

Cases from our Current Heritage: Hering's Law

ABSTRACT: While it is true that all Homoeopathic cures establish the validity of Hering's law, all published cases do not pinpoint the operation of this law in the follow-up leading to a paucity of such cases. The controversy regarding whether Hering's law is a law or mere rules, can only be settled when all Homoeopaths record carefully the directions of cure in their patients' cases and demonstrate them in their published material.

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INTRODUCTION: Homoeopaths will have to have careful follow-ups. The present system of giving a dose of medicine on first visit and asking the patient to report after a three or four weeks gap does not help, as this time gap between the administration of the first dose and first follow-up is very crucial. The patients will have to be educated on this law and advised to keep a proper record of the effect of the medicine on their complaint and / or recurrence of past symptoms/diseases. It is also necessary that the doctor gets in touch with the patient at the earliest opportunity after the first prescription to check for himself the effect of prescription and the direction of cure or otherwise. A notable exception is Dr Praful Vijaykar who, in all his case presentations, demonstrates the operation of the Hering's law and justifies the cure through its operation.

He adds an additional Corollary to the Hering's Law:

6. From a more destructive miasm or destructive process towards one that is less destructive ie either from Syphilis to Psora or Syphilis to Sycosis, or Sycosis to Psora.

Three of his cases illustrating the above approach are given below:

CASE 1

A child developed blindness at 5 months of age. The child was diagnosed as blind since birth. But the mother insisted that the child used to smile and respond very well to her until he was 3 months of age. She was sure that he could see at

3-4 months. She would not accept the diagnosis of blindness from birth.

On further questioning, it was found that following a vaccination at the age of 3 months, the child developed a mild rash on the body. Then he suffered from cold and cough which persisted for a few days and apparently responded to conventional treatment. The mother's observations were given more importance than the pediatricians' diagnosis. It was clear that the vaccination stimulated a series of pathological reactions within the body, resulting in degeneration of the retina and hence blindness.

Using our understanding of disease progression and miasmatic background, the following inference was made: The child had a strong syphilitic miasmatic trait. Following the vaccination, after a short term Psoric expression, the disease progressed from the Ectoderm (rash) to the Endoderm (cold/cough) and then bypassing the Mesoderm expression, directly affected the neuroectoderm (retinal degeneration). The remedy had to be a strongly syphilitic remedy that produced ailments at a very fast pace, and did not follow the rules.

The basis for the remedy choice was: AF Vaccination, Destructive, Syphilitic remedy, Chilly, thirsty (physical generals of the child), that moved at a fast pace. The remedy that cured this child's blindness was *Merc-sol*. (Dr Vijaykar)

CASE 2

Abridged version of a case of Dr Praful Vijaykar Osteo Sarcoma (Bone cancer). The entire case can be read here: <http://www.hpathy.com/casesnew/vijayakar-Natrum-carb.asp>

A boy aged 16 years from a poor family, was brought to Dr Vijaykar with a complaint of acute pain and tumor like swelling on posterior aspect of the right thigh following injury, with no external signs of any injury. 4 weeks back he had fallen from a bicycle in his native place and injured the right thigh. He was treated by a local doctor. After 1 week of mild pain, he started experiencing a very severe excruciating pain at the place of injury; treated with anti-inflammatory tablets and painkillers. After about 15 days, he fell down again whilst playing and injured the same spot. Now, started getting severe excruciating pain every evening for which he was hospitalized and had to be given painkiller injections every day. Later he came to Mumbai on a vacation and stayed with his elder brother. He was so reserved and secretive that when in Mumbai, he did not even disclose to his elder brothers that he had an injury or was hospitalized, only his limping gait revealed his injury. Within 3 days, the pains increased so much that he had to be re-hospitalized in Mumbai. Examination did not disclose any fracture but allopathy could not relieve. Probability of osteo-sarcoma loomed large and hence they were contemplating a major surgery.

