

Calcarea fluorica: Effect on Body and Mind

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Presented at the 2010 LIGA Conference, Redondo Beach, California.

Abstract: The materia medica of Calcarea fluorica is discussed. Some characteristics of the constitutional picture of the remedy include: heightened mental vigor and great productivity, possibly deteriorating into hurried restlessness and impatience; fear of poverty and anxiety about social standing; energy devolving into a loss of initiative and mental capabilities, with anxiety about daily tasks. Great concern about the image they present to others is typical. A listing of relevant physical rubrics completes the paper.

Keywords: *Calcarea fluorica*, materia medica of

On Fluor spar (flourite: a halide mineral composed of calcium fluoride) there exist two provings. The first quite incomplete proving came from the Americans Murch and Bell in the years 1864 and 1874, with only four provers. The other proving was conducted by Mezger in 1953, with 39 provers. Calcium fluoride was introduced as a biochemical tissue salt by Schussler and has been traditionally applied to treat diseases of those tissues and organs rich in this mineral, leading to the following indications: induration of glands, hardening of cell tissue, bone diseases, gout, exostoses, adenoidal hypertrophy, cataract, knots on tendons, cephalohematoma, fibroma of the uterus and breasts. The remedy seems to correspond to a defectiveness of the connective tissue.

Constitutional picture: These patients display stunning initiative coupled with a remarkable level of activity and exceptional performance; this productive drive can transform into hurried restlessness. Euphoria with inner serenity and a desire for work can coexist. The patient's strength increases; we witness a striking mental vigour – increased concentration and heightened mental capacity. The patient can engage in intense mental effort all day, even until midnight, without ever fatiguing. Alternatively, one might see strong initiative despite mental exhaustion, or great productivity despite serious insomnia, for instance.

Rubrics:

- Ardent in work
- Dreams of new places
- Dreams of events from a book
- Industrious

Very impatient and then irritable towards others. Work can never be done never fast enough.

Rubrics:

Hurry

Hurry in occupation

The following observation seems important to me: chronic physical symptoms and signs of this remedy usually develop slowly or very slowly, while the quickness, the hurry, as well as the productive restlessness, can manifest from the beginning and persist for a very long time. Thus, there is an obvious discrepancy between the comparatively slow development of the physical symptoms and the consistent initiative and speed in daily life.

As the strength collapses and the mental-emotional problems multiply, we get a totally different picture altogether. Most of us are familiar with the famous symptom fear of poverty in *Calcarea fluorica*, a fear which might either be justified by circumstances or completely inappropriate. This fear might progress into a kind of panic which can be of delusional proportions. Since the worldwide economic recession that began in 2009, I have seen quite a few patients in such a state, many of whom were actually quite well off financially. Many *Calcarea fluorica* patients live with the fear of what others might think about their social standing, whether they have achieved a sufficient level of social prominence and relevance.

Rubrics:

- Anxiety about money matters
- Cares about money matters
- Fear of poverty
- Fear of daily work

Rubrics expressing of the intensity of fears:

- Anxiety with trembling of hands
- Delusions he is poor
- Delusions will come to want

Finally, these patients suffer a loss of initiative with an anxiety about daily tasks—loss of any enterprising spirit and desire for work. There is a considerable decrease in their ability to concentrate; they have to read a sentence over and over again, yet still do not understand it. They become oversensitive, light and noise aggravating their physical and emotional complaints.

The irritability, inner restlessness, haste and the anxious depressed mood may assume pathological proportions. Throughout the entire day they have an unusual inclination to look on the dark side of everything while feeling extremely dejected.

Their condition is ameliorated by (good) food. They feel worse at night between 3 and 5 a.m.; however, in the morning they still feel bad. It becomes impossible for them to take their usual afternoon nap. If they do somehow manage a nap, they awaken from it feeling quite irritable and in a foul mood.

Rubrics:

- Concentration difficult, eating ameliorates
- Irritability, eating ameliorates
- Indolence, aversion to work
- Restlessness during tired aching in back
- Lack of initiative
- Irresolution
- Dreams of things one heard, read, talked or thought about

The general or dormant fears may increase:

Rubrics:

- Fear of cancer
- Fear of high places

Finally, patients' thoughts revolve around their anxieties, death, those people they have known who have died, and the financial issues:

Rubrics: (in addition to those above)

- Dreams of death of relatives
- Dreams of dead people with weeping
- Jumping out of bed from dreams
- Dreams, anxious

From early in their life *Calcarea fluorica* patients are concerned about the image they present to others; it is a matter of great importance to them. They fear losing their "glamorous" lifestyle; it is a fear that can easily become a central preoccupation of their life.

