

REACTIVE REMEDIES OF ORGANIC NERVOUS COMPLAINTS*

DR. PIERRE SCHMIDT

For the sequelae of paralysis, apoplexy, exhaustion, all cerebrospinal affections, depressions, asthmatics, there are three remedies we have to think of above all: Zincum, Conium, and Helleborus.

ZINCUM METALLICUM

One word sums it up: *exhausted* (overworked, broken down). As the English put it, 'fag.' This patient has no more vitality; he is completely prostrated, can't go on; he is exhausted; he has capitulated!

As soon as he becomes ill he is immediately depressed, immediately thinks of the worst. Zincum straightaway thinks of everything in the blackest terms! *Spinal affections.*

There is an etiological symptom that you must know because it always succeeds very well and is very precious for us homoeopaths who usually have to treat the leftovers of allopathy. We nearly always see cases which have been treated, manhandled, spoiled, complicated . . . and when we cure them we are told that this is imagination! When you have an *eruption* which has been *suppressed*, a *discharge which has been stopped by Nitrate of silver, by suppositories, or by ointment, etc.*, Zincum is the king of all such situations. In those cases we see the discharge reappearing, the eruption flowering anew, and the patient feeling better. In a case of measles, scarlet fever, any *eruptive illness which doesn't end properly*, give a dose of Zincum and immediately you see the eruption coming back. Remember that Zincum *ameliorates every discharge* wherever it is: excretions, urine, diarrhoea, suppurations, menses, etc. . . .

Every patient with *trembling*, tics, myoclonus, and spasms, *Syndrome of legs that cannot stop fidgeting*. Agitation when seated; pupils who constantly move their legs during class!

Hypersensitive to noise and above all the sound of voices, which put him beyond himself! The child repeats questions that are put to him and everything one says to him.

Like Sulphur, he has a *sudden ravenous hunger at 11 o'clock in the morning*. If he goes home at about 11 o'clock he immediately looks for something to eat because he can't wait for lunch.

Zincum cannot stand wine. *Cephalalgia from alcohol.*

The *pulse is rapid*, especially in the evening, and it is *intermittent*. This

*Translated from *Groupement Hahnemannien de Lyon, Dixieme Serie, Nos. 1-2, 1973, p.p. 27-37, by Albin Naudé.*

is an objective symptom which can be useful in defective illnesses.

Very good action on pterygia; itching of the internal canthus, which is often irritated; rolls his eyes; looks cross-eyed. Pale complexion; angular cheilitis at the corners of the mouth; tendency to hawk.

Children who constantly move their legs for fear of urinating, who lose their urine while walking or coughing or sneezing. The loss of pubic hair in both sexes.

Pains of the left ovary; sensitive breasts, especially during menses; menses more abundant at night; complaints that are noticeably ameliorated during the menses.

For those whose legs fidget during sleep; itching of the thighs and especially of the popliteal spaces.

It is a great remedy for varicose veins of the lower extremities, which are aggravated during pregnancy; chilblains of the extremities; somnambulism.

All the results of eruptions having been suppressed by ointments, lotions, radiations, and all other external means.

CONIUM MACULATUM

This is an old remedy which has become a classic, thanks to Plato, because it was used to put Socrates to death.

It is the *remedy of bachelors* and of old maidservants . . . the type that *likes to be alone* and hates visitors. He hates people he doesn't know because he is shy.

Hypochondriac, indifferent, not interested in anything; *adverse to all intellectual work* and also to *all physical effort*. Weakness, decline, *laziness*. It is very difficult for him to come to the point of starting to do anything. He *cannot walk quickly*; he cannot hurry; and if you want to go with him you will have to proceed at his pace, which is always slowly.

He always *feels better when he can let his arms or his legs hang!* Here we have another one of those things that may seem useless and unimportant, and yet for an informed homoeopath it will allow him to select the right remedy!

Heavy, stiff legs; difficult walking.