Dr says "It is so easy to prescribe *Arnica*, three times a day or *Symphytum* or *Ruta* or *Calc-fl* in this condition. These will act only if the injury is not grave and it has not had a constitutional effect and threatening to grow into malignancy. Nor can it prevent the constitution from developing into rheumatoid arthritis etc. Hence the sphere of action of the use of such acute injury drugs prescribed on the history of injury alone and not having a matching general, mental, particular picture shall be of help only in psoric constitutions where the constitution is strong enough to resist any suppressions. In such cases it has been seen by Dr Vijaykar that it is always better to let

the patient's constitution recover by itself rather than interfere, so the best possible result is achieved by keeping the patient on placebo. Injury to joints, say knees, treated blindly with *Arnica-montana* or *Bryonia-alba* or *Rhus-tox* have inadvertently or unknowingly been seen to proceed after a primary relief of pain into lumbo-sacral spondylitis or to widespread multi-joint arthritis or progress to a different sphere say cardio-vascular (3rd layer to 4th layer of suppression) and the patient starts exhibiting hypertension or ischaemic heart disease. The *Arnica-Bryonia-Rhus-tox* prescriber is blissfully unaware of such a symptom transfer which is of his own making! This is due to blatant violation or bending of homoeopathic law of cure - 'Similia Similibus Curantur!'. The symptom similarity, is only local. Every individual or every constitution gives back a reaction to an injury befitting his basic nature. This reaction is individual not only at the level of mentals (ie the attitude towards suffering) but also at the physical level, ie how tissues will behave or react to the injury. This in turn is wholly dependent on the predominant miasm, which is expressed by the constitution at that time."

Natrum-Carb was selected as the Genetic Constitutional Simillimum for the patient as it covered the miasm (sycosis) and other symptoms such as:

1. talking indisposed to and
2. bashfulness; chilly yet agg from sun;
3. aversion to milk and extremely conscientious.

7th July:

Natrum-Carb 30 - one dose (note the potency)

14th July:

- (a) The boy came in without limping.
- (b) Smiling and at ease in front of all the doctors in OPD.
- (c) Did not take any painkiller injections throughout the week as the pain was considerably less.
- (d) Desire to play and played throughout the day.
- (e) Tumor-like swelling decreased but still present.
- (f) Answered freely and smilingly.

21st July: (a) Pain vanished



(b) Swelling gone

(c) Child active, smart, smiling and more communicative.

CASE 3:

This is Dr L D'Souza's own patient who suffered for over 15 years with Prolapsed Intervertebral Disc.

A gentleman, 43 years of age, suffered from Prolapsed Intervertebral Disc (PID) since 1993 but chronic backache since he was 12 years old. He started treatment in September 2004. His disc prolapse was at L4/L5 level and he had 5 major episodes of nerve impingement, for which he had to be hospitalized and on complete bed rest for a month in order to recover. He used to take homeopathic remedies for acute pain, but they did not cure him. Since the doctor was already treating the rest of his family and extended family, he finally decided to take the plunge and begin long term chronic treatment for this problem. He weighs about 150 kgs (over 300 pounds) and is nearly 6 feet in height. The severe obesity adds to the strain on his back. His symptoms: Painful back spasms, backache radiating to the legs, stiffness and numbness of the legs. Each day was a continuous struggle. He was afraid to start constitutional because he mistakenly thought it would be even more of a struggle without painkillers or acutes. But he was so wrong!

His other problems include severe anxiety and performance problems in relation to his job, he also had hypertension. His problem with obesity was from the age of 4 years. The weakness in his back started in Class 8, which followed a Tonsillectomy due to frequent attacks of tonsillitis. He had also probably injured or strained his back at that time, but the back problems persisted since then and subsequently precipitated into PID. Of interest to note here, is that prior to back problems he had frequent throat infections that were cut short by the Tonsillectomy. Now that the chronic imbalance and weakness in the vital force could not be expressed at the level of the tonsils, he developed chronic back problems instead that

persisted to this day. In addition he became severely anxious about his performance in studies right through college.

Based on the analysis of his characteristic homeopathic symptoms, the remedy *Lycopodium* was chosen as chronic constitutional remedy. He started on this remedy and felt a lot of relief in general as well as in the symptoms of his back. But he continued to be susceptible to back strains and acute back pain. This was due to the fact he was working in Sales and had to travel frequently in uncomfortable conditions, in addition he had to frequently lift his child who had a physical handicap. These maintaining aggravating factors could not be avoided. Hence during this treatment he required acute remedies like *Arnica*, *Bryonia*, *Rhus-tox*, *Ruta*, *Phosphorous*, etc, depending on the cause and symptoms of the acute episodes of backache.

