

# The Ring Dove: *Columba Palumbus*

By Jeremy Sherr

*Columba palumbus*,  
the ring dove

*Columba Palumbus*: Ring Dove or European Wood Pigeon, known as 'Dove' in homeopathy, is not the white dove typically associated with peace. However, it is thought that the bird Noah sent from his arc was in fact the pigeon, not the dove. This is due to a mistaken translation from the Hebrew. It is now thought that the Ring Dove was the bird carrying the olive branch. The two birds are, in any case, closely related.

"I need peace and serenity...I dislike violence and war. I belong to a peace movement."  
A case of suppressed anger, migraines and cystitis

Female, mid-fifties: "I've had many remedies in the past, everything really, lots of *Staphysagria* and *Pulsatilla*, with no amelioration, except my migraine has been worse.

"I've had the migraines for 40 years, in fact as long as I have been married, but my marriage is fine. Though I've had a lot of stress.

"I get vomiting with the migraine and need to suppress it with medication. I get migraines three to four times a week. The migraine is worse for tension, worry, anger, tiredness and hunger. It's much worse for alcohol, chocolate, oranges and stress.

"I am happy in my life, but I have a sense of failure, not actualising myself. I have studied, but I am not working. I love colour and nature. I love photographing nature, but I don't like technology. I don't feel at home with it. I like 'old fashioned and simple'. I love walking in nature, by the sea and the countryside and I love travelling. But I don't need to go a long way away.

"As you get older, you want less material goods. I like beauty, spirituality, the Church. For me the Church is beauty, a peaceful sacred place. I need peace and serenity.

"I have inherited some anger from my father; he was an illegitimate child and often rejected and abused. I think the anger comes from his life. I have anger but I cannot express it properly. I am not assertive. I am afraid to upset family and friends and I have a fear of being rejected.

"My mother was very strong. Strong people sit on weak ones. I can't express what I want and that leads to anger and frustration. I am gentle; I don't make demands and I don't ask for things, but I certainly can't express anger.

"I was sent on a holiday, they assumed I would like it, I didn't, but I never said so. I suppress what I feel. I suppress my anger at my mother who would not let me be myself. I am averse to bossy and aggressive people.

"I love all animals especially cats. I have respect for all animals. I never even kill a fly or a spider. There is a lot to learn from animals, they live so simply and we are too complicated.

"I love to read novels about relationships and I love to learn all the time. I live too much in the

brain. My brain is full of thoughts.

"I dislike violence and war. I belong to a peace movement; I go on anti-war demonstrations. War is so primitive and evil. I feel so angry about it. I dislike violent forms and evil and I like to be on the side of Good against Evil.

"I am very hurried and busy. I walk fast and I rush around.

"My parents had a loveless marriage, but I am still grateful to them. I had a trauma when my child was born; he didn't sleep for long periods and I breastfed until he was six. I was controlled by him, but I still love him.

"I am Catholic, but I don't like organised religion. I believe all religions should stand for the same things, I ask for divine protection. I dislike crowds and too many people. I dislike cities.

"I have intense fear of heights (4), fear of narrow spaces (3) and fear of violence (3).

"I get a migraine after sex. My husband is very highly sexed, which is too much for me."

She suffers from cystitis and has tried *Staphysagria* many times, but it hasn't helped.

She had otitis (ear inflammation) as a child and now has ulcers in the mouth and on the tongue.

She has a desire for: salt (3), sweets, tea and cake (2), and an aversion for fat (3), slimy food (3), eggs (3).

Digestion is slow. She is chilly, but heat aggravates her.

Loves the sea and feels better by the sea

Dreams: "Complicated, lots of people maybe an office, or being on stage and not being able to perform."

**Remedy:** *Columba palumbus* 30c, single dose.

I prescribed the remedy based on reading every remedy in the rubric 'Anger suppressed', in Synthesis 9.1. I did not feel the usually well-known remedies for this issue fitted the case, especially as *Staphysagria* had been used frequently. The remedy also appears in the rubric 'Mildness'. On reading the proving (see below), and notes from Jonathan Shore, the remedy seemed to fit well, especially with her peace-loving issue, and the fear of heights, which may fit a bird remedy.