Neoplastic and arteriosclerotic diatheses.

The *head spins*, often with headache, and always *aggravated from lying down*. A great characteristic of the dizziness of Conium is the *amelioration from closing the eyes*.

Pronounced photophobia to all light, but without inflammation of the conjunctiva. Aversion to light without any affection of the eyes.

The cough is aggravated on lying down; and when he starts to cough at night in his bed, Conium *must sit up*. Coughing from irritation from a little dry point in the larynx, aggravated lying down; must sit up.

The pulse of Conium is accelerated after stool; it can also be small, intermittent, and irregular.

Interrupted urination. The urinary stream stops, then starts again!

Palpitations after every defecation.

The results of sexual repression in both sexes.

Sexual desire without erection.

Swelling of the breasts, with bruising pains, from touch, especially in front, but also during menses.

Perspiration as soon as he falls asleep and even as soon as he closes his eyes. Excess of wax in the ears.

These patients always feel better with the arms and the legs hanging.

HELLEBORUS NIGER

This drug brings about sensorial depression with a bitter or insipid taste. Fetor oris. Movements of chewing; food always tastes insipid, or else better. In all illnesses, absence of thirst.

Encephalic cry, especially at night while sleeping.

Convulsions of nursing infants.

Melancholic subjects who are always slow to answer when spoken to.

Involuntary sighing. Dull, apathetic, indifferent.

Loss of hair and of the nails.

Mydriasis. Fixed stare without any reason.

Cold sweat on the face.

Always rubbing his nose.

These patients always have diminished vitality. And they have two things that you will notice: anasarca and dropsy. Like Belladonna and Tuberculinum, Helleborus always *bores the head into the pillow*. And he *rolls his head on the pillow* day and night. The eyeballs always gaze upwards. Hemeralopia.

Carphological movements during pain.

A very good remedy for patients who get *goose flesh*.

Frequent and ineffective urging to urinate.

The pulse is generally rapid, faint, and trembling, but it can also sometimes be slow.

GELSEMIUM SEMPERVIRENS

You know that in English you can sum up this remedy with three "D's": Dizzy, Drowsy, Dull.

When you see somebody, especially after flu, who is dizzy, and always drowsy, no thirst, apathetic, dull, think of this remedy.

Gelsemium has always light-colored urine, never dark, even when there is fever. And if you prescribe Gelsemium for a patient who has dark urine, that will prove that you are extremely defective and have a great need to take a refresher course!

Frequent urination, abundant urination, which relieves headaches.

A great remedy for trembling, but I draw your attention to this:

external trembling. One can say that many Gelsemium patients, especially feverish patients, complain that everything is trembling.

The pulse is abnormal, slow but full, intermittent, irregular. It can also be rapid and tachycardiac, feeble, soft, almost imperceptible, aggravated by movement. It is these apparent contradictions that make the charm and the value of our materia medica.

You know that this is the remedy for *bad news*; and you remember the story of the patient I spoke about before who was overtaken with a dreadful buzzing of the ears when he received bad news: the sudden death of one of his friends, whom he had recently seen. And he was brilliantly cured with this remedy, while our allopathic colleagues had *energetically* treated him without the slightest little result . . . quite the contrary! Every time a patient tells you that he has had a sudden sorrow, ask him how it started. Often it came from the shock of some bad news. In such cases always prescribe a high potency: Gelsemium XM. If, on the other hand, this is a case of real sorrow, rather give Ignatia; and, speaking of that, I have had cases which came back and reproached me afterwards: "Doctor, it is quite dreadful, you gave me a homoeopathic remedy so that I would be sustained under the emotion of a great bereavement; I went to the funeral and, although I am so sensitive, I couldn't even cry!"