The next time he had an episode of PID, confirmed by the Orthopedic Surgeon, (a few months after he started treatment), we handled the management purely on homeopathic remedies, partial rest at home and supportive physiotherapy, SWD. This chronic problem required *Lycopodium* 1M and then *Lyco* 10M repeatedly during the acute phase of PID. No acute remedy was indicated. After just one week of bed rest, he was obliged to attend work for at least half a day. Previously he used to be laid up in bed or hospital for over a month. He did not take any allopathic painkiller through this whole episode! In a month or so, he felt his back renewed as never before, though he still had episodes of minor pain. What was more important was that he could continue his normal activities as long as he avoided straining his back.

10 months into treatment his backache was much less, but he began to have a chronic painful sore throat instead. It was difficult to swallow, so he avoided the foods that aggravated, sometimes he only drank warm water and would not eat! This lasted about 2 months and when it became unbearable he simply took a dose of *Lycopodium* 30C to help. He told me that this was the typical throat

symptoms he used to get as a child. With our homeopathic understanding of the direction of cure, it is obvious that these were OLD symptoms manifesting again. Instead of suppressing them with antibiotics, all we had to do was allow the vital force to cure it in the proper way. This had been deviated to his back all those 30 years, since the Tonsillectomy. Understanding this, he was willing to be patient and rough it out. Sure enough in a couple of months, these symptoms passed off completely and he has no throat pain any more.

Now 1.5 years after treatment, he hardly complains of any back ache at all. His anxiety levels are considerably reduced. It is no longer a struggle to cope with every day as there is no 'pain' to cope with. He continues to lift his child (growing bigger and heavier) who is handicapped, and no acute problems with that. He does his regular back strengthening exercises. He is still obese, but since this is older than all other problems, it may resolve later. At this point it does not concern him. His job performance and anxiety levels have improved so much, that he has been given a promotion from Sales Manager, to Head, Human Resource Department! His ability to attend part time work faithfully right through his last acute episode of PID impressed his boss and paid off well!(Dr Leela D'souza- Homoeopathy and soul Hpathy Ezine - February, 2006)

CASE 4: (Dr Little's case as condensed by Dr L D'Souza)

The client was an Irishman who was studying with a Yogi in India. He was a strong, well built, rather coarse kind of a person. He was not stupid, yet sometimes one had to say things a few times before he would grasp it. His appearance was a bit disheveled in that he wore half Indian and half western clothes. The doctor had known him for a few years and had already observed that many of his habits were rather psoric but the predominance of his psychology demonstrated the sycotic miasm. He was suspicious, looked out of the corners of his eyes and ques-

tioned the motives of others and sometimes held fixed opinions. Compared to the average person in society he was a true religious fanatic as he lived in a cave in far off India with few belongings....

He went to England for a visit and contracted a severe case of Chlamydia. This produced a greenish, dirty discharge as well as much local irritation of the penis. Dr Little did not see the case in its acute state so did not know all of the exact symptoms. He visited a homeopath who gave him *Thuja* in the centesimal potency. This did not help the situation so he went to an allopathic doctor who gave him a full course of tetracycline. The treatment suppressed the acute symptoms, he was left with a little gleet discharge which manifested as a clear or white secretion at the meatus that caused much itching. In the mornings he would express a small amount of the discharge which would return later during the day. The allopathic clinic diagnosed non-specific urethritis (NSU) and offered little help. This was followed by a loss of memory and dulling of the intellect. Evidently his susceptibility to Chlamydia was due to his latent (inherited - L) sycotic miasm and this new infection activated the entire syndrome. This was not a simple local urethral discharge caused by NSU. The entire sycotic syndrome began to manifest deeply in his constitution. He began to develop pain in his lower back that started moving up his spine to his head. At the same time, his extremities were became arthritic and painful. This was followed by a further deterioration of his mental and intellectual levels and his memory really began to slip. Became dull and had difficulty thinking and could not find the proper words when speaking. Began to feel guilty, dirty and contaminated. Although he wore ragged clothes, he was not particularly dirty yet could smell his own body odor which upset him greatly.

