

Frequent Encounters

Dispositions Series-1

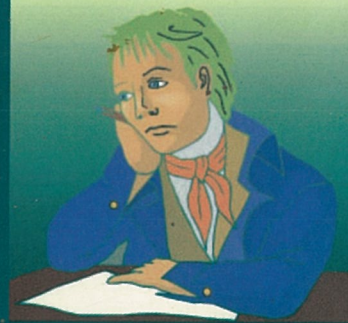
Extrovert



Extroverts

Introverts

Introvert



Dr. Prafull Vijayakar

Frequent Encounters

Series 1

Extroverts and Introverts

Dr. Prafull G Vijayakar, MD

First Edition - 2009

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Price

India: Rs.600

Abroad: 35 Euros

Publisher-

Mrs. Preeti Vijayakar

144, Anand Bharti Co-op HSG. Soc.,

Dr. M.V. Raut Road, Shivaji Park,

Dadar, Mumbai- 400028.

Printed by:

Everest Photo Offset Ltd.

Clinic Address:

Prafull Homoeo Clinic

Aradhana Appartments,

Besant Road, Off. Bajaj Road,

Vile Parle West, Mumbai-56

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*Dedicated to all My Patients from whom
I have Gained Vast Clinical
Understanding of Homoeopathy*

Acknowledgements

This is a book on practical tips on Material Medica. By no means does this book have the pretence of being a full fledged Materia Medica book. It only contains my practical approach to arriving at a similimum. It contains only vital tips that I use, to think about remedies and rule in or rule out points.

My method of arriving at a similimum is simple and is what I have adopted from Dr. Hahnemann's Organon.

He has advocated:

- a) A true homoeopath treats the 'miasm' or cause of the disease and not the primary or secondary symptoms of miasm (Aphorism 205).
- b) It is the state of disposition of the patient that chiefly determines the selection of the homoeopathic remedy (Aphorism 211).

It is Hahnemann who, through his organon has helped me to understand, how to practice homoeopathy successfully. So my first and the foremost acknowledgement is to the great book of Organon in which Hahnemann has penned down his thoughts.

My second acknowledgement for this book is due to the vast number of patients who have given me experience. They have indirectly helped me to understand rubrics and Materia Medica due to which my results get better and better.

Special thanks to the team that includes Dr. Bhakti Dadia, Dr. Kavita Savant, Dr. Avtar Mavi, Dr. Puneet Arora, Dr. Mohit Malik, Dr. Simran, Dr. Misbah Kazi, Dr. Nishant Gandhi, Dr. Jayesh Dave, Dr. Rajan Dubey, Dr. Hema Anjanika. My son Dr. Ambrish Vijayakar and my nephew Dr. Tanmay Vijayakar have also contributed their mite to this work.

My daughter in law artist, Akansha, has within no time designed a beautiful self explanatory cover page which is bound to make a pleasant impact on the readers.

Frequent Encounters

I would like to appreciate the amount of work put in and the dedication shown by the team of young homoeopaths- Dr. Lata Kangya, Dr. Khyati Karia, Dr. Asif Mohammed, Dr. Umesh Kothari , Dr. Hetal Panchal, Dr. Bhakti Kanade,Dr. Pooja Shah and Dr. Zillary Kamdar who assist me in the clinic and have managed the clinic when I was giving time to this book.

Finally my thanks to Mr. Lalit Pahwa and his team who were as usual very helpful to get the book printed in record time.

Mr. Shashikant Pawar and Mrs. Rajashree Gokhale, with their team were really kind enough to do the page setting at the eleventh hour.

And last but not the least, it is my family who has to be thanked for bearing the disturbance of many people during the completion of the book.

Finally, thanks to the reader whose voracious appetite for good homoeopathy spurs me to write more and more from my 35 years of experience.

“God bless everyone who practices right miasmatic homoeopathy with the compass of Hering’s Law of Cure”.

Contents

<i>Preface</i>	<i>01</i>
<i>Introduction.....</i>	<i>09</i>
<i>Chapter 1- Extroverts.....</i>	<i>11</i>
<i>Primary</i>	<i>20</i>
<i>Secondary</i>	<i>47</i>
<i>Abnormal</i>	<i>49</i>
<i>Chapter 2- Introverts</i>	<i>67</i>
<i>Timid.....</i>	<i>73</i>
<i>Morose.....</i>	<i>84</i>
<i>Haughty</i>	<i>88</i>
<i>Quiet, Sober, Graceful.....</i>	<i>91</i>
<i>Sad, Melancholic</i>	<i>93</i>
<i>Mini Drug Pictures</i>	<i>99</i>
<i>How to Elicit Different Rubrics In Practice.....</i>	<i>193</i>

Preface

This is the first time I am making an attempt to write what I may call as “working of my mind when I am prescribing for a patient.” What is my actual thought process when a patient comes and sits in front of me is what I am trying to convey through this book of “FREQUENT ENCOUNTERS”.