Aggravated by all emotions. A great fearful remedy. Always a terrible fear before examinations. This remedy is very successful when it is prescribed as a specific for fear of examinations. I give a dose of the 200th the morning of the examination, and if this fear of the examination is very pronounced, a dose even the day before in the evening. More often than not that is admirably successful: I don't even have to repeat it afterwards. What an advantage and what a blessing, especially in pipe organ examinations, when one's foot trembles on the great bass pedals . . . to make even the examiner tremble; and as for singing . . . when you *can't get a sound out*, Gelsemium maintains the voice of a nightingale!

So Gelsemium is very apprehensive.

Very frightened, especially *frightened of death*. Remarkable after fear and emotions.

Wants to be *left in peace*.

Agoraphobia, fear of walking across large open spaces.

Fear of being alone, wants someone near, even someone who doesn't speak.

Fear of going in mountain cableways and elevators, even going down! Terrified of everything unexpected. Fear of falling.

Fear of losing his self-control and his calmness.

Fear of lightning; what a dreadful coward!

A real living barometer. Gelsemium very quickly feels all the fluctuations of the weather, especially when the barometer falls.

Constantly aggravated by thinking of his troubles.

But be careful, he unfortunately always feels better when he has had alcohol to drink! I had a patient once who had this unfortunate peculiarity with, in addition, all the other symptoms of Gelsemium. She used to say to me: "Doctor, you wouldn't believe it, a friend of mine told me about this: I take the tiniest possible glass of kirsch every morning, and afterwards it is absolutely marvelous, I feel that I have wings all day long to do the housework." That is really dangerous. She started with a tiny little glass, and a year later it was a liter of kirsch that she drank every morning. Her liver, especially, suffered from this, as you can well imagine. She developed dropsy with a whole lot of complications and she died of anasarca in the greatest moral and material misery! The constant repetition of her voice immediately antidoted the action of Gelsemium! *Fear of death. Feeble, slow pulse*, even imperceptible.

CAPSICUM ANNUUM

This drug is not chilly, as you will see it stated in many materia medica, but on the other hand is *aggravated by the cold* and the slightest draft, which is an important nuance you have to remember.

Capsicum patients are flabby, *obese, lazy*; they want to be 'left in peace'; these patients are apathetic and are always down. I promise you that you will never find them breaking speed limits. *Lack of reaction in obese patients.*

These people love routine and they hate anything unexpected. Write it in your Repertory under the heading 'Unexpected, aversion to anything.' If you tell them that you will take them on a drive tomorrow, they won't like that at all. You will have to tell them long in advance.

Great difficulty getting going to go out or to go on a drive or a walk. They hate all exercise and all effort.

And yet, *amelioration once they start to walk.*

Capsicum is an overworked intellectual who doesn't eat enough and is always in need of stimulants and tonics. *Dyspepsia of elderly people.*

It is a funny thing that this patient is always *thirsty after stool!!* And his scrotum is cold in the morning on waking up!

Like Ammonium carbonicum this remedy isn't very fond of cleanliness: you will see that their clothes are dirty, their ties have spots on them, and they are always improperly washed or shaven! Ugh!

Constantly dissatisfied and complaining.

This drug is indicated for a special illness, for which allopathy is absolutely useless unless you go through two years of psycho-analysis. . . . It is 'homesickness.' This drug is especially recommended for young maidservants who have bright red cheeks and who suddenly tell you after two weeks of their new job that they cannot stay and want to go home. . . . A little dose of Capsicum XM on the tongue of the young girl will bring back a smile and the pleasure of serving you! The Germans make fun of these symptoms and say, "These homoeopaths are quacks. . . . They prescribe Capsicum for red cheeks

and homesickness. . . . It seems quite ridiculous. . . ." But since it works I am very happy to use this remedy when it is indicated in this way, and I would very much like to know what an orthodox physician would do in such a case? You can't get anywhere, and the young maidservant goes home. Everything is overthrown for her and for everybody else! So this is a great remedy in cases of homesickness.

Hates drafts.