It feels as if the bladder is being cut into or as if a bladder catheter is installed. My inner voice says: "The dove belongs to Staphysagria."

#### Follow-up six weeks later.

"After the remedy I had a strange episode - I left money in a cash machine.

"The day after the remedy the headache became more intense. That night I had a dream of sparkling water, like the sea."

The next day she became very angry (unusual); she experienced it strongly and shouted at a neighbour. She was angry all morning, but then had a lovely afternoon, peaceful and quiet. She read a book about the sea.

She then had a dream of being in a strange country and being an observer.

The next day one of her crowns dropped out and she developed severe catarrh (an old symptom from the 1970s). She then felt at peace with the world: hopeful about life and about death. She felt optimistic, happy and less rushed and had a revelation of the importance of love, openness and tolerance towards others.

She had no headaches for two weeks. Normally her headaches would occur four times a week. She then got one severe migraine, similar to the ones she first had 40 years ago, accompanied by a bitter taste in the mouth, just as they originally had been. After that, she got occasional headaches, but the intensity had reduced from a "10 to a 5". Now it was bearable and she could function, needing no medication. Her energy has been better, not fluctuating, and not exhausted. She has cut out tea, cake and sugar from her diet, and lost 4 lb.

After the remedy, she started writing, and through this, she exorcised the fear of heights. She feels well in herself and at peace with the world. Everything is less stressful. Her relationship with her son is much improved, she is less angry and more relaxed and less hurried.

She says: "I feel peaceful."

Rx: *Columba palumbus* 30c

#### Second follow-up (two months later)

She was very well all month. No headaches. Felt very well with the fear of heights having been much better. Overall she feels good.

Recently she has had some coffee and there has been a slight return of headaches.

Remedy: *Columba palumbus* 200c to be taken if needed

#### The Ring-Dove, *Columba Palumbus*

The following are selected relevant quotes from the C4 trituration proving by Elisabeth Schultz<sup>1</sup> (Taken from *Encyclopaedia Homoeopathica*). Further notes below, taken from Jonathan Shore's book,<sup>2</sup> also seemed to fit the case well. Reproduced with kind permission of the authors.

#### Elisabeth Schultz proving:

In two days we triturated up to C4. There was a strong feeling of belonging together and community. "I always have to serve," said the

dove, when we invited the spirit of the remedy during a brief meditation. Prover 1 (female)

#### C1-trituration

I feel suppressed anger. The peace movement emerges. Always being a victim. My glance becomes clear and there is a lot of love for humankind. My heart opens and tremendous softness originates from it, then changing into an incredible anger about the ugly face of the peace dove. Again and again this suppression. Put finally an end to suppression! Again piercing bladder pain. Suppression of sexuality. I am flooded with feelings of inferiority. I am fat, stupid, and ugly. My trituration becomes more and more calm and balanced. The care of the brood appears. The parents take care of their babies with love and patience. Feelings of nausea and getting close to vomiting. Suppressed anger can lead to these feelings.

#### C2-trituration

It brings hope, feelings of melancholy, pain and grief. The smell of a dove-cote comes up. My body odour changes. Feelings of anger, aggression and hate. I am hate! Auto aggression. Desire to travel, desire to fly. Violence towards children. If I don't sing now, I will scream. The movies *Forest Gump* and *Nell* appear. Those soft, dumb people that are being violated. I see children that are beaten. I am soft as a dove and destroy myself with it. No animal abuses its babies like our human babies are molested. Again, I see a dove brooding. The pain is so strong, that it makes it impossible to cry. The lump in the throat becomes stronger. When I make myself small and ugly, I don't feel the pain as much. A song comes up: "The Lord's mind fulfils the universe with storm and fire embers."

The suppression happens unnoticed. The things that bring joy are simply left out. Great sadness. The Holy Spirit and the dove appear. Again the song "The storm rages around the walls in wild anger." A deep feeling of trust that everything is all right. "A lack of honouring the divine can cause sickness," says the dove.