By now he had dullness, sadness, depression, despondency, doubt of cure, and salvation. When he looked around he would squint his eyes which

made him look shifty. His memory continued to fail and he became more confused. He became very sleepy, apathetic, tired and lazy as well as more dirty as he started to not change his clothes as much as before. The symptoms continued to increase over a period of around eight months until he was in pretty bad shape. I formed the totality of the symptoms around the syndrome of the sycotic miasm and the state of his present temperament. His religious and philosophical ideas, rough lifestyle, ragged clothes, depression, despondency, sleepiness, loss of memory, tiredness and laziness led me to investigate the remedy, *Sulphur*...

.... "After six days of repeating LM 0/3 *Sulphur* my client returned to me and said, "Gosh, I'm feeling a little bit funny". Dr Little asked him how he felt and he said, "Well, you know, I keep seeing these kind of black things floating around." He was seeing the black motes which *Sulphur* often produced during its provings. This remedy is 3 mark in Kent's Repertory for black motes. Dr Little had repeated LM 0/3 for six days in a row and now the remedy is beginning to mimic the provings of *Sulphur*. It was needed to stop the remedy. I said, "I don't think you'd better take it today but come back and see me tomorrow". He came back the next day and I said, "How do you feel?" He said, "They're going away. I don't think I even see them anymore." Most LM aggravations pass through rather quickly unless the client is hypersensitive. These aggravations tend to last for one, two, or three days under normal circumstances. Nevertheless, the power of the remedies must be carefully controlled through adjusting the dose to match the susceptibility (sensitivity and response - L) of the constitution and being conservative with repetition. ..."

... "The following day this gentleman came running over to my house. He looked extremely excited and he had a covered glass in his hand. I asked him what happened and he said he suddenly felt an urging and a pulling down pain which made his genitals feel as if it was going to

explode! Then he passed four ounces of filthy greenish-yellow putrid pus-like discharge into a glass. The entire episode lasted less than a minute. When someone passes a discharge like this the question comes to mind, where did it all come from? This is one of the mysteries of Homeopathy. How does the vital force do this? The answer to this question lies *outside* our normal understanding of pathology. "

On seeing the discharge Dr Little slowed the repetition of the remedy down to once every three days and all of his symptoms peeled off layer by layer *in the reverse order in which they had developed*. His mental temperament improved, his memory came back, he lost the feeling of being dirty and contaminated. The gleet discharge disappeared and none of these symptoms have ever returned. The doctor slowed down the remedy even further as he continued to improve and then finally stopped it. He was a changed man who later left for England where he studied Homeopathy and was awarded a certificate. I saw him a few years later in India and he said, "Thanks a lot. You saved my life."

This case, and others like it, shows that the complete sycotic (miasmatic) syndrome can be overcome with the skillful use of homeopathic remedies. The reinstatement of old discharges, and the return of other old venereal symptoms, is a definite sign that the homeopathic remedy has attained its goal. The removal of these deep miasmatic taints from the constitution is one of the greatest gifts of Homeopathy, because *it not only removes the illness from the sufferer, but also from the following generations*. In this way the homeopath can overcome the past, transform the present, and change the future (of disease). This is surely the blessing of Providence and the fruits of the dedicated work of Samuel Hahnemann and those who follow in his footsteps.

The following two cases have been given by Dr Roger Schmidt to substantiate Hering's law. The remedy again was *Sulphur*.

CASE 5

"Mr G B, 72 years old, told me he suffered, when he was about 40, from an obdurate eczema which had extended from feet to the sexual parts, then trunk, and at last to eyelids and scalp. But for the eczema, he thought at that time, that he was very strong and in perfect health. It required years of various treatment and the use of numerous ointments to suppress little by little this eruption, traces of which are still to be seen on the scalp and eyelids. During more than twenty years since the time he had at last succeeded in ridding himself of his eczema, he suffered from frequent influenza, then from bronchitis, which little by little turned into asthma. He attributes all these phenomena, from which he never suffered before, to chills and these grew worse in spite of every care. Little by little rheumatism set in (a question of time perhaps) which made him suffer cruelly, in the shoulders, hands and lower limbs. Every winter he had one or two attacks of lumbago and sciatica, without mentioning attacks of bronchitis and asthma.