‘Frequent Encounters’ refers to the different types of personalities and dispositions that we come across in our day to day practice. Everyday a doctor comes across a number of patients; some are angry, some are sad and melancholic, some are talkative, some haughty, some timid, some are clever and some are foolish or idiotic. These are few of the different personality traits that we frequently encounter. This book is the first of a series that will represent such different encounters that have helped me understand a patient well and come to a right similitum.

Let me once again remind the readers that as I had confessed in my earlier books, my practice has been a metamorphosis from allopathy to bad homoeopathy to better homoeopathy to still better homoeopathy, but is still far from the superlative word ‘best’.

I, like many other successful homoeopaths, have been having a long queue of patients to the tune of 200 sometimes, waiting for me for hours. This much practice obviously could not be only because of a sweet tongue. I was getting some results. I was proud of them. But as I went on getting wiser, I knew that these ‘results’ that I was getting would only make an allopath proud. They were not ‘Homoeopathic results’ in strict sense of the word.

I understood the meaning of homoeopathic result or true cure only after I had spoiled or suppressed many cases. Today I hear many homoeopaths who are doing well telling me “I have a practice of 200-250 patients a day, I earn about 20,000 to 30,000 per day, I have 3-4 cars and I have invested in many houses and properties.

Frequent Encounters

Thousands of patients are happy with me and they treat me as GOD. But at the end of 20-25 years of practice I am a discontented person.”

I have myself gone through this state. I used to think that I was one of the best homoeopaths because I was successful. But was the success real? Was it “homoeopathic success?”

Success as a physician vis a vis success as a true homoeopath

Success as a physician and success as a true homoeopath are two different things. Success as a physician can be counted in terms of money and number of patients.

Success in true homoeopathy has different criteria.

- The symptoms, whether it is asthma, hypertension, diabetes or recurrent joint pains have to disappear, never to come back again. This is true homoeopathic cure.
- Getting results or removing symptoms that a patient comes with is not sufficient. The symptoms have to vanish predictably in an order defined by ‘*law of cure*’. This is true homoeopathic cure.
- The cases that get cured should not be the ones that even allopathic medicines can show results in. Acute inflammation can disappear with allopathy. But can a tumour or a Fibroid or a Polyp disappear with allopathic medicine? – Off course not! Here, if we get cure with homoeopathy without any tumour or growth occurring in a more important or dangerous organ like Brain, then it’s a true homoeopathic cure.

Homoeopathy was discovered because the existing science was not capable of curing certain illnesses.

If homoeopathic therapy has the same limitations as allopathy, then what is the use of practising this new science?

It is clear that homoeopathic scope begins where allopathic scope ends. Homoeopathy should be of use in eradicating chronic relapsing conditions like Asthma, Diabetes, Hypertension, Thyroid, Psoriasis, Epilepsy, Tumours etc as also the Auto-immune diseases like Rheumatoid Arthritis, Systemic Lupus Erythematosis (S.L.E), Motor Neuron Diseases (M.N.D), Multiple Sclerosis, AIDS and Cancers. But most of the homoeopaths or a large chunk of them straight away refuse to take such cases in hand. Why is it so? They say homoeopathy has its own limitations, when the

Preface

truth is that the LIMITATION of homoeopathy is the homoeopath himself. It is his knowledge of homoeopathy and the knowledge of its application which is limited but definitely not the homoeopathic scope. As has been said by someone, "It is the homoeopath who fails, not homoeopathy".

THE REASON

The first and foremost thing is, homoeopaths don't treat the '*disease in man*' but they treat the '*man in disease*'. Then, why does a homoeopath feel incapable by hearing the name of the disease?

If the name of a disease is creating a block in homoeopath's mind, it means that he is not treating the man in disease. The truth however remains that the disease or illness manifested has its origin in the genes.

GENETIC BASIS OF DISEASE

Disease or illness is a process at the genetic level i.e. represented at a tissue, organ or system level. The genetic process will decide whether or not the disease is going to be Inflammatory (Psora), Indurative/Proliferative/Accumulative (Sycosis) or Destructive/Degenerative (Syphilis). As per our Master, we need to treat the cause of disease and the illness will disappear. The cause of chronic disease is the miasm i.e. the very three processes of defence at the genetic level.

If the tumour has to be made to disappear, a homoeopath has to reverse the process at the genetic level from Induration or Proliferation (Sycosis) back to Inflammation (Psora).