Rubrics:

- Children: too coquettish – a good observation by Jaques Lamothe.

The attitude towards life often leads to *egotism*; the attitude to money might lead to a distinct *avarice*.

It is important to also know that there are many *Calcarea fluorica* patients for whom a search for mental-emotional pathology will prove fruitless. These patients appear very similar to *Calcarea carbonica* – they are open, strong, very

present, direct, communicative, cooperative, and might appear boyish. Rather unlike *Calcarea carbonica*, however, we typically encounter in these patients a certain speed, haste or hurriedness. With these patients the determination of the correct prescription has to be based on the physical symptoms.

What follows is a listing of many of the important and characteristic physical signs, symptoms and rubrics of this remedy.

Head

- Eruptions at the margins of hair
- Exostoses
- Brain hemorrhage in newborns (by T. G. Roberts)
- Lusterless hair
- Hair tangles easily
- Numbness with headache
- Pain, cold air ameliorates
- Pain, washing hair with cold water ameliorates
- Pain, alcohol aggravates
- Pain, ascending stairs aggravates
- Pain, ascending on elevator
- Pain, exertion aggravates
- Pain, exposure to sun aggravates
- Pain, damp, wet weather aggravates
- Pain, windy, stormy weather aggravates
- Tumors
- Hard warts on scalp

An important general observation: all organs of the neck are frequently affected.

Eyes

- Cataract after injuries
- Falling out of eyelashes
- Sensation of hair in the eyes or between upper lids and eyeballs
- Pain while writing
- Spots on the cornea
- Recurrent sties (according to my experience, one may add *Thuja*)
- Tumors or cysts in the lids
- Recurrent infection of tarsal glands
- Secs sparks
- Scintillating scotoma (by Ensinger)

Ears

Calcareous deposit on tympanum (A visible sign on the tympanic membrane. I now habitually check the patients' tympanum when suspecting *Calcarea fluorica* or *Syphillinum*.)

- Threatening mastoid caries
- Exostosis of external meatus
- Chronic inflammation of the middle ear, also suppurative
- Cholesteatoma
- Otosclerosis

Adenoidal hypertrophy
 Offensive, profuse, thick, green-yellow discharge of nose
 Hardening of nose
 Atrophic inflammation of nose
 Ozaena
 Ineffectual efforts to sneeze

Face

Herpes below the corners of the mouth, or
 Quite small, hard herpes blisters on the lips, not scattered,
 as in *Natrum muriaticum*
 Exostosis of lower jaws
 Inflammation of the periosteum of jaws
 Swelling sensation of lips

Mouth

Cancer of salivary glands
 Boils on gums
 Fistula on gums
 Hardening of tongue
 Gingivitis

Teeth

Teeth breaking off
 Premature caries in children
 Crumbling of teeth
 Slow dentition
 Deficient enamel
 Fistula dentalis
 Pain from touch of (warm) food
 Pain during pregnancy
 Pain in roots of dead teeth
 White stripes on teeth

Inner Throat

Choking from cold
 Deposits, tonsils - plugs of mucus constantly form in crypts
 Enlargement of tonsils (with plugs of pus)
 Induration of tonsils
 Burning pain from cold drinks
 Suffocated feeling at night
 Suffocated feeling from cold drinks
 Sensation as if the epiglottis is almost completely closed
 or as if the patient has to breathe through a thick cloth, so
 that only a little air can reach his lungs
 Ragged tonsils, painful swelling with pus, chronic tonsil-
 litis

Outer Throat

Clothing aggravates
 Constriction of thyroid gland
 Goiter
 Goiter in children (from Hempel's *Materia medica*)
 Indurated goiter
 Lumpy goiter

Induration of the lymphatic glands (swelling hard as
 stone)
 Thyroiditis
 Jerking in the thyroid gland in goiter
 Swelling of the thyroid gland
 Tension of the thyroid gland
 Toxic adenoma of the thyroid gland

Stomach

Diminished appetite around eating time
 Stomach problems in children
 Hiccough in children
 Hiccough, aggravated when hawking
 Indigestion, brain fag in children (a nice symptom which
 has helped me sometimes when treating mentally over-
 strained pupils; this is a kind of acute indigestion caused
 by fatigue or mental exhaustion.)
 Indigestion from exhaustion (a little nugget by William
 Boericke)
 Indigestion after mental exertion
 Vomiting in children
 Vomiting during dentition

Yet also...