Now he has a pityriasis erythema on the scalp, dry eczema of the eyelids and conjunctivitis. The skin all over the body is extremely dry and covered with little white scales, especially abundant on the limbs. When auscultating the globulous thorax, one hears big ronchi and, numerous sibilances spread about. The cough is noisy, paroxysmal, turns loose and dry. Solar plexus painful when pressed, when the patient is standing (signal pain according to Leven), which denotes a gastric ptosis. The liver, very sensitive to touch, continues beyond the ribs a little. The patient complains of lack of appetite and constipation. Dry arthritis of the shoulders and knees. Heart normal. Pulse 75. Tendon reflexes not very much marked. Numerous nodosities around the articulations of both hands. The nails of the big toes are very much thickened. The patient is frequently disturbed in his sleep by his cough and after 5 in the morning he cannot sleep at all.

This story and the complex of the present symptoms clearly indicate *Sulphur*. On January 11, I

gave *Sulphur* 30 every morning in the plus method. On February 3, the patient returns saying: "I feel better, I sleep better, till 6.30. The cough disappeared two days ago, the breathing is deeper, the stairs much less difficult to ascend. I have an appetite again; my bowels evacuate two or three times a day." The only shadow in the picture is the increase of rheumatism nearly everywhere. I gave *Placebo*.

On February 27, the above mentioned improvements are maintained. The head is lighter, the mind more active, the ideas clearer. The itching and the erythema of the scalp have disappeared. The eyes are getting better. On the contrary, the rheumatic pains are stronger in the hands and feet. "An extraordinary thing, doctor, my previous perspirations and my eczema of 20 years ago, on the genital parts, on the hands and feet have returned. I don't want to re-commence the comedy of yore". I warned my patient to abstain from any external medicinal application and I spoke to him of the law of cure explaining to him that his symptoms are following exactly the desired direction:

From above downward (the head is better, the lower parts of the body worse).

From within outward (the cough, asthma, breathing, digestive functions are very much improved, whilst the extremities show serious aggravation). *And in the reverse order of the coming of the symptoms* (reappearance of the previous eczema and perspiration). Of course I gave *Placebo*.

On April 2, I saw my patient again. He declared that his state has rapidly improved, until a recent journey during which he indulged in an indiscretion of diet, which brought a strong aggravation of all skin symptoms. The rheumatism is better but has not completely disappeared. I order a dose of *Sulphur* 200 and *Placebo*. (The duration of *Sulphur* 30 was 10 weeks).

On July 6, the patient returned to thank me. He is cured and wishes to make me endorse his opinion."

CASE 6

"Mrs A G, 35 years old, comes to consult me for her general state of health. She is sensitive and her symptoms would cover numerous pages, therefore, I will only mention the most important. Her state of health was entirely modified after the birth of her daughter eight years ago, in spite of the care of several physicians, it was growing worse and worse. Giddiness in the morning, when standing and when going down the stairs. Sick headaches accompanied with nausea and vomiting of bile, especially before and after menses. Her head is often flushed in the region of the vertex. The nape of the neck is the seat of heavy pains. She always feels too hot and cannot bear heat; the warmth of the bed gives agonies in the legs, her feet so burn that she stretches them out of the bed or walks barefooted on the cold stones of her kitchen to cool them. Violent fits of sneezing in the morning after leaving bed, followed by tears; itching of the eyelids. Her sight is weakened and her eyes easily get tired. She has too much saliva which obliges her to swallow constantly, thence aerophagia. She is more thirsty than hungry. The stomach and abdomen, very much swollen, are as if bruised. Many eructations and intestinal gases. The menses have nothing special, except that they are followed by "whites". Her back often hurts.

Her very damp hands show an eczema of the palm for the last eight years. Pains in the shoulders, worse at night. Heaviness in the legs, which feel as if swollen. Very sudden pains in the sciatic nerve, when walking. Sleep is very troubled, because of a burning feeling of the feet, startings and shakings of the entire body. In the morning, when awaking, she is more fatigued than when going to bed. This symptom ensemble contains good indications of *Sulphur*.

On April 5, I give *Sulphur* 30, 200M, 10M one dose of each dilution every morning and *Placebo*.

On April 16, the patient tells me she felt far worse during the four days which followed her visit to my office, and she didn't close her eyes during these four nights. Then, she felt relieved, stron-

ger, the headaches have not re-appeared, nor the giddiness either. The nape of the neck is getting better too. The thirst has disappeared; but she has the greatest difficulties in coming to my office, as she suffers so much in the back and lower limbs. The eczema of the hand had increased. All this discourages her very much. I exhort her to have patience and reassure her, explaining the Law of Cure: "All that will go down and out, never to return".

Indeed, on April 30, the pains in the back have gradually disappeared after the last consultation. The hands are getting freed from the eruption. The sleep would be excellent, if the legs and especially the feet did not give her a foretaste of hell fire; *Placebo*. See my patient only 10 weeks later, on July 16, for the good reason that she is perfectly well and cured (Dr ROGER SCHMIDT) Source: *Homœopathic Recorder*, Feb 1929.

CASE 7: Veruska

This is a 3 in 1 case, of a girl, her father and mother

A mother brought her daughter to this doctor for her eczema. The eight year old Veruska was what we might call a delicate child. Throughout her life she would have visited a doctor on the average about twice a week. Her troubles had begun at six weeks of age, with eczema under her arm, on the ears and on her tummy. After a period of aggravation, the eczema had stagnated, while never quite disappearing, but in addition there came an inflammation in both ears. The pain would usually set out in one ear, then move to the other. Later came the recurrent bronchitis. The troubles had always begun first thing in the morning, or during the night. At the same time there was an allergy, coming during the pollen season, manifesting as colds, sneezing and burning in the eyes. Three years ago she had the first bout of pneumonia. Since then, until the homeopathic examination, she had it ten times, the frequency of its occurrence was now down to four each year. The early bouts of pneumonia were accompanied by a high fever, around 40° C, however lately they



had passed almost without any fever. Her mother quite correctly had interpreted it as a bad sign, pointing to the overall weakness in her daughter's organism, which was no longer able to mount a reaction. At the same time the parents noticed that during her illness she looked dull, losing all interest, not eating, and that this condition was partially being transmitted into the periods of relative health, between the attacks of illness. The child would continually cough. The spring and to some extent the autumn, were the periods of high risk. The child was missing a lot of her schooling time, often confined to bed. Recently the interval between the bouts of pneumonia was twice filled with tonsillitis. It was evident that Veruska's overall health condition was constantly and increasingly deteriorating. All her illnesses were duly treated by the allopathic (or orthodox) medical practitioners, so that before her homeopathic examination, the child in her short life had ingested a large amount of antibiotics and other powerful drugs.

Veruska had no friends, partially because her recurring illness mostly prevented her from enjoying the company of other children, and also because she was always treated as a delicate child, under a watchful control. The worries of her mother were reinforced by the feeling that the girl "had taken after her". She too had gone through a great number of illnesses, of a similar character to her child's. For example, up to date, she had pneumonia thirty times.

Psychologically, Veruska displayed the somewhat unusual trait that was instantly obvious - she expressed herself during conversation in a very serious and adult manner, as if she would like to stand fully on the intellectual level of an adult. She displayed a great deal of comprehension. Her vocabulary included terms that usually occur in grown-up literature and her parents confirmed that she often reads, and also books that are "above her age". She particularly liked the novels by Jules Verne. Her "adult" ways of conduct could have been largely attributed to the fact, that most of her time she spent in the company of

adults, constantly staying in the presence of her mother, a translator, who worked mostly from home. Probably contributing to her premature adulthood, was also her hard won life experience, riddled with illnesses, which suppressed prematurely the child's natural playfulness.

Bright, unwilling to go to bed at night, prefers to converse with her parents, in the morning sleepy and surly, easy to take an offence and inclined to crawl into a corner and sulk, likes to play her own games, talks to herself aloud, dislikes dogs, who scare her, likes cats. The standard of values similar to her mother's, sometimes she is introspective, "absent-minded", dwelling in an imaginative world. She sleeps uneasily, dreaming of a ghost woman, of sharks, of a dog that seizes her mother. She is ticklish. Some amusing situations (such as when watching cartoons) would make her laugh, wildly and unable to stop. She likes to listen to melodious music.

Wants to be cooled down when having problems, does not like to wear tight clothes, especially around her neck, in winter time refuses to wear scarves, and does not want to have her coat buttoned up to the neck. Hot water in the bath does not suit her, it should be luke-warm. During the spring and in the early spring, she always falls ill.

THE FOOD: She loves sweets, vegetables, fruits, particularly apples, strawberries. Likes tomato sauce.

THE PATHOLOGY: Frequent cough, her colds have watery beginnings, turning to phlegm and "dropping down the windpipes", usually followed by the cough, first a productive one, dry during pneumonia. Chronic enlargement of the left tonsil. Tonsillitis. Painful joints, ankles and knees, improvement when a cold compress is applied. A smear revealed the bacillus of scarlet fever. Allergy to pollens manifesting through colds, sneezing, burning eyes. An occasional eczema. A low immunity detected.

EVALUATION OF THE CASE: The most valuable, the least uniform, the most individual information,



which can help us to achieve the most precise differentiation, concerns the psychology: "Sometimes absent-minded", "prefers to stay alone", "does not like to wear tight clothes, particularly around the neck", "in the morning sleepy and surly", "talkative", "laughing herself to the tears", "introspective". Such information alone, closely binds the circle of remedies that come into consideration. Among them we even find the one key symptom, which is "does not like to be constricted around the neck".

Another extremely valuable category of symptoms are the general ones, the reactions that concern the entire organism. "The illness gets worse or begins in the morning, after waking up". "Predominance of symptoms on the left side of the body (enlarged tonsil, pneumonia, pain in the joints)". "The illness comes always in the spring, or in the early spring". Eureka! We have found three more keynotes, key symptoms! And as we have four altogether, we know which remedy it is, and we should only quickly check the other information, to see if it fits the picture of the remedy, in case something might contradict it. And we find no contradictions. According to the overall picture of the symptoms, the result is *Lachesis*, a quite commonly indicated constitutional remedy. The whole pathology fits the picture of the remedy (the cough, the painful joints, the eczema, pneumonia, quinsy), even though this has not helped us much in finding the remedy.

"Improvement by cooling down", "likes fruits, especially the apples". These are important facts, to a homeopath. They can be useful in looking up the remedy in the Repertory or the *Materia Medica*.

I gave Veruska's parents a small bottle with the pills of *Lachesis C 200*,

We then agreed that the parents should get themselves a diary, a notebook, not a calendar that gets thrown out at the end of the year, and that they would record the changes in their daughter's health condition, anything they generally considered to be different from the normal.

The parents said that they would give the remedy to Veruska the next day after breakfast, but in life things never go quite according to our plans. A few days later they phoned me that they had not applied the remedy as yet, because they wanted Veruska to be quite healthy, and as on the day of examination she was coughing, they feared that her condition might deteriorate. So the remedy remained untouched in the drawer. Now Veruska had her usual pneumonia. On the left side, with the temperature of 40°C.

I told them to apply the remedy now, straight away. The parents were a little hesitant, they wondered if they should not call the doctor, who would prescribe the usual antibiotics. After all - this pneumonia is a serious matter. I did not press the issue - it was entirely up to them, their choice of what they wanted to do. I had done my part of the work, it was now up to them, whether they wanted to take advantage of it or not.

Finally they decided to apply the remedy. Later they described how the girl, who as usually had no interest in anything, apathetic and refusing to eat, had suddenly rallied. As if animated with a good spirit, even though the fever persisted for some ten hours at the same level. Then it had begun to fall. On the third day Veruska was completely free of fever. The after-effects of her cough lasted for about a week.

A year later we applied another pill of the same remedy, in a higher potency of C 1000.

Altogether, after taking the remedy for the first time, two years had passed without pneumonia (prior to this it was coming four times a year, with the tendency to deteriorate). During this time the girl had received no antibiotics, no drugs.

The abnormally delicate child, who due to the continued illness could not live like a child, and who was the object of consternation and fears on the part of her parents, became a completely normal child. Twenty eight months after first taking the remedy, I had the chance to take her out for a bicycle ride. On a heavy bike she climbed a long hill first, ahead of the other children and ahead of myself. Without any gear changes. And



hardly losing her breath. Her lungs were as sound as a bell. She was completely healthy, no allergies, no eczema, no coughing, no painful joints... Upon seeing her daughter's progress, the mother also yielded and allowed herself to be examined.. When during our first interview we went through the history of her health, I learned among other things that she had a troublesome eczema on her entire body. The complaint first appeared about ten years earlier. The eczema was always present, though lately not so prominent. Parallel to this, with an unbelievable frequency, there came the bouts of pneumonia. It was confirmed that she needed the same remedy as Veruska.

After the remedy her depression had ceased, her efficiency level had improved, there was no more pneumonia, The recurrent bouts of pneumonia also ceased and since taking the remedy there were none up to date. The depression she had suffered from had disappeared, and had not come back. Her allergic colds passed and had not appeared even during the periods of risk, as well as her breathing difficulties. *Lachesis 200* worked with the mother for two years, and then the potency was increased to C1000.

But after some months of joy over this big advance, there was sadness again. The old eczema was back. Even on the face. It is known that some women are so conscious of their appearance that they would cheerfully put up with an occasional stomach ulcer, an odd depression, perhaps even with a well concealed artificial limb, rather than showing their imperfect skin to the world. Fortunately, the gallant lady did not belong to this category, she overcame the temptation to depart from the way of homeopathic treatment and to stifle the eczema with some allopathic preparations (which would have worked only temporarily anyway), even though for a time her face looked as if it were scalded. Then the eczema had begun to disappear, following exactly the Hering's Laws, "from above to below". First from her face, then from her neck, and last from her legs. It was gone

To make the family portrait complete, let's also mention the father. He too had his problems, though he did not look it. He was 41 years old. He appeared youthful and efficient. Above all, since the age of sixteen, he suffered from a really heavy, and by allopathy unsuccessfully treated allergy to pollen, lately combined with asthma. During the pollen season he had tears in the eyes, watery colds, breathing difficulties. The stuffed nose could not be freed. He coughed. All this became aggravated when at rest, while lying down. Asthma at night and in the morning. Psychological picture: Intellectually capable, a writer and the boss of two companies. Competitive. Able to withstand the solitude of his work, but "social hungry", yearning for company. Desire to distinguish himself within the society. As a boss, he was anxious that others would fail him. Felt overworked, working up to sixteen hours a day. He refused to take any medication for his problems, lately having no treatment. He tried to come to terms with his problems on his own. Uneasy to fall asleep. Tendency to hide his emotions. Emphasis on the intellect. Sometimes reacting impulsively. Domineering at work, as well as at home. Occasionally feeling claustrophobic. General symptoms: Frequent bouts of influenza with fever, usually around Christmas time. Acute illnesses beginning in the afternoon and worsening especially between 6 and 7 pm. Hot food and drinks relieved the pain in his throat. Often ventilating, even in winter, though he disliked cold and could not stand the draught.

Having taken *Lycopodium C200* in February 92, in April the accompanying allergic reactions to pollens manifested themselves strongly for a week, the cold, the cough, the breathing difficulties, even though the full pollen season was not yet quite on. Then came a fast improvement. During the spring and in summer there were no more problems. There was no mention of any allergy. The asthma had gone completely. In April next year there were again strong allergic reactions. *Lycopodium 1000* was applied, followed by a fast recess of all difficulties, lasting throughout



two pollen seasons thus far. The overall condition had improved. There is no insomnia and no tendency towards influenza.

When in February Veruska overcame pneumonia, she had no problems for three months. While on a mountain trip with the parents in June, her eyes had begun to burn (apparently there was much pollen around) as used to happen before, and she had sore joints, also a dated problem which had not troubled her for some time after taking the remedy, but which had now come back. It only lasted a few days, then both problems disappeared without any treatment. About six months later she had tonsillitis, for three days her temperature was 38.5 C. She had a sore throat and tonsils, pains when swallowing. It was the kind of tonsillitis she used to have before, only it did not last as long, her temperature was not as high as before, and it came in the reverse order: previously her left tonsil would be effected first, then the pain would move to the right side, this time it started on the right side and moved to the left. In a few days, tonsillitis was gone. All these were the manifestations of *symptoms in a reverse order*, the symptoms that came in the reverse order to how they had first appeared. The symptoms followed Herring's laws - from the more

serious illness (pneumonia) to the lesser symptoms, which had appeared earlier. There were no new serious symptoms. Symptoms went away without any further treatment. Even when ill, the patient felt subjectively well, in spite of the fever. Children are more disposed to fever than adults, and I often hear children with symptoms in the reverse order such as fever say: "There's nothing wrong with me." Veruska was one of them.

So in Veruska's case we waited and watched (wait and watch, says J.T. Kent), until that wonderful push-bike trip, when she was not at all winded.

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Dr M L Dhawale Memorial Trust	IBC	NJH Book Club	302

In a Nonsmoking Area:

"If we see smoke, we will assume you are on fire and take appropriate action."

On a Maternity Room door:

"Push. Push. Push."