

the remedies that are close to *Ignatia*, however this tendency to only let the grief out when alone, or to grieve in such a way as to not let on that you are upset, to put on a brave face in company is very characteristic of *Ignatia* and *Cyclamen*. If a case contained all of the core symptoms except undemonstrative grief, you can see that you will have to differentiate between *Cyclamen*, *Aurum*, and *Pulsatilla*, as *Aurum* and *Pulsatilla* are in all of the other rubrics.

This is where you might have to go beyond the rubrics and the Repertory, and understand that the *Aurum* state is to do with a lack of self worth, the *Aurum* person is trying to rediscover his value, he has to prove to himself that he is worthy, whereas the *Cyclamen* state is not as self-centred, their motivation is less egoistical and more orientated around how others feel. It is a state of true humility. Just as *Ignatia* has been called the female *Nux vomica*, you could call *Cyclamen* the female *Aurum*. I have not had any male *Cyclamen* patients yet. One big difference between the two is that even in their deepest moments of despair and depression, the *Cyclamen* patient will never contemplate suicide or desire death the way *Aurum* types do when that low. You will see that *Cyclamen* is not in the rubrics 'Suicidal', 'Desires death', 'Presentiment of death', or 'Thoughts of death'. In one of my cases this was the only way I could differentiate between *Aurum* and *Cyclamen*.

Dependency

Pulsatilla is probably given to more *Cyclamen* patients than any other remedy. *Cyclamen* patients are rather like a cross between *Pulsatilla* and *Natrum muriaticum*, they are less soft and dependent than *Pulsatilla*, and have some of the *Natrum muriaticum* air of self sufficiency and independence. *Pulsatilla* types are truly dependant, dependence being one of the core symptoms of *Pulsatilla*. *Cyclamen* types truly believe that the world depends on them. Notice its presence in the rubric 'Averse to company, amel. when alone', not typical of the *Pulsatilla* state.

The *Pulsatilla* flower has a very different look about it. It also has a slightly bowed head, but the big difference is that the petals, rather than being swept back like the ears of a cowering dog, are in a funnel shape, reaching forward like outstretched arms as if to say 'hold me'. It is rather like the appearance of a half open young flower, except that it is only when the flower is relatively old that it opens out into the more common star shape.

Introspection and mildness

There is another aspect of the *Cyclamen* state that comes close to being a core symptom, and that is introspection. I first became aware of it in a case of a lady who frequently told me how she was constantly thinking about how she felt, always analysing herself. She would wake up every morning and think 'how do I feel today'. She stopped doing that after being

treated with *Cyclamen*. Notice *Cyclamen*'s presence in the rubric 'Introspection', also the rubric 'Absorbed, buried in thought'. All my patients have been mild mannered people. From what I've said so far you can imagine that it would be a mild person that is most likely to get into this sort of state.

Physical characteristics and modalities

It is at this point that the physical symptoms should be referred to. If forced to, what remedy would you prescribe on the spot for someone giving you the following list of symptoms?

Thirstlessness
Aversion to fat
Aggravation from pork
Amenorrhoea with swelling of the breasts

Add that to a couple of the *Cyclamen* mental symptoms and what chance has the poor patient of getting her dose of *Cyclamen*?! Of course what comes to mind first is *Pulsatilla*, but these are all *Cyclamen* symptoms. Faced with this sort of case the differentiating symptom might be the patients relative craving for or amelioration from open air, as *Pulsatilla* and *Cyclamen* have opposite modalities in this regard; *Pulsatilla* is better in the open air and *Cyclamen* is worse. It is an important and useful differentiation, and one that is referred to a lot in the writings of the old masters.

You might by this time be thinking 'well maybe it does not matter whether you give *Pulsatilla* or *Cyclamen* if they are so similar, and all this is just splitting hairs'. My experience is that *Pulsatilla* sometimes helps a bit in some way, but most often does nothing. You will never bring about a complete cure with *Pulsatilla* in a *Cyclamen* case.

Physical symptoms

The main affinities are for the head, stomach and female generative organs.

Head

Cyclamen can resemble *Iris* and *Kali bichromicum* in that it has head pain with many sorts of visual disturbances. Scintillations, flickering, glimmering, flashes and sparks before the eyes.

Vertigo is a strong feature of the remedy. As if the room or objects are turning in a circle. Whirling vertigo. Vertigo better in a room, worse out in the open air.

You may also see catarrh, mostly fluent coryza with sneezing, various bone and joint problems, the main modality being worse from sitting and better from moving about. It is also a remedy for acne.

Stomach

Salty taste in the mouth, hiccups, eructations, nausea, vomiting, waterbrash, all that sort of the thing. Averse to fats, averse and worse from pork. Averse to butter and cold food.

Female

Profuse menstruation, too frequent, clotted, black. Menstrual migraine, with disturbance of vision. Suppressed menstruation. Swelling of the breasts, especially after menses.

Case example

Female, married, d.o.b. 26-8-20

Presented with depression, panic attacks, indigestion and a sore mouth with a permanent bad taste. Too nervous to travel out of her home town on her own. She feels exhausted and despondent, and wakes in the morning feeling drained and unmotivated. She has dark rings under her eyes, and has been taking Valium for several years. She has a mapped tongue, with a fissure down the centre.

Within the last five years she has lost her husband, her sister, a close aunt, and her daughter is having problems with her marriage. She has felt very alone in her grief, and yet finds it impossible to share her grief with anyone if she does get the opportunity. She gets very cross with herself for allowing herself to get so unwell, as she puts it. She describes herself as being 'far too conscientious for her own good', and when asked to elaborate on this she said that she 'hates letting people down'. All this information was given during the first half an hour of our meeting, and contains all I needed to know to find the curative remedy. However, it took 2 years and 30 pages of notes before I analysed the case properly and gave the curative remedy.

Two other strong features of this woman's sufferings were that her moods alternated a lot, and she was constantly analysing herself, her first thought in the morning would be 'how do I feel today?'

Rubrics chosen:

GRIEF undemonstrative
REPROACHES himself
CONSCIENTIOUS about trifles
DELUSION that he has neglected his duty
MOODS alternating
INTROSPECTION

During the first year I gave *Natrum muriaticum* in potencies 1M, 10M, and 50M. It would always lift her spirits briefly, but would never hold, and never helped her mouth. Interestingly, *Natrum muriaticum* does not even feature in the correct analysis of the

case as shown above. She also had *Ignatia*, *Aurum*, *Staphysagria*, *Pulsatilla*, *Lycopodium*, and *Muriatic acid*. None of them helped at all.

As soon as she was given *Cyclamen* there was a change. She started visiting her sick friend less often and as a result was able to give a better quality of support, her energy picked up, she no longer gets depressed or has panic attacks. She now wakes feeling refreshed and does not constantly think about how she is feeling in the way she used to. Also her mouth problem is better, and looks it. She is progressing well, and still sees me, but less often. Her problems go back a long way and I do not consider her cured yet, but she is a different person.

Summary

The best way of summarising the copious notes I have taken over the years is to give a selection of quotations which all show the *Cyclamen* mentality:

I hate letting people down, it can worry me for days.

I wish I could be less preoccupied with myself.

I have always been very reserved emotionally.

I am too hard on myself, a friend let me down recently, and I found myself blaming myself, I felt I must have done something to cause it.

I have a friend who is suffering from depression, and I feel it is my duty to visit her every day and give her my support. It is draining me, but I couldn't cope with the guilt if I didn't go every day.

You can't just write people off.

I have never liked entertaining, because I like to do things perfectly, and conditions have never allowed that.

A friend's husband has died, now I have someone else to take under my wing.

I have always found it difficult to do nothing, there is always the thought in the back of my mind; what should I be doing.

My example is one of seven good *Cyclamen* cases I have had. They are a mixture of acute, semi-acute and chronic, and together with a study of the provings and repertory, have gone towards building up the *Cyclamen* picture as I see it. □