Energy of grief. Memories of slowly creeping processes that lead to cancer. However, people don't notice anything. They don't notice how they continue to suppress and that this is how cancer can manifest itself. She becomes very peaceful, but she senses that the appearance is deceptive. Softness, tenderness and gentleness are felt. A deep feeling of peace comes up that cannot be disturbed by anything. Yet, boundaries and structure are necessary. The inner peace cannot be disturbed any longer. A strong feeling of group energy belongs to the dove. Arizona comes up (desire to travel). Subliminal aggressions. The power of the dove works through calmness, not through action but simply by being. Time passes very quickly. Again, pain and grief come up. A lot of songs come up to mind with very different

themes like, "Oh, well I only kissed you on the shoulder" and "Lord, your goodness reaches out so far."

He experiences deep calmness, but also a feeling of dizziness located in the head. The dove makes a person able to touch aggression. A rectangular block of stone appears, something like a prison and people dressed in black. Non-violence. Those who surrender are the strong ones. It is important in life, not to let yourself be manipulated by outer influences. The power of calmness emerges and a strong group feeling.

The experiences during the C-4 trituration were characterised by feelings of deep calmness, deep peace, and a strong connection among each other. While I was putting all the experiences in writing, dissatisfaction took over.

Of course, I could put *Columba palumbus* successfully to work in my practice. A quiet, gentle ten-year-old girl came with strong headaches. *Staphysagria* was given to her without success. At our next appointment, she told me about a dove that she had taken care of for some time now and that was to be set free very soon. I prescribed *Columba palumbus* C4 because of her fear that the dove wouldn't survive the wild, the strong suppression of feelings, and the extremely strong connection with this animal. Her parents separated five years ago, and I believe that this caused her to look for something in relationship with doves that didn't exist any longer in her family. The headache disappeared with the C4 of *Columba palumbus*, but not enough time passed in order to describe deeper changes (time of observation: one year), and most definitely she might need a higher potency of this remedy.

Extract from: *Birds: Homeopathic Remedies from the Avian Realm*, By Jonathan Shore, MD, Judy Schriebman and Anneke Hogeland, Homeopathy West 2004, describing the key aspects of *Columba Palumbus*:

'The core theme is the idea of suffering abuse, a passive and long-standing suffering. The world is a harsh place for the dove, full of violence and personal injury; people are cruel. Dove is very sensitive, filled with guilt and shame. They are too gentle for this world and may appear as delayed or even retarded, but in reality they are not. Unlike *Baryta*, Dove has merely withdrawn from the harshness of this world. The Dove only serves; it is a long-suffering martyr to do the bidding of others. Dove is the animal analog of *Staphysagria* and has urinary problems and issues with sex and sexual abuse.'

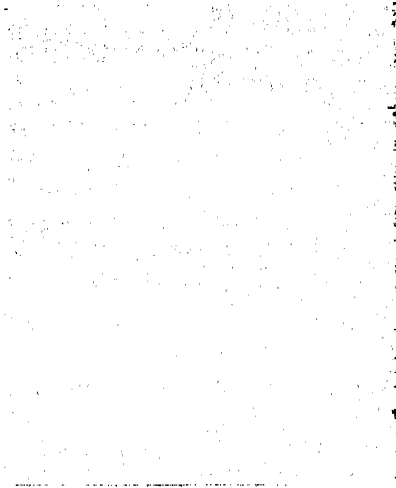
In mythology, the dove belongs to the love goddess Aphrodite (Venus). Purity, innocent love, and spiritual connection gave the dove on a personal level the symbolic value of a peace dove, which refers to a peaceful marriage and family life.

#### References

- 1 The original source for this proving is the text published in the 'Homoeopathische Einblicke' (in German), December 28, 1996. Proving contact: Elisabeth Schulz, Rebe 267, CH-4574 Nennigkofen, Switzerland. Phone: +41326212809. The remedy is available at: Leonardo Apotheke, Mittelweg 30, 20148 Hamburg, Germany. [www.leonardo-apo.de](http://www.leonardo-apo.de)
- 2 *Birds: Homeopathic Remedies from the Avian Realm*, By Jonathan Shore, MD, Judy Schriebman and Anneke Hogeland, Homeopathy West 2004

## Sea Remedies

deadline October 16, 2005  
is the next issue



*venus mercenaria, sepia,  
murex, aqua marina,  
pecten, calc-carb,  
octopus, homarus,  
limulus, pearl,  
dolphin's milk,  
conchiolinum  
spongia,  
asterias  
rubens.....  
& more*

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