



Sepia: A Study and Clinical Verficiation

As we know *Sepia* is derived from the inky juice of the cuttle fish which it discharges to protect itself from its attacking enemies. It means when it feels danger from its enemies, it starts discharging the inky juice to create a cloud behind so that the attacking enemies get baffled and the fish run away to safety. But the proving of *Sepia* does not manifest any such symptom of fear and sense of danger from others; rather it presents a picture of sad, depressed, idle and tearful personality. It fears loneliness, dread of being alone, dread of meeting friends but instead wants to have such persons whom she does not know before. She has aversion to her own men, family members and very near and dear ones. It has sense of helplessness and great susceptibility to excitement and still more to terror. But basically she is idle, indolent, averse to domestic affair. See her always dull with want of interest especially in the family and also lack of interest in occupation. Whereas sometimes she is found to be relieved from tormenting symptoms when he is occupied i.e when she is in physically ac-

tive. Such Paradoxical symptoms are seen in so many cases.

Thermal behaviour: *Sepia* is sensitive to both hot and cold atmosphere. It has great sensitivity to cold air, lack of animal heat but sometimes cannot stand hot atmosphere.

Chilliness internal with external heat. (*Ars, Nux*)

Coldness in legs and feet

Icy cold damp feet as if standing in cold water up to ankle (*Lyc, Puls*)

Icy coldness between scapula

Cold hand in warm room.

Cold knees or heels.

Cold genitals

Cold feet with hot hand or cold hand with hot feet

Cold extremities in fever (*bell, hep, sil*)

Coldness in vertex with headache

Heat flushes ascending from pelvic organ

Heat flushes with pespiration at climacteric (*Amyl-nit, Graph, Lach and Sul*)

Heat flushes over the face and head

Lump: Ball-sensation in stomach

Lump: Ball-sensation in anus rectum or weight sensation with sense of fullness in pelvic region and pressure down into the anus.

Ball of mucous hawks up in morning



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**PARADOXICAL SYMPTOM**

Menses too late and too scanty or

Too early and too profuse.

Worse cold air, amel cold bath and open air. Open air
< urticaria > in warmth

Dreads to be alone; wants company but aversion to friends.

Voracious appetite and no appetite. Sudden craving and sudden satieity.

DIRECTION: Upward and downward

Sensation of something twisting about in stomach and rising into the throat

Bearing down sensation in hypogastrium about pubis.

Shooting pain upward in rectum and vagina.

Prolapse of rectum after smoking.

CLINICAL VERIFICATION—CASE OF CHRONIC MIGRAINE:

Mrs aged 40 employed in an office, complained of a temporal headache with a cold feeling on the vertex. Pain ascending to vertex. Nausea+, but no vomiting during headache. This type of one-sided headache comes after shopping or church service. Prior to this she used to have headache off and on in right or left side of head. Does not feel the need to talk or to be spoken. Used to take allopathic medication and get relief. During headache she feels like pulling her hair. Every jerk of vehicle < pain of head. Thirstless. Menses regular, 3 days duration. Stool OK. Irritable, short tempered. Equally sensitive to both hot and cold weather, appetite good, sleeps well, aversion to biscuit and dry sweets.

P/H weekly fever with tonsilitis. Now she gets tonsilitis once or twice in a year. Typhoid, Jaundice in childhood. Head injury by a bottle falling on her head. Took three stitches. Has delivered 2 normal children by caesarean due to mal position of the foetus. She is the 2nd in the line of 3 sisters and one brother. Hurried in action.

F/H. Parents are OK, Grand parents are OK.

FOLLOWING RUBRICS CONSIDERED FOR REPERTORISATION:

I took the particular symptom of coldness of vertex as an eliminating symptom and repertorised the whole case as follows:

Headache in general.

Headache in gen, coughing <

Head chilliness on vertex.

Anger, irascibility

Talk indisposition to, desire to be silent.

Talk of others <

REPERTORISATION TABLE

Sep 13/6	Nit- ac 11/5
Bry 11/5	Kali- c 10/6
Nat-mur 11/5	Calc-c 10/5

FOLLOW-UP:

She took 4 doses of *Sepia* 200 bd. On 10 and 11/01/02. After one week she reported much relief from headache.

16/01/2002 SL 15 od

28/01/2002 right side headache ascending from right neck and spread all over the head.

Cough at night coughing < headache <, gas++

Sep 1M/4 bd

05/02/02 Better. *Sepia* 10M/1. After this she reported to have no attacks of headache till 02/11/02. On 03/11/02 she called for one-sided severe headache starting from noon, after she came from church service. She was advised to take *Mag-phos* 6x which relieved her immensely within a very short time. (But *Mag-phos* 30 did not do any good to her in this case) I understand *Mag-phos* 6x may stand complementary to *Sepia* in case of pain, but on verification of drug relationship of Calvyn B Knerr and that of R Gibson Miller, is not found noted anywhere.