Explosive cough, as if everything were going to explode: head, ears, bladder, chest. Sciatica aggravated from coughing. *Hoarse, raucous voice of public speakers, ministers, and singers.*

There is a localization for which this remedy is very successful: *the mastoid*. One or two doses of the 200th potency and the threatening mastoiditis disappears rapidly. This remedy acts very quickly and very well. Smokers and drinkers who suffer from sore throat and pains that go to the ears, with fetid breath.

VALERIANA OFFICINALIS

When it is dynamized, this plant has an affinity with subjects who have an extremely variable temperament. The height of instability. I don't mean alternating moods; I mean variable and irritable moods.

Impressionable, hypersensitive, very nervous.

Asthenic. Hysterical complaints.

Pulse generally accelerated.

Nervous system always rather excited.

This remedy has the sensation as if there were a thread hanging in the throat!

Excellent drug for babies who vomit great pieces of curdled milk after feeding.

CALCAREA OSTREARUM

We must not use *Calcarea carbonica*, which is indicated in all the books and is a chemical carbonate of lime, but, if we are serious homoeopaths, the living calcium, which is called *Calcarea ostrearum*, and is made by the oyster in the middle layer of his shell. If we want to go one step further in subtlety, we always use only those remedies which have been prepared from sources which were used for the provings.

But Providence is so generous that even if we practise Homoeopathy 'badly,' even if we haven't got 'perfect' remedies, we can still achieve extraordinary results. Really, our needs have been abundantly filled, and we should be grateful.

Calcarea ostrearum is the great homoeoposoric of Hahnemann. It covers all three miasms, and *Calcarea* is a remedy which we cannot do without. It is a part of the cycle Sulphur-*Calcarea*-*Lycopodium*, and therefore should never be given after *Lycopodium* nor before Sulphur. That would mix up the

case to such a degree that it would be very difficult later on to clear it up. Kent said that there were certain patients who could never be restored to health because this rule had not been observed in their case. In the same way one should never go directly from Sulphur to Lycopodium: one must find an intermediary drug to give between the two. These little points of advice of old, seasoned homoeopaths must really be respected!

The leukophlegmatic type, who to speak from a hormonal point of view, has a thyroid-pituitary dysfunction.

Produces goiters . . . and cures them!

Great remedy for very shy people.

Has many fears, like Phos. And my teacher taught me that when any case has more than three factors, one can almost always say that either Calcarea or Phosphorus are very frequently indicated. On condition, of course, that we are not speaking about a mental case, because it is very difficult in those cases to eliminate everything which can be pathognomonic.

He is very much afraid of: Illness and contagion, epidemics, falling ill, suffering, tuberculosis, heart disease, being observed.

He is afraid of: Spirits, or losing his reason, disaster, losing his position.

He is sure that a disaster will happen.

He is afraid of: Poverty, dying of hunger, obscurity, night, evenings, and above all, *twilight*.

He is afraid of: Being in bed, dogs, being in a crowd, animals, being alone, lightning, and above all, death.

He is horrified on hearing stories of cruelty.

I have already told you the story of Dr. Mattoli, Sr., who was a man just as small as he was intelligent, a brilliant mind who spoke with great facility, and what volubility! — all this, of course, in magnificent Italian. One would have thought it was Dante speaking; and when he was speaking, even if you didn't understand Italian, it was a pleasure to listen to him. Well, Dr. Mattoli was once president of a congress in Rome when Mussolini was in power! The first day we were all assembled in an extraordinary hall with flags of different colors, old paintings, sculptures, beautiful armchairs, and we heard the President of the Ligue, Dr. Gagliardi, presenting to us a case of mental illness which had been cured by Calcarea. His description was perfect; he made of this exposé something so marvellous from a scientific and literary point of view, that from the sixth row, where there were some allopaths who had been invited to the congress, one suddenly heard someone exclaim, 'Miracolo!' That's how marvellous his description was! Then, suddenly, like a devil jumping out of a basin of holy water, Dr. Mattoli got up and said: "Who says it was a miracle?" Then these colleagues of ours got up and nodded, I mean the allopaths we had invited! Mattoli continued: "Well, gentlemen, I must say, you are the only ones who make miracles, not us." And these gentlemen were very pleased, even more puffed up with pride, delighted with this compliment! Mattoli con-

tinued: "Because, what is a miracle? A miracle is something exceptionally rare, which doesn't happen often. But, for us homoeopaths, successes like this happen every day! And that is why we don't call them miracles!!" Sustained applause throughout the hall! You can imagine the effect of this interruption!