Absence of sensation of satiety, could eat constantly
 Emaciation in spite of good appetite
 Pain as if feeling hungry two hours after eating

Abdomen

Liver cancer (an observation by O. Leeser)
 Fatty liver degeneration (by Cowperthwaite)
 Pancreatitis
 Distension in pregnancy
 Flatulence in pregnancy
 Enteroptosis (by Lilienthal)
 Hardness of liver (by Boericke)
 Chronic hepatitis
 Pain liver, bending forward ameliorates
 Pain liver, lying on the right, the painful side, aggravates
 Pain liver, lying on painless side ameliorates
 Pain liver, motion and walking ameliorates, sitting ag-
 gravates
 Cutting pain liver region, motion ameliorates
 Cutting pain liver region when sitting, walking amelio-
 rates

Rectum

Constipation from hemorrhoids
 Constipation in old people
 Fissures
 Diarrhea after fat food
 Fatty, greasy stool, sedimentous
 Soft stool immediately after eating (all symptoms of a
 pancreatic disease)
 Diarrhea in gouty subjects
 Hemorrhoids with back pain

Itching at night
Black, knotty, lumpy stool
Intertrigo
During defecation of hard stool a feeling as if the anus would be torn apart

Bladder

Frequent urination at night
Increased urine at night

Male Genitalia

Cancer of testes (by Dunham)
Falling out of hair
Induration of testes
Orchitis in syphilis
Chronic inflammation of testes (by Minton)
Cryptorchism
Tumors in testes
Hydrocele

Female Genitalia

Endometriosis
Falling out of hair
Metrorrhagia from myomas
Pain from feeble contractions
Bearing down pain in the uterus from metrorrhagia
Cysts in ovaries
Fibroma
Varicose veins

Larynx & Trachea

Croup
Feeling as of foreign bodies in larynx
Inflammation of larynx in syphilis
Laryngismus stridulus after midnight
Polypi in larynx
Papilloma in larynx

Speech & Voice

Hoarseness from reading aloud
Hoarseness aggravated by laughing

Chest

Hard nodules in mammae
Hard cancer in mammae, knotted sensation
Hyperemia of chest in mammae, before menses
Exostoses of ribs
Heaviness of chest, ameliorates during menses
Induration of mammae
Tumors in bloodvessels
Tumors of mammae, fibroids

Heart, Circulation & Blood

Aneurysm in arteries, capillaries
Angina pectoris from organic heart complaints
Dilatation of heart capillaries

Fibroid deposits about the endocardium
Aortitis luica
Atheromatous inflammation of the aorta
Murmurs of heart valves
Pain in the region of heart, ameliorated by pressure with both hands
Palpitation of heart with flushes of heat; also actual cardiac arrhythmia is possible
Hemorrhage in newborns during delivery

Back

Caries, necrosis of spine (by Hoync)
Curvature of spine
Back pain, warm applications ameliorate
Back pain, gentle motion ameliorates
Pain in lumbar region, warm applications ameliorate
Pain in lumbar region, warmth ameliorates
Pain in lumbar region, continued motion ameliorates
Chronic pain in lumbar region
Restlessness in lumbar region
Osseous tumors, exostoses
Warmth ameliorates
Pain deep in the sacral region with hemorrhoids

Extremities

Arthritic nodosities in joints of fingers
Brittle fingernails
Chronic bursitis praepatellaris from kneeling
Callosities of hands
Chapped palms
Coldness of wrists – a small, reliable symptom of *Calcaria flourica*
Corrugated fingernails
Cracks in heels – also calcaneal spur, as in *Hekla Lava*
Cramps in calves at night, uncovering ameliorates
Spontaneous dislocation of hips – also disposition to luxation
Enlargement of femur in rachitic infants
Exostoses, especially on the fingers
Ganglion of wrists
Rapid growth of nails
Heat, uncovers feet
Burning heat of feet, uncovers them
Hypertrophy of nails
Inflammation of skin with atrophy
Chronic inflammation of synovia of the knees
Phlegmasia alba dolens: varices of lower limbs with weakness, feeling of heaviness and the desire to put the feet up, which ameliorates pain along the *Vena saphena magna* on touch.
Pain, warmth of bed ameliorates
Pain from change of weather
Pain from windy, stormy weather
Pain in hips, motion ameliorates
Neuralgic pain in sciatic nerves
Sensation as if rice bodies were in joints