If a Motor Neuron like degenerative disease (Syphilis) is to be made to disappear, the genetic process of destruction or degeneration has to be reversed and the construction or regeneration of myelin sheath or fibres has to begin (Sycosis). All this may sound impossible for an allopathically oriented mind. Most of us who have not understood the Hahnemannian thought of 'reversal' of disease process, will always agree with the allopathic understanding that advanced pathologies cannot be cured. One needs to understand that Hahnemann suggested- to treat the man as a whole and not the disease or illness or symptoms. Man is not a 'collection of symptoms' as is being understood by many homoeopaths. The symptoms need to be categorised according to the miasm and the peculiar genetic trait of the constitution need to be predominantly considered if a true image of a person has to be

Frequent Encounters

evolved. Each and every trait of a person is a representation of himself and the most important of all is the 'DISPOSITION'.

The disposition is a genetic trait that individualizes a person. The disposition is MENTAL, GENERAL and as well PHYSICAL.

MENTAL DISPOSITIONS

If a person is disposed to get angry easily we call it an *Angry disposition*.

If a person is disposed to be fearful or frightened easily we call it a *Timid disposition*.

If a person is disposed to cry easily in adverse circumstances we call it a *Weeping disposition*.

If a person is disposed to be cheerful, gay, loquacious we call it an *Extroverted disposition*.

If a person is disposed to be silent and talk less, we call it an *Introverted disposition*.

We are starting this series of various dispositions beginning with EXTROVERTS and INTROVERTS.

An attempt has been made here to define the meaning of extrovert and introvert; how to identify them correctly; classify them into different types and differentiate them from each other. The thermals and thirst are also mentioned wherever important. There are times as in syphilitic cases no importance is given to Hot or Chilly.

Introverted constitutions have been further divided into Introverted-Timid, Introverted- Morose, Introverted-Haughty, Introverted-Sober and Graceful, Introverted-Contented, Introverted-Indifferent, Introverted-Sad.

Charts of differentiation of remedies are also supplied to make understanding easy.

These charts will not contain the other remedies that are sad, sober, haughty, morose or timid that are not very introverted.

GENERAL DISPOSITIONS

On the general side, if a person is disposed to bleed very easily at slightest cause we call it profuse *Bleeding disposition*.

Preface

On the general side a person can be disposed to be *Thirsty or Thirstless*.

A person can be *Chilly or Hot*. Even various constitutions are disposed to be affected on left side or right side, generally.

PHYSICAL DISPOSITIONS

Physical tendency to affect skin, nerves, susceptibility of various organs to diseases and changes like decay, caries, indurations, discolorations etc. These are reflection of that constitution and adding the mental disposition to the totality of such disposition make up a true constitutional similitum. Various constitutions are disposed to be affected on left side or right side.

I reiterate that:

- Those who don't take mental disposition into consideration can never get single dose, single remedy cures and can never see Herring's Law of Cure in acute cases.
- Those who don't take into consideration the mental disposition, physical disposition and general disposition can never see cures according to the law of cure neither will they get cures in impossible (so called), irreversible pathological diseases.

In acute cases i.e. psoric cases i.e. cases with inflammatory process like acute bronchitis, pneumonitis, pneumonia, diarrhoea, dysentery, acute pains and neuralgias, so as to arrive at a right similitum:

- Mental disposition has to be considered.
- General disposition has to be considered.

In chronic cases like Arteriosclerosis, Diabetes, Hypertension, Tumours, Fibroids, Relaxation of tissues causing Hernia, Prolapses, Distortion of bones, Leukaemias and other grave diseases like Auto-Immune Systemic Lupus Erythematosus, Rheumatoid arthritis; to arrive at a right similitum:

- Mental disposition is to be considered.
- General disposition is to be considered.
- Physical disposition (side affection etc.) is to be considered.

Frequent Encounters

Our great master Hahnemann has been kind enough to lay down all the rules and regulations and pointers to help us to get good results in all types of diseases. But we are FOOLS that we have not understood him properly.

From Aphorism no. 210 to 215 and footnote no. 121 and 122 he has made it amply clear that it is *chiefly the disposition* that determines a right similimum, if a patient has to be cured in keeping with nature's law of cure.

Here he has also mentioned about 'How one sided diseases' e.g. Insanity, Schizophrenia which are also the reflexion of somatic illness can be cured on the basis of basic disposition. These aphorisms are being reproduced for the benefit of true homoeopaths.

APHORISM 210

Of psoric origin are almost all those diseases that I have above termed one-sided, which appear to be more difficult to cure in consequence of this one-sidedness, all their morbid symptoms disappearing, as it were, before the single, great, prominent symptom. Of this character are what are termed mental diseases. They do not, however, constitute a class of disease sharply separated from all others, since in all other so - called corporeal diseases the condition of the disposition and mind is always altered; and in all cases of disease we are called on to cure the state of the patient's disposition is to be particularly noted, along with the totality of the symptoms, if we would trace an accurate picture of the disease, in order to be able there from to treat it homoeopathically with success.

(N.B- Here Dr. Hahnemann mentioned how mental disease or corporeal disease are not two different types of diseases. One has metamorphosed into another. Whether it is mental disease or corporeal (physical) disease, Dr. Hahnemann has advised us to give importance to the patient's disposition and with it combine the totality of symptoms. Only this results in a true homoeopathic cure i.e. according to the law of cure.)

FOOTNOTE 121

How often, for instance, do we not meet with a mild, soft disposition in patients who have for years been afflicted with the most painful diseases, so that the physician feels constrained to esteem and compassionate the sufferer! But if he subdue the disease and restore the patient to health- as is frequently done in homoeopathic practice, he is often astonished and horrified at the frightful alteration in his disposition. He often witnesses the occurrence of ingratitude, cruelty, refined malice and

Preface

propensities most disgraceful and degrading to humanity, which were precisely the qualities possessed by the patient before he grew ill. Those who were patient when well often become obstinate, violent, hasty, or even intolerant and capricious, or impatient or desponding when ill; those formerly chaste and modest often become lascivious and shameless. A clear-headed person not infrequently becomes obtuse of intellect, while one ordinarily weak-minded becomes more prudent and thoughtful; and a man slow to make up his mind sometimes acquires great presence of mind and quickness of resolve, etc.

(N.B- Disposition can undergo change, says Dr. Hahnemann and the changed disposition should be considered for prescribing (if it is mental disease like Insanity where mind is out of control, the changed disposition should not be considered).

APHORISM 211

This holds true to such an extent, that the state of the disposition of the patient often chiefly determines the selection of the homoeopathic remedy, as being a decidedly characteristic symptom which can least of all remain concealed from the accurately observing physician.

(N.B- Dr. Hahnemann emphasizes that the patient's disposition chiefly determines the selection of the homoeopathic remedy. This underlines the importance of DISPOSITION.)

APHORISM 213

We shall, therefore, never be able to cure conformably to nature - that is to say, homoeopathically - if we do not, in every case of disease, even in such as are acute, observe, along with the other symptoms, those relating to the changes in the state of the mind and disposition, and if we do not select, for the patient's relief, from among the medicines a disease - force which, in addition to the similarity of its other symptoms to those of the disease, is also capable of producing a similar state of the disposition and mind.

(N.B- If state of mind and disposition is not considered we will never be able to cure.)

FOOTNOTE 122

Thus aconite will seldom or never effect either a rapid or permanent cure in a patient of a quiet, calm, equable disposition; and just as little will nux vomica be serviceable

Frequent Encounters

where the disposition is mild and phlegmatic, pulsatilla where it is happy, gay and obstinate, or ignatia where it is imperturbable and disposed neither to be frightened nor vexed.

(N.B- Aconite has an angry, restless, fearful disposition. Therefore it will never cure a patient completely if the patient's disposition is calm, cool and quiet.

Nux Vomica has an angry and irritable disposition, hence it will never cure completely and according to the 'law of cure' if it is given to mild, meek, weeping disposition patient, even if the patient has an ineffectual urge for stools or other symptoms of Nux Vomica.)

This shows how important 'DISPOSITION' is to arrive at a similimum.

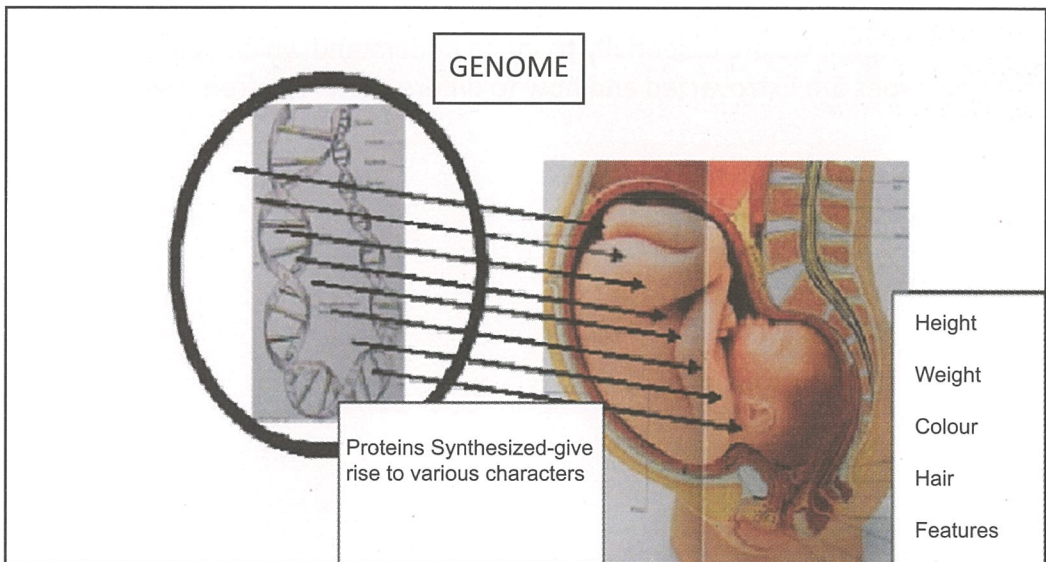
In this book we are starting the series of various dispositions beginning with EXTROVERTS and INTROVERTS ONLY.

Other Dispositions that will follow are: *Angry, Anxious, Quarrelsome, Morose, Sulky, Indifferent, Contented, Mild, Timid, Quick brained, Positive, Responsible, Affectionate, Money minded, Haughty etc.*

Note: The remedies in Chapter 3 are at times repeated from the preceding section of the book for easy reference for the readers.

Introduction

A human being develops from a single cell entity to a full grown adult. It is because this single cell contains all the information coded in the form of Genes, which is required for the construction of a human being; Genes determine our traits whether physical, general or mental. They are responsible for the Individualisation of a person. In our DNA, there are thousands of genes, out of which some are expressing, called as Dominant and some are non-expressing, called as Recessive.



Only if the Genes express a person gets his character. Non expression of genes will keep the traits as recessive. Thus Expression and non-Expression at the genetic level is very important for the formation and functioning of Man.

SOME HUMAN BEINGS EXPRESS THEMSELVES SOME DON'T: Even after birth some people are so made that they express their thoughts and emotions very easily. There are some who never express their thoughts or emotions and keep them closed. The former ones are extroverts and latter ones are introverts.

Frequent Encounters

For all practical purposes, all the constitutional types in this world are divided into two major divisions- EXTROVERTS AND INTROVERTS. Some believe in a third category 'Ambiverts', which this author does not endorse only because the third category is more of an excuse for not understanding whether the individual is either extrovert or introvert.

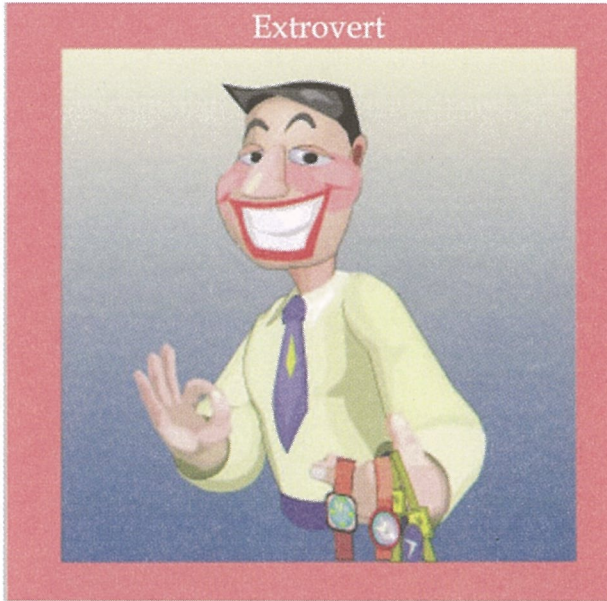
MEANING

- EXTROVERT means a lively, sociable person. (Oxford Dictionary)
- INTROVERT means a shy, introspective person. (Oxford Dictionary)

'EXTROVERTS' as a rule are very open and communicative people whereas 'INTROVERTS' are closed, difficult to open and non-communicative.

In the first chapter, we are essentially trying to understand which of the many constitutional types are Extroverted and how to differentiate one from the other.

Chapter-1



Extroverts

Extroverts

Encounter with people who talk more

This chapter will deal with extroverted people.

- How to identify an extrovert, how they present themselves in the clinic?
- Which Miasm makes them so?
- What are their different types?
- What can their remedies be and how to differentiate them?
- Materia Medica with short pointers

IDENTIFICATION OF AN EXTROVERT

When can we safely presume that the patient is an Extrovert?

A True Homoeopath has to have a true understanding of natural traits and should interpret them properly. It has been seen that many physicians have wrong conceptions of certain rubrics. Anybody who talks normally and with enthusiasm need not necessarily be stamped as an 'Extrovert', even though he himself claims to be one. Very often we find people saying, "Oh!! I love to talk, I have many friends, I have a large group of friends and I am surrounded by people". This could be true, but is this person the one who talks the most? Is he a listener in the group or otherwise? Is he included in the large group because he is quiet, receptive and not aggressive i.e. not harmful to the group? Does he talk to close people only? If he is asked: "How many close friends do you have?" the answer will be "Well, one or two very close friends." This may rule out an extrovert and tilt him towards the introverted family. What then should be safe criteria for defining one as an Extrovert?

Frequent Encounters

The following criteria could show us Extrovertedness:

1. Initiation of conversation or patient starts the conversation himself: This should not be on a single or a unique occasion. Every time, if a person loves to make the first move to talk and be friendly even in our clinic, he can be safely called as an Extrovert.

“Namaste Doctor Sahib, I am Anthony Gonzalves, name must be familiar but I am not from that movie. Well, I have heard a lot about you and here I am. I have been suffering from high blood pressure for a long time. Some doctors say it is permanent and it will go with me, but I am sure you can help me out of it. I have been trying to get your appointment from the last 8-10 months but with no luck, finally I am here. If you want to ask me any question, you can ask me, of course I have given my history and geography to your assistant here, I must say she is very good not only in looks ‘Ha! Ha!’ but in her work as well. She has grilled me right up to my childhood and of course I have told her everything including my top secrets which even my wife does not know. Well, I hope you won’t tell this to my wife or else she will divorce me, Ha! Ha! I was just joking. Why should an open and extrovert person like me ever get high blood pressure? In fact my wife is so good and sweet that I should be giving her high blood pressure on the contrary.....” and this man goes on. We suddenly have realised that the doctor has not asked a single question but this person has introduced himself and went on with the history or at least the introduction without being asked a single thing. This is classical ‘Extrovertedness’.

2. Patients volunteer information: When a patient volunteers information about his chief complaint as well as related incidences that could have led to the chief complaint, he or she could be an ‘Extrovert’. “Doctor, I have tingling numbness in my legs. This has started somewhere in the month of February, that is about four months back. I distinctly remember that I had an acute backache for a few days for which I took massage and some pain killers and anti-inflammatory tablets. My pain reduced but this tingling started. Doctor the funniest thing is that this tingling numbness is only when I sit in the chair, once I start walking it disappears. Then I can walk, run and yet nothing happens. I don’t know where it disappears. My orthopaedic doctor told me I have slip disc, but doctor, has the disc actually slipped or displaced and is pressing against my nerves to give me tingling? What happens to it when I start walking? Does it come back to its place? Even when I lie down it does not pain me. What is this going on?” Thus the patient gives his modalities without being asked or interrogated.

Extroverts

This person has to be an 'Extrovert'.

3. During the course of the interview when we find that 80% of the talking has been done by the patient as against only 20% by the doctor himself, the patient ought to be an 'Extrovert'.
4. When the patient sways away from the main topic and begins a new topic of discussion and goes on and on, wasting a lot of time, may be out of foolishness or may be out of enthusiasm to show that he has much knowledge or contacts, one can presume that the patient could be an 'Extrovert'.
5. Unnecessary and unwanted comments, jokes on people around or the accompaniments could also point to an 'Extrovert'. If an interview is in process and during the interview the doctor gets a phone call and the patient overhears the conversation and then passes a comment or starts discussing the topic that the doctor was discussing with someone else or an incidence where another patient comes in and makes a mistake and the patient whose interview is going on starts passing comments. Both these situations show that this patient cannot mind his own business or just cannot keep his mouth shut. This also extrovertedness, either foolish or idiotic.
6. Lively, Sociable person: In our day to day practice, as well as in our daily interactive social life, we come across people who just come to us with a broad smile on their face, thrust their hand in front for a handshake "Hi! I am Mr. XYZ. How are you?" or "Hi! We have met before, haven't we?" or "Hi! Remember me? How are you Doc?" all these without ever having met or being introduced by anyone. These are the people who love to be communicative. These are the people who love to talk, to make friends and above all love to make others talk too.

A 'Remedy' or a 'Constitution' always is trying to draw our attention and tell us I am, say, Nux Vomica or I am Cannabis Indica. We need to know the traits that are projected by every remedy. The trait we are considering here is talkativeness. Most of the times, the trait of talkativeness is "Sycosis" or the second defence mechanism. Occasionally, it may be syphilis.

Sycosis, we know, can be a dangerously deceiving miasm.

Frequent Encounters

The continuous talking is either:

- a. To impress or to project that I am great.
- b. To hide deep seated grief, one tends to develop this defence mechanism or facade to laugh off the grief by jesting and joking.
- c. Some tend to exult their authority by talking and ordering and taking hold of situations etc.

Thus, the reason for talking and being an Extrovert may be different and betray to us the need as well as the reaction of every remedy.

In order to identify the 'Right' constitutional, one may need to pay attention to some details about the extroverted person regarding how he speaks, what he is speaking about, what is the peculiar characteristic that will differentiate him or her from the other 'Talkers.' When an 'Extroverted', lively, friendly talker is talking and playing his part in a group or party or in the clinic, a keen homoeopath has to be busy evaluating him in the following terms:

- i. Speed of Talking- Hasty or Slow.
- ii. Peculiar way of talking, whether 'Forceful', 'Jerky', 'Mischievous', 'Inciting'; whether loud and authoritative, lewd or lascivious, or whether interspersed with small poems or verses, or plain foolish.
- iii. What is the person's talk trying to convey?
 - His status? Is he bragging, boasting?
 - Is he giving advice to people or to you?
 - Is he trying to show what his achievements are and trying to build his image?
 - Is he a flatterer?
 - Is he talking the plain truth?
 - Is he a childish or a foolish person or is he simply naive?
- iv. Does his talk make sense or is he talking about things that seem to reflect foolishness of ideas and is more for his own satisfaction?
- v. Is the person conveying to others in a short and curt manner or going about round and round and expanding his story so that what was to be told in one minute takes almost ten minutes. We call such people 'Communicative Expansive'.
- vi. There are people who talk only about 'Money'.

Extroverts

- vii. There are people who talk only about 'Business'.
- viii. There are people who talk only about 'Science'.
- ix. There are people who talk only about 'Health'
- x. There are people who talk with such a Zeal, Zest, Zing or Sting that every word is pulled out of a hat (rare ones from the archives of the dictionary) to make a sentence that looks like oral bombardment. 'Navjot Singh Sidhu', well known Indian cricketer, has been seen on television using such extravagant language with a flair for punch lines or two liners, belongs to such a class.
- xi. There are people who talk shamelessly, exposing all the secrets to anyone and everyone.
- xii. People who jest and joke. Again the jesting and joking on self or to put others down or on sex will differentiate the constitution.
- xiii. Whether the extroverts are timid or bold, mild or aggressive and quarrelsome also has to be noted.

Of course, just identifying the 'rubric' or a trait is not sufficient to prescribe. One needs to base a prescription on the genetic traits, mental and physical disposition, the physical structure, the thermals, thirst and the miasmatic symptoms. These traits are just pointers and help us to differentiate extroverts from introverts.

The physical appearance of an individual also helps us to point out to certain constitutions. If these talkative people are pleasant looking or likeable, charming persons whose personality and looks exudes or radiates an aura of sweetness, then it is worthwhile thinking of remedies like Phosphorus, Chocolate, Carcinosis, Belladonna, Palladium, Manganum and Aloe.

If one gets a feel that the individual sitting in front is very well behaved, good natured, obedient, diligent and a respectable individual; one can start thinking about Silicea, Ignatia, Staphysagaria and Carcinosis and if there is some stability, strength, firmness and not a yielding trait that emanates from such well behaved, good natured, obedient and diligent people then we can start thinking of Ferrums, Aurums, Natrum Carb etc.

If there is a sense of grace, respectability, accompanied by an aristocratic or haughty looks with critical and censorious behaviour, the constitutions that come to the mind are Arsenic Album, Platina, Veratrum Album, Lycopodium etc.

And last but not the least; if the face and the body show some unexplained, 'not normal' looks, gestures and behaviour, we tend to think about Barytas, Bufo, Paris, Aethusa etc. Looks, behaviour and what atmosphere they generate in our cabin can very often change the prescription or force you to have a look at a different remedy than what you were thinking of before just reading the case history.

MIASMATIC CONSIDERATION

As mentioned earlier in this book and explained in detail in the book of Genetic Materia Medica, the nature or behaviour of the patient sitting in front of you today is his/her defence mechanism. No behaviour or mental activity is random, accidental or meaningless. The concept of 'Psychic Determinism' asserts that all mental activities are meaningful and purposeful and are connected to previous life experiences.

If a person is loquacious or talkative type, it does not necessarily mean he was the same in childhood. He could have been very reserved, lonely, non-interacting and a timid child. But some things that happened in childhood could have hurt him, sensitised him, making him feel insecure, he then wants to get out of that timid make-up as a defence. He could have felt that in order to survive and get what he wants, he has to change. This mild, meek nature is not fit for survival. Following Darwin's Rule of Survival of the Fittest, his genes change the mode of expression. They adopt the second defence of 'sycosis. Some constitutions thus develop a loquacious, talkative and an extroverted attitude.

Thus, if a person presents himself with physiological illnesses like fevers, pain, inflammations in various spheres leading to arthritis, gastritis, colitis etc. it is worthwhile taking the 'Extroverted' or loquacious, friendly attitude into consideration while entering the case and deciding on the similimum, but care should be taken that the Psoric nature of insecurity and timidity in childhood should also be covered.

EXAMPLE: If a jesting, jovial, talkative or angry Stramonium is to be prescribed to get a Homoeopathic cure (i.e. cure in the right direction with reversal of symptoms from dangerous miasms and important organs to lesser destructive miasm and lesser important organs); one should consider its Psoric timidity, sensitivity to bright light, fear of darkness and the fast speed of Stramonium. Essentially the fearful + timid +angry Psoric or original nature will differentiate it from the affectionate and angry Belladonna and naughty, sharp brained and prankster Hyoscyamus.

A Word of Caution

Prescriptions based only on the sycotic character of extrovertedness or loquaciousness or friendliness could be dangerous especially when the pathology is destructive. If a patient has come with Renal Failure, Cirrhosis of Liver, Leukaemia, various Cancers, Autoimmune diseases or even Tumours tending towards malignancies, then basing the prescription on Sycosis alone or on 'laughing' or 'talking' etc. could lead to suppression of the secondary defence adopted for survival and ultimately results in the pathology becoming worse. In such cases, the patient may always tell the doctor that he is fine, he has no problem and may mislead the homoeopath into believing that the remedy is absolutely right; but as days go by, the creatinine in Renal Failure cases may show an increase; the liver profile in Cirrhosis patient may become worse; the hypertension in the Atherosclerotic patient may become higher; the bone marrow in Leukemic patient may show further destruction and will be reflected in the blood reports as the hemoglobin, platelets and R.B.C.s going down, Neutrophil going down, W.B.C. count going higher and higher though the patient feels apparently better.

One must be very careful for not suppressing the 'Sycosis' nor increasing it as it finally forces the syphilitic or destructive process to switch on.

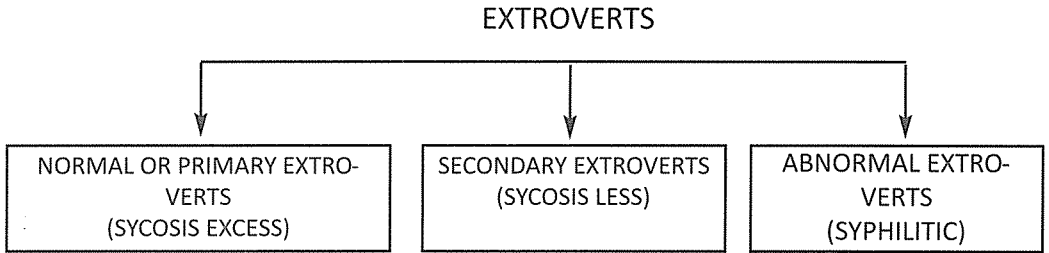
Thus one needs to take into consideration the 'Syphilitic' or destructive process in the patient, at what level the destruction is imminent and how this process is being reflected at the particular individual. Thus, one needs to take into consideration the 'Sycosis', a constructive defence i.e. second defence and add to it the 'Psoric' primary defence i.e. sensitivity and insecurity to get the right prescription; and only such prescriptions can show reversal of 'Serious Pathology' according to the Law of Cure.

WHAT ARE THE 'SYPHILITIC DEFENCE SYMPTOMS'?

Let us study it in Cannabis Indica

Laughing out of proportion of Cannabis-Indica is not a sycotic defence, it is a syphilitic defence. Cannabis-Indica expresses itself in such a manner that all its mental faculties whether it is intellect, thoughts, emotions, beliefs, feelings, become exaggerated and go out of control or proportion.

"Laughing at every sentence, laughs immoderately, laughs at every word, exhilaration, theorising, and things look larger or enlarged, distance is exaggerated, time is exaggerated, talk is extravagant, even thoughts about himself are exaggerated to the extent that he has the delusion that he is great or a king or a prince etc."



TYPES OF EXTROVERTS

A. NORMAL or PRIMARY EXTROVERTS

This group includes people who are friendly, talkative but not without proper introduction. There will be a formal talk before they start talking freely, volunteering information more and more. There is gradualness to the extroversion and their openness does not take you by surprise. They are smiling, contributing freely to conversation or exchange of ideas on all subjects. These include

1. Snakes, Sulphur.
2. Loud Talkers like Belladonna, Hyoscyamus, Stramonium, Opium, Cannabis-Indica, Morphinum, Moschus and Veratrum Album.
3. The Sweet Talkers like Phosphorus, Chocolate, Palladium, Manganum, Aloe Socotrina, Iodium, Kali Iodatum, Tarentula.
4. Self Praisers, who like to create a good impression to gain praise like Argentum Nitricum, Agaricus, Manganum, Palladium, Stannum Metallicum.

The first constitution that comes to our mind when we see a normal extrovert is Sulphur.

PRIMARY EXTROVERTS



SULPHURS	SNAKES	LOUD TALKERