

# *Ferrum*. An Overview

*Ferrum* is one of the most basic of the elements, which is why we have chosen this topic for the issue. If we cover the most basic group of remedies first in our learning then we can then treat about 80% of our practice. The remaining 20% or even less will remain and which may fall into the purview of the rare or less commonly used groups or remedies, which we can learn by ourselves or pick up as we go along in practice. The purpose of the SSMS and NJH is not to pass on an hodge-podge amalgamation of remedy understanding, but to pass on the methodology of study of remedy groups, so as to set the foundation on which to build up our understanding and application to the remaining group of remedies. Its purpose is to equip learners to be able to do work on one's own steam.

Let us first focus on the obvious modes of study of a remedy.

## I COMMON USAGES OF IRON:

1. The nail: The nail which binds, is made of iron. The property then is *binding together*.
2. The iron, which heals. Indians used the iron knife to cut vegetables. The rusty knife passed on the iron to the blood and thus prevented anaemia. The use of steel knives has made the nation anaemic. So rust has its own uses.
3. The iron key was used to rub over a painful part. It helped relieve the swelling over the inflamed site even over an insect bite. It actually reduces pain and swelling at the site of the bite. In Homoeopathy we know the use of *Ferrum* in the first stage of inflammation.
4. Again, well-known is the use of *Ferrum* for the first stage of bleeding—profuse and red—whether menses or epistaxis.
5. Grandma kept an iron key under our pillow to ward off dreams of evil and frightening nightmares. *Ferrum*, the remedy, has dreams of danger and battle.
6. The term iron lady – means a person of indomitable spirit, a crusader, who goes against existing norms for eg to light the pyre of her mother, daring to break a tradition- this is the *Ferrum* essence.
7. Iron is used to make weapons and well locks and keys to protect a house- so defensive and protective function.
8. Iron used in making gates and fences- protective.
9. Jail with bars, of helmet and battle tank, Armour or shield. Protective: prevent outside things coming into your territory. Defends self and family. Dr Rajan- rudeness, stubbornness, positiveness, disposition to contradict, going against parents. Plus anxiety of conscience.
10. Iron, which heals and strengthens us by building up our Hb, equates with the consistency and strength of the person. On the other hand when the small nail pricks- fear of tetanus reigns supreme-this gives the negative aspect of the element.
11. The body keeps adjusting to lowering of the blood levels as far as possible. The man can go about his usual function even with a Hg of as low as 8 or 9 gms. But then it begins to tell on the strength. Then lethargy sets in; the inability to work, memory loss. etc
12. Irony is not rooted in iron. Irony is Greek- eironeia connotes reticence, sarcasm dissemblance and so on. Iron is Latin- a heavy, malleable, ductile, magnetic chiefly bivalent and trivalent substance, silver-white, but readily rusts and plays a vital role in biological processes of transport of O<sub>2</sub>
13. Latin- *ire* meaning haste, zeal, race and akin to Sanskrit *isnati* or *isyati*, signifying motion, rapid move-



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ment. Iron may well be I run and I earn because I have iron. If Indians are to win the Olympics, its iron content will have to be set right.

- 14. Strangely enough, iron is a mere 3-4 gms=0.0004% of the body weight is equal of o 2 inch nail- found mainly in the bhg-55% 20% in Liver and spleen, and remaining muscle hg.
- 15. All this above gives us the locations most commonly indicated in *Ferrum*.
- 16. Iron rule: China laws breed a lot of women of iron resolve – to fight the iron law. The *Ferrum* doctor, fights a losing battle against all odds, but still throws all her might into trying to defend and save an infants life. He lives under an iron rule where his conscience does not permit him to conduct the atrocity decreed by the state and hence opposes it with all the firmness she can manage. The *Ferrum* doctor is fighting a losing battle against all odds but still she throws all her might in it.
- 4th most important element in the earth’s crust. Widely found in the world.
- Very important metal yet not used much.
- Paired along with them most precious metal- Gold, Silver, Platinum, Copper, Zinc, Tin
- Iron – Rich appearance- Silver-grey and lustrous, but rusts!

**CHARACTERISTICS OF FERRUM**

- Firmness is inflexibility
- Perfection
- Rigidity
- Meticulousness
- Inability to delegate
- Schedule bound
- Also deliberate; Dignifies

From all the above, let us build up traits:

- Positiveness
- Positive outlook to work, duty & Life
- Remains strong in order to take care of children.
- Perseveres. Stick up for beliefs, friends, family.

- Strong sense of Duty: Duty and conscience.
- Anxiety of conscience.
- Dignity
- Fixed goals; Optimism
- Firm, unyielding
- Cannot bend, like Iron
- Knows how to protect
- High Self-confidence
- Determined; and NOT Submissive
- Very Expressive
- Tends to impose ideas
- Dictatorial, Dogmatic
- Rigid
- Sober, well balanced, tranquil
- Patient & Tolerant
- Hard work and sincere
- Devoted. Zealous
- Ardent about work
- Persistence. A fighter
- Powerful & Dynamic
- Sharp Tongue
- < Contradiction
- Intolerant
- Domineering
- Self contented
- Insensitive to injustice (to others), unlike *Causticum*
- Dreams of dead friends and relatives, fights, falling in water.

Diarrhoea < eating = *Puls*

Depressed < contradiction = *Nat-mur*

**FERRUM’S VERY UNIQUE BODY RESPONSE TO ANAEMIA**

Red flushed face, marked plethora, psuedo-plethora  
As if blooming health –and therefore from other remedies gets no sympathy

‘Flushing’ differentiates.

When alone, pale, mouth, gums white and bloodless.

When disturbed, excited- flushes.

Like *Natrum*, wants to hide defect, sorrow, poor health.

Debilitated, yet pain and suffering worse rest.

- Moves gently, slow motion, warms himself, stirs blood flow.
- Non-assimilation of *Ferrum* from food- Digestive disorder.
- Sadness with Anxiety
- Sadness, despondency, Concern for family and death
- < slightest opposition, irritated, shuns all > alone
- Diarrhoea in last stage
- Consumption- painless.
- These last 2 conditions should not be treated. It is a savior state; leave alone or patient will die.
- Rudeness but no Impertinence
- No contemptuousness or insolence unlike *Lyco* and *Platina*
- Profession .....

**PNEUMONICS**

- |                                   |                                                                   |
|-----------------------------------|-------------------------------------------------------------------|
| <b>F Firmness</b>                 | <b>M Mental symptoms alt physical</b>                             |
| <b>E Excited</b>                  | <b>E Extreme paleness, weakness</b>                               |
| <b>R Right. Insists, is</b>       | <b>T Trifles Important</b>                                        |
| <b>R Restless, bed tossing in</b> | <b>A Anger, Anxiety</b>                                           |
| <b>U Unpleasant dreams</b>        | <b>L Laughs Immoderately</b>                                      |
| <b>M Morose, Menses After</b>     | <b>L Longing Warm Food</b>                                        |
|                                   | <b>I Irritable &lt; slightest noise, even crackling newspaper</b> |
|                                   | <b>C Confident</b>                                                |
|                                   | <b>U Unyielding</b>                                               |
|                                   | <b>M</b>                                                          |

**COMPARISONS WITH OTHER REMEDIES**

***Ferr-met***

Hard work  
 Sincerity, earnest  
 Self-orientation. Achievement  
 Sadness with Anxiety  
 Sincerity  
 No Ego, but pride.  
 Dominating. Positive. Unyielding  
 Contented. Positive  
 Ambitious. Must achieve  
 Sadness with anxiety  
 Unyielding  
 Realist, Right Adamant & Ardent

> Walking slowly  
 Sycotic. Tubercular  
 Allergies, asthma, neuromuscular disease.  
 Sincerity

***Aur-met***

**DUTY**

Industrious. Conscientious  
 Constant feeling failed in duty  
 Guilt. Reproaches self.  
 Dedication, devotion, concern  
 High Morality-the 'I'  
 Dominating Image - Mild  
 Despair. Negative  
 Helplessness. 'I'ness. Sadness  
 Quarrelsome. Coarse-aur  
 Mild, Despair  
 Idealist; Confused Right – Wrong?  
 Sulky & Reserved

< **Contradiction. Excitable**  
 > Music  
 Syphilitic  
 Atherosclerosis. Osteomyelitis, Hypertension

<i>FERRUM</i>	<i>LYCO</i>
<b>&lt; Contradiction</b>	
Hard to inferiors	Serious dominating obstinate and ambitious.
Sincerity	Intellectual
Quarrelsome	Industrious
	Haughty
	Contemptuous
	Querulous; Offended easily

<i>Ferrum-met</i>	<i>Pulsatilla</i>
Female Remedies; Pale, weak, lean, thin	
Sits erect.	Leans forward. Dependent.
Does not weep.	Teary, bends easily.
Does not bend.	Suppresses anger, mortification
Expresses emotion	Irresolute, Complaining
Never complains	> Open air > Music
> Walking slowly	Craves sympathy
Self-reliant	> consolation
< contradiction	Desires company
Desires solitude	Dependent. Sincerity

**CASE:**

Mr IY 60. Farmer. Eldest of 5. 4 Brothers and 1 sister  
 Children: 3 sons, 1 daughter  
 He has come to Palghar with son for treatment. Constantly thinks of village and responsibility.  
 Hard working. Dreams-work.  
 Averse sitting long. 60 yet no rest. Polite and grateful.  
 Man of strength.  
 Quiet. Anger-Suppressed. Brooding. Fears only God.  
 Rt shoulder pain. Stiffness  
 Cannot lift any weight, not even small can of water.  
 Movements completely restricted.  
 Abduction 30 degree  
 AF injury in 98. < winter. < cold, < lying on rt side.  
 < heat = pain ++. > ice  
 Headache once a month < fasting < sun  
 Vision blurred  
 Teeth, brownish  
**APPETITE:** N. Cr-milk, tobacco 5/d.  
**AVERSION:** -sweets  
**KEY:** Arthritis Rt shoulder.  
 Quiet, hard-working farmer.  
 Location + Mind = *Ferrum*.  
*Fer-met* 30: Dosage 1/W → 3/W → 7HS.  
*Thuja* 200 - Intercurrent.  
**FOLLOW-UP:**  
 Within 1 wk he could lift a 10 litre can. No headaches.  
 Within 1 month he could lift arm to 100 degrees

Scanty data but all essentials there.

Since data is so scanty, we thought we will study *Ferrum* from books by various authors:

**STUDY OF *FERRUM* FROM VARIOUS SOURCE BOOKS:**

**C M BOGER**-red faced old men, always in the right, excited by least contradiction. Brain-tired. Tooth ache > ice water (generalized: > rubbing ice on shoulder jt)  
 Averse to meat (pt veg) changeable voice. Cracking joints. Swelled hands and feet.

**C M BOGER—MM AND REPERTORY**

Changeable mood. Anxiety as though committed a crime. (pt constantly thinks of village. He feels he has left his dependent family there and is wasting time here).

Quarrelsome, vehement and dogmatic. Obscured vision in the evening.

**KENT**-rheumatic pain, extremities > heat and > gentle motion. (pt > cold) Pains through deltoid muscles are more prominent than pains anywhere in *Ferrum*. Inability to raise arms, pains are benumbing. Pains that make him feel as if he were going to lose the power to move the part. LIPPE says "rheumatism in left shoulder" but as common in Rt < motion, < wt of bed clothes, > heat. *Ferrum* pains in night. since keeps still in bed. < Rest

**DUNHAM-RHEUMATIC REMEDIES:**

Left lower and right upper extremities. Pain between shoulders < parts laid on. Lumbago all night > rising. Paralytic heaviness shoulder joint. Lancinating pain when moving about. Growing pain in left arm, increasing so that she has to keep arm quiet, slightest motion of fingers causes pain in arm, heaviness of arm. Sore/bruised arm, pinching in rt deltoid. Boring in rt shoulder. Paralytic tearing pain from shoulder to elbow. Swelling and stiffness at hands. Trembling of hands when writing.

**LIPPE-TEXT BOOK OF MM**-anxiety as after committing a crime. Changeable disposition, quarrelsome disputative. Paralytic, tearing pain from shoulder joint to Lt upper arm. Slow movement improves it gradually. Cracking in shoulder joint. Numbness and contraction of fingers.

**E B NASH-Regional Leaders:** persons who, though weak and nervous, have a fiery red face, flush easily. Chlorotic women, always > walking slowly, notwithstanding weakness, but obliges the pt to lie down frequently. General hemorrhagic tendency.

**MATERIA MEDICA PURA:** A kind of paralysis, inability to raise the hands on account of painful tension between scapulae and sternum. Drawing in arms heavy and paralysed. Has no rest in arms ; has to flex and extend them by turns. Cannot extend the Rt arm up. à shooting and tearing shoulder Jt which pains as if bruised when touched, down through upper arm, with creaking in the shoulder joint.

**PHATAK:** gentle motion < night, emotions, anger, violent exertion < heat and cold < sudden motion < raising arm < tea.

Always in the right. < least contradiction, nervous, slight noise intolerable. Anx as after committing a crime. Blind attacks, puffy eyelids. *Toothache* > *ice water*. Swelled hands and feet. cracking in joints, omodynia, contraction of limbs.

**BOERICKE**—young weakly person, anaemia and chlo-

rotic with pseudo plethora. Oversensitiveness, worse after any active effort. muscles flabby and relaxed. vertigo on seeing running water. intolerance of eggs. rheumatism of shoulder. dropsy after loss of vital fluids. lumbago > slow walking

*Ferrum-acutum*—pain in rt deltoid.

**REPERTORY OF THE SYMP OF RHEUMATISM AND SCIATICA-ALFRED PULFORD.**

Shoulders and arms-*ferr*

Rt shoulder from biceps to elbows-*ferr*

Cracking of shoulder joint-*ferr*

Creaking in rt shoulder with bruised pain to touch, shooting and tearing through arms, inability to raise arms-*ferr*

Deltoid pinching in *ferr*

Pain lt shoulder in—*ferr* 2

Pain pinching in rt deltoid—*ferr* 3

Pain rt shoulder—*ferr* 3

Pain shoulder in both—*ferr* 3

Pain severe in shoulder—*ferr*

Rheumatism and pain of lt shoulder—*ferr* 3

Weakness in lt arm, difficulty in raising or moving it—*ferr*

**JAN SHOULTEN:** Firm, standing one's ground

Perseverance

Beatings

Tends to impose ideas

**SANKARAN-Situation:**

Performance

Defense against forcing to go against will.

Excitable, sensitive

Allergy - many substances.

**KULAY:** Study of Remedies to differentiate

Anaemic prostrated chilly

< midnight, rest = *Ars*

Prostrated, malaria, loss vital fluids = *China*

Weak digestion, tearful, sad.