Sensitive upper limbs along cubital nerve
 Swelling periosteum
 Swelling tendons
 Thin nails
 Trembling knees from exhaustion
 Tumors in hollow of knees – for example, Baker Cysts
 Cysts in wrists
 Late learning to walk
 Warts in the bends of the elbow
 Ankles: weak while walking
 Over-extensible joints
 Pasty swelling of the feet in warm climate

Sleep

Disturbed by nightmares
 Disturbed before menses
 Sleeplessness from worries (by Cowperthwaite)
 Interrupted sleep between 3a.m. and 5a.m.

Perspiration

During slight exertion
 Offensive odor

Skin

The skin can appear thin, transparent and remarkably white.
 It can be rough, dry and tending to have cracks, fissures and rhagades.
 Anesthesia in spots
 Atrophy of skin
 Burns after x-ray exposure
 Hard cicatrices
 Itching cicatrices
 Keloids
 Eruptions around orifices
 The preferred locations of skin affections are the corners of the mouth, lips, margins of lids, nostrils, behind the ears, glans penis, scrotum and anus.
 Parchmentlike skin
 Itching, uncovering ameliorates
 Itching worse in warmth of bed
 Itching without skin eruption
 Lichen with atrophy
 Scleroderma
 Sensitiveness to touch
 Fistulous ulcers
 Indurated base of ulcers
 Vitiligo
 Nevi


Generalities

Adhesion after operations
 Cancerous affections after injuries
 Cancerous affections, advanced stages
 Osteosarcoma
 Arrested development of bones

Grass-green discharges
 Exostoses after injuries
 Fistulae with ulcers of skin
 Fistulae in bones
 Eggs aggravate and aversion to eggs (different from *Calcareo carbonica*)
 Aversion to fat
 Sometimes desire for sweet and salt
 Desire for hearty food
 Desire for sweets, which aggravates
 Disorders of growth
 Induration after injuries
 Induration of connective tissue
 Induration of muscles
 Stony induration of glands
 Chronic inflammation of glands
 Injuries from exertion
 Dislocation, luxation
 Slow repair of broken bones in children
 Ameliorated during menses
 Continued motion ameliorates
 Changes of weather aggravates
 Stormy weather aggravates
 Freezing with trembling; does not get warm again after a cold shower
 Growing pains (from Allen's *Encyclopedia*)
 Rheumatic pain in muscles
 Pain as if joints were sprained
 Hard pressure ameliorates, slight pressure aggravates
 Lack of reaction in suppuration
 Snow aggravates (from Allen's *Encyclopedia*)
 Thickened bones
 Tumors in bones
 Atheroma (by Phatak)
 Fibroid tumors
 Hard, benign tumors
 Neurofibromatosis
 Wet warmth aggravates – important!
 Wounds after x-ray exposure
 Effects of x-ray exposure
 Lymphogranulomatosis. Hodgkin's Lymphoma

Thus, we have gone through the most important rubrics of *Calcareo fluorica*. I believe that through precise studies of reliable rubrics, by collating the best of available materia medica, and, finally, by integrating the mental-emotional symptomatology described by the old masters with reliable long-term clinical observations of our contemporary colleagues, we can construct complete remedy pictures which are both cutting-edge and enduring.

About the Author: Dr. Med. Wolfgang Springer has twenty-five years of experience in private practice of classical homeopathy. He was awarded a diploma from George Vithoulkas's Athenian School of Homeopathic Medicine. He was formerly Board Member for Political Affairs of the Ger-

man Association of Homeopathic Doctors. He has lectured widely in Europe, Mexico and New Zealand. In 2000 he received the Award for Best Scientific Lecture at the Annual Conference of German Homeopathic Association., and he served as President of the LIGA Congress in Berlin, 2005. His most recent book is entitled "Combined Remedies in Homeopathy." 

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