Calcarea is full of many fears, there are 26 different ones in KENT'S *Repertory*! In addition, Calcarea is very forgetful. He also despairs of recovery (like some other drugs). *Anxiety at dusk.*

Very much indicated in convalescences that are not getting on and for patients who continually relapse.

Very willful infants with a tendency to obesity.

There is a special sweating which is always regional, localized!—especially in the front of the body; and he perspires at night. He also sweats when he is anxious or after eating, or at the slightest exertion, or even from mental activity.

Look at the pupils. Calcarea is often mydriasic like Belladonna, its acute. *Eyelids glued together in the morning.*

Tumultuous palpitations at night; after eating; with the slightest exertion; especially on climbing the stairs; also during fever.

Aversion to movement and exercise, and very lazy schoolboy who will always ask to be let off gym practice!

He can't stand fasting or skipping a meal. And yet, he always feels worse after eating! Isn't it hard to reconcile these paradoxes! *Diarrhoea and vomiting at teething.*

Desire for eggs, and particularly hard-boiled eggs.

As a child he prefers and enjoys things that are rather strange and indigestible: chalk, carbon, pencil leads, etc. He loves sour fruit and, above all, ice cream.

He hates fat and two more things: coffee and meat. That doesn't mean that you must never give Calcarea to someone who likes coffee. There are other symptoms which will indicate it, and you can't possibly expect to find all the symptoms that Calcarea will cause and cure!

You know that classic symptom of Calcarea: horrible visions, at the moment of falling asleep. He sees scowling faces! This symptom is very useful for prescription.

Amelioration from constipation, which is a rare symptom but a precious one, and, unless I am mistaken, a symptom which is to be found in only two other remedies besides Calcarea. Look for them in the *Repertory* and don't forget them!

Calcarea infants sometimes have enormous stools, and one wonders how it is possible for infants to expel such stools!

When a patient who smokes suddenly loses his taste for cigars or cigarettes, think of Calcarea. This remedy loves good wine, liqueurs, cold

(Contd. on page 265)

'Postnasal drip' rendered in Kent: "Throat, mucus, drawn from posterior nares" (p. 456) and 'clearing the throat, disposition to' rendered as "Hawk, disposition to" (p. 452) and "Scraping" (p. 466). All in all, if one will take time to be with the patient a while and clarify what he means by 'sore throat' in the ways suggested one ought to be able to be of material help to most of the patients that come to one. It is a matter of not taking time to get details, specifics, ameliorations, aggravations, causes and time relations that makes one feel lost and unsuccessful. When sore throats don't clear or frequently recur, one must look deeper. Irritation from cosmetics or hair spray, reaction to atmospheric contamination (e.g. smoke), allergy or low grade liver disfunction may be the cause alone or in contamination. Here the beneficial effects of a change of environment or changes of blood levels of protein, LDH or bilirubin may give us a lead. Then we understand why Chelidonium and other 'liver remedies' may come into the treatment of sore throats.

—*The Layman Speaks*, April 1974

REACTIVE REMEDIES OF ORGANIC NERVOUS COMPLAINTS

(Contd. from page 260)

drinks, but on the other hand prefers milk when it is very hot! He loves everything which is salty or sour. It is a very good remedy if, in addition to these general characteristics, the patient suffers from polyps or exostoses.

—*Journal of the Am. Inst. of Homoeopathy*, December 1974