate children develop *Hura* feelings and delusions, as they are often victimized, isolated and forsaken. They have no real friends, for no fault of theirs. They lead a miserable life full of guilt and apprehension and think that it is all their fault. Dr Deborah Collins of New Zealand presented two such cases- unwanted children, born to teenage mothers and abandoned or given for adoption.

CASE 5:

Mrs N, aged 35 consulted Dr Deborah Collins for her severe depression and anxiety. She was afraid to be alone, so had to perforce stay with her sister-in-law; she felt very bad about this: "I am a great nuisance to everyone and they would be better off without me." She had great difficulty in adjusting to her children, who were independent and felt that they were getting better of her. This caused a lot of anxiety leading to suicidal thoughts. She said "I feel locked in my own home. I feel like I am being chased". She always felt guilty about everything and if anything went wrong in the house or where she worked, she blamed herself exclusively. Her husband was very supportive and spent time with her at the cost of his work.

Her mother became pregnant as a teenager and after delivery, she was left in a home for single mothers, where she had to live without her mother who visited occasionally. In that home she had very little moving space and till her fourth year she was almost confined to her crib. At the age of four, she was adopted by her mother's aunt, as the attempt to make the child to stay with her now married mother proved a disaster. Feeling guilty about being raised through adoption, she was not demanding at all and maintained a low profile even to the extent of not answering the phone and telling her name. "I was always aware of being different, of being a burden, of never fitting in. Even at school I felt punished for having diabetes: *I felt ostracized*. When I got married, I never felt like part of the family, as the family took decisions without me. I never have the feeling that

I really belong: I feel they would be better off without me. I feel redundant and not needed. I have to fight these feelings to prevent me from killing myself." This was despite the fact that her husband was very supportive and her sister-in law stayed with her, when her husband was at work. She also had eruptions on the back of her hands, which formed pus and itched.

Dr Collins gave her several remedies based on feelings of guilt such as *Naja*, *Kalium-brom* and *Mag-brom* but they did not act. Finally in one consultation the patient said "I feel as though I am all alone." (which she had been saying in so many variations in her earlier interviews). This delusion led to the prescription of *Hura*: she felt as if she was a leper and that her whole existence was a shame and scandal and was banished to a home unwanted by her mother, who was the real culprit. After taking this medicine she relived her past and was able to adjust to reality; she began to look less like a hunted animal and took interest in her make-up and hairstyle. She looked more feminine. She was able to stay at home alone without sending SOS to her husband. Her suicidal tendencies decreased but her suppressed anger seemed to increase. She hated her mother and wanted to know who her real father was. Her mother in reply to her letter said that she was raped while hitchhiking and did not know his identity. She wanted to abort which was taboo at that time.

The medicine was repeated four times, after each relapse; when she needed the remedy she would be restless and sleepless with itching of hands with eruptions. She was able to do full time job at the bookstore where she was earlier employed and be alone in home without thoughts of suicide.

- Dr DEBORAH COLLINS

CASE 6:

A similar case. A 45-yr old woman consulted for depression and high blood pressure; she had frequent transient ischaemic attacks. She felt tired and weak in her legs, with headaches. She had anxious dreams about



her daughter; that something bad will happen to her. She found it difficult to deal with her teenage daughter, there were frequent fights and patient often would give in and retreat and end up with suicidal tendencies. She had been in therapy for several years without improvement. She felt insecure and frightened in new surroundings. She also had joint pains in her thumbs, shoulders and hips, along with pains in her abdomen.

She was initially prescribed *Natrum-mur*, which did nothing and was changed to *Lac-can*, which helped for some time but she looked fearful, angry and depressed. Dr Collins therefore probed her childhood. Her mother became pregnant when she was a teenager: as she was the pride of her father she kept that pregnancy a secret for many months; on finding out, her father wanted to commit suicide but was prevented. The child was therefore not wanted and after delivery was reared by the mother's grand parents. "My mother just came and went and she wasn't there for me." When someone asked her who she was, her mother replied that she was her niece. "I always felt that I should not make my presence known and I must not speak up." At school she avoided going on excursions with other children. "Even when small things happen, I feel forsaken by everyone. I have murderous feeling about my mother and the worst death is not bad enough. I always have the feeling of being forsaken by everyone. I will not really mind sitting in prison for years for killing her and I would be smiling the whole time."

This unwanted child picture crystallized the similitum and she was given *Hura* 30. After taking that remedy she experienced severe depression and painful memories of her childhood came back to her, but she was able to live through them without coming to the doctor. "I feel like I am growing up all over again." After one month the remedy was repeated in 1M potency and it was gratifying to see the angry little girl grow into a mature woman.

- Dr DEBORAH COLLINS

She says that *Hura* may not work in all cases of patients who were born illegitimate, as many unwed moth-

ers now raise their children. But in cases where the offspring has a deep sense of shame and guilt surrounding their birth for no fault of his and feels that his very existence causes disasters and feel isolated or forsaken like a leper, it is the similitum.

-Homoeopathic Links 2/99

ANOTHER FACET: DEATH OF A CHILD:

Didier Grandgeorge, a noted French Homoeopath, presents a different facet of the remedy, based on the botanical properties of the plant. It has a globular fruit, made up of eight to twenty radiating nuts in rings, which on reaching maturity come apart and are thrown out forcefully by the mother plant to a distance of several metres. It is as if the mother plant has lost its children. Didier Grandgeorge has presented three cases in which *Hura* was curative, where the patients mourned for their *lost child*. One of his cases is presented here.

CASE 7 :

A woman requested the Homoeopath to treat her child, who was suffering from terminal cancer and was dying. It started with a bone tumour, spread to lung and thence to liver. It was in a state of hepatic precoma with a high icterus by compression of the bile ducts, emaciation and ascites. Even though the doctors had given up hope, she was visiting several doctors in France desperately seeking medical help to save her child, as she would not give up. She was treating her child with all sorts of symptomatic medicines at home. It was clear that the mother could not accept the idea of losing her child and was prolonging the agony of the sick child in vain. He therefore persuaded her to take a dose of *Hura* 30. Very soon she became very serene; her child died a few days later and the mother could reconcile to that loss and thanked the doctor for preparing her to face the loss.

Didier Grandgeorge says: "The underlying problem of *Hura-brazilensis* is linked to separation of mother from child. This supposes that the adult accepts the end of the link which she has formed with the child; above all



in the case of a mother who has carried the child in her womb. Thus the *Hura* loves with an elastic love. The more you try to get away the more it holds you. If the elastic breaks, there is then separation with brutal expulsion to some distance. *Hura* wants to break things symbolically speaking to break the bonds attaching him to a loved one". That is why in the above case the mother who became inconsolable because of the terminal illness of her child was able to reconcile to the death of her child. "This is what happens when there is a death. That is the way out for certain children who can find no other way to cut the umbilical cord. The adult is left alone and inconsolable". Leprosy repre-

sents the plight of the child, which feels forsaken. Left alone in the world and friendless and despaired.

-HOMOEOPATHIC LINKS,1/2000

He also cured a case of rheumatoid arthritis in a patient who was very much affected by the loss of a child. Interestingly he says that "in the case of arthritis, with its positive latex index, the suffering is felt in the joints linking the limbs, which symbolizes the suffering relationships between members of the family, *torn between wanting to be together and a pull towards independence.*" The patient in case No 4 also had pain in the knees and *Causticum* did not help but *Hura* cured.



Homoeopathic Queries & Solutions

Q 1 Sir, In Kent's Philosophy, there is a mention about "tendency to exaggerate symptoms". This is covered by some of our remedies but I am unable to find such a rubric in Kent's Repertory. Please throw some light on this.

- Dr SUMMAN, Gudgaon, Haryana

A 1 Well there is no such exact rubric given in Kent's repertory. We can take the following rubrics under MIND, from Kent's Repertory.

- Oversensitiveness – Pg 78
- Conscientious – Pg 16
- Cares full of, trifles about – Pg 10
- Feigning – Pg 48
- Hypochondria / Hysteria – Pg 52
- Delusions of various types

Suggestions from other colleagues are welcome.

Q 2 Sir, I have 2 cases of Homocystinuria (siblings

– M/15 & F/12). I am treating their minor complaints - cold, cough, fever, etc. They also suffer from moderate Mental Retardation among other symptoms of the diseases. Please enlighten me about this disease and what can we offer in Homoeopathy to improve the quality of life? What medicines can we generally think of from the miasmatic point of view?

-Dr S CHATTERJEE, Kolkotta

A 2 I hope you are well aware that Homocystinurias are a group of inherited autosomal Recessive catabolic disorders in which the primary defect is reduced activity of cystathionine beta synthetase – an enzyme in the transsulfuration pathway which converts methionine to cysteine. By the age of 3-4 years, more than 80% of patients present with neuropsychiatric disorders, mental dullness, delayed milestones, optic lens dislocation, glaucoma, osteoporosis and recurrent pains due to tissue infarctions. The prognosis is not good and their lifespan is about 30-35 years age.

The diagnosis of the above cases must have been confirmed by Plasma free Methionine and S. Homocysteine titres. As such there is no specific treatment in the



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