

# Ambra-grisea

**ABSTRACT: (Refer to SSMS Report pg 58)**

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**INTRODUCTION TO THE STUDY OF A REMEDY:** A remedy can be studied from various angles for better perception. It can be studied through the various source books of Materia Medica like Allen, Hering, Kent or through the repertories like Knerr, Gentry, Kent. However the next best way to understand a remedy is by going through all the cases in our own practice wherein the remedy has produced an excellent result. Then cases of different authors who have prescribed the remedy with success and published these in journals can be added to our study. This makes the study of a remedy complete.

"Sperm whale is a blunt- snouted whale of the family Physteridae, belonging to the Cetacean Suborder Odontoceti, which includes the dolphin, sperm whale, narwhal, belunga porpoise and the killer whale. Its Latin name Physter Macrocephalus derives from Physter, 'blows', macros, 'lung' or great and kephale, 'head'. The males attain a maximum length of 19 meters and weigh approximately 45-70 tones. Females are smaller with a length of 11-12 meters and weigh 15-20 tones. The skin is corrugated and gives it a shriveled prune-like look.

The distinctive huge squarish head occupies at least one-third of its body and projects up to 1- 5 m beyond the lower jaw. The teeth, which are very few, often erupt only at sexual maturity, and then in males, only in the lower jaw. However, the teeth are not used for chewing, since the sperm whale eats its food whole."

**FRANZ VERMEULEN**

Since sperm whales don't chew their food, they

are equipped with a multi chambered stomach and extremely long intestines. They eat more at night and their usual food is squids and cuttlefish. These whales are known to be sufferers of colic and when they are on the surface it is easy to hear great rumblings in their guts punctuated by monumental belches at great distances.

"Ambergris, a waxy substance that is lighter than water and floats, is formed in the lower intestine of the sperm whale. It is thought to form as a collection of faeces around squid beaks and indigestible parts of other prey of the sperm whale. Whether it is physiological or pathological has not been determined. Fresh ambergris is soft, black and has a disagreeable odor. When exposed to sun, air and sea water, it hardens, fades and develops a pleasant odor."

**VERMEULEN**

An *Ambra-grisea* infant is under weight and looks prematurely old (like *Arg-n*, *Kreos*, and *Sars*). These infants are very comfortable on being massaged. The most common complaint at a very early stage is colic. Colic with perspiration of the abdomen, (*Ambra* perspires on painful parts) which is relieved by passage of flatus. The child is often placed on the knees of the mother face down and gently patted to facilitate the passage of flatus.

These infants do not like to be bundled. On realizing that they are being carried by strangers, they weep. They dislike warm bottle feeds. Involuntary jerking movements in infants with neurological disorders increase in the presence of strangers. A remedy for lock-jaw of the newborn.

An *Ambra-grisea* child is timid and not social. They are unable to give answers in class. (Being very conscious of their own selves). Their memory is poor and they have to read 3-4 times and even then do not seize the meaning of what they have read. While studying they are awkward; things like pencils, rubber etc, fall off their hands easily. Like *Cina* children they hate their hair being touched. Like *Bar-c* children when new guests turn up suddenly, *Ambra* also escapes in to the adjoining room not really wanting to mix or associate with them.

*Ambra* children often tend to hide to pass stools or urine. (Sometimes a common feature in children with fissure-in-ano). They choose an isolated corner, hold on to something and even cry and ward off the mother or the attendant coming towards them to get them on the pot.

These children are prone to convulsions and dislocation of joints.

An *Ambra* teenager is slim with a poor physique. Contrary to the trend of today's teenagers being closer to friends, *Ambra* is very close to his own family. Being closed and reserved they have fewer friends. Due to their lack of confidence they find it difficult to communicate and often land up being only listeners. Some *Ambra* teenagers however ask too many questions without waiting to be replied. Like *Nat-m* teenagers, *Ambra* too dwells on the past disagreeable occurrences. *Ambra* fears the opinion of others and hence avoids going on stage. They dream of being abused and being too weak to defend themselves. *Ambra-grisea* hates music and most physical symptoms are enhanced by music. Conversation is very difficult especially with strangers; it makes the *Ambra* nervous, anxious and enhances all physical complaints. Often he forgets what he wanted to say.

Grief is a large part of *Ambra's* life especially as an Adult. In Kent's words "Some great business or domestic shock has come upon this patient. A man goes through the trail of one death after

another in the family and there seems to be nothing remaining; he cannot look at it philosophically; he has lost his business and his friends and wonders whether life is worth living". *Ambra* shares the intensity of grief with *Kali-brom* and *Ignatia*. *Kali-brom* crumbles with grief whereas *Ignatia* being courageous is torn inwardly but continues life badly outside.

Embarrassment is a key feature of the remedy. *Ambra* is very conscious of himself and if he is looked at by people or is under any observation, he feels extremely embarrassed, sometimes doing awkward things. One of my *Ambra* patient- always looking hurried sat on his table devoid of work, his boss being out of town. On hearing a tap on his door, he being conscious of himself picked up the telephone receiver and began talking on the phone, even imitating pauses in between. The man who came in tried to interrupt him but he continued to talk for a good one minute. As he replaced the phone on the cradle the man said, 'Sir I have come in to repair your phone line it is not working'. Not only did it leave the patient embarrassed but it brought on a bout of loose motions from the very next hour.

Averse to meeting people, they prefer their loneliness. They are indifferent to joy and sorrow but more dejected than calm. Introspection often makes *Ambra* sleepless. Obliging *Ambra* is too shy or timid to say 'No' for any work entrusted to them.

In my study on temperaments *Ambra-grisea* is Nervous<sup>2</sup>, Phlegmatic<sup>2</sup>, Melancholic<sup>1</sup>. The other remedies which are closely related temperament-wise are *Kali-silicata*, *Dysentery-co*, *Baryta-carb*, *Calc-sil* and *Silicea*. *Kali-sil* is a timid remedy with marked irresolution. They do not seem to have a mind of their own and are emotionless (like *Calc-sil*). They are confused and are unable to realize that there are different ways a problem can be solved. Each to them seems to be as good as the other. Indolence makes them slow in all their actions

(Phlegmatic). Their mind is clouded with imaginary fears especially about dead people (Nervous). Mental exertion aggravates his symptoms and hence he chooses to avoid it. He sits around and does nothing. They lack confidence, have a weak memory and learn poorly, making mistakes in writing words and uses wrong words while talking (Phlegmatic).

*Calc-silicata* is also Phlegmatic<sup>3</sup>, Nervous<sup>2</sup>. It is a remedy which is absent minded, irresolute and is utterly ambitionless (Phlegmatic). It is fearful, yielding and dependent (Nervous). Even after the death of a dear one, she seeks support by talking to the person in her dreams. Remedies can be studied well by studying their temperaments at length. (More details can be read from my book on Temperament types-available with NJH book club).

#### A FEW IMPORTANT PHYSICAL SYMPTOMS ARE

- Fainting in a crowded room

- Obstinate constipation after child birth
- Asthma while attempting sex
- Fasting <, Thirstless
- Fond of cold drinks and cold food
- Disgust from odour of their own stool
- Vertigo with hearing impairment
- Feeble circulation
- Belching with a violent convulsive cough
- Cannot pass stool or urine in the presence of others
- itching of genitals- which causes sexual excitement.

Our armamentarium of remedies is voluminous and we need to be familiar to each of these equally. In the words of Dr PHATAK "Drugs should be our friends; just as we can identify our friend from the way he rings the bell, taps the door or climbs the footsteps etc, similarly we should be able to perceive every drug even when it is partially seen"

## A Poem on Sea World

**ABSTRACT:** This poem is based on the creatures of the sea with the idea to make readers understand the essence of the drug and that too without shedding any tears!

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'Minute gun' cough which comes frequently  
Is mitigated by *Corallium* instantly.

Expectoration flies from mouth-n-nose  
during cough

Action of *Badiaga* will never be really  
tough.

Touching the private parts leads to sexual  
excitement

*Murex-purpura* will help its abatement.

Belching after cough is very peculiar

*Ambra-grisea* will help it to clear.

Aversion to sex and indifference to family

*Sepia* is bound to act wonderfully.

Disposition to pimples in adolescents  
*Asterias-rubens* helps the innocent.

Dry whooping cough better by eating and  
drinking

*Spongia-toasta* helps it's sinking.

Last pregnancy had no lactation

*Medusa* will bring it sans interruption.

Fat, flabby, sweaty child having no disposition  
to use legs

*Calcarea-carb* helps this child who is fond of  
eating eggs.

Dyspepsia with sore throat and headache

*Homarus* allays them without any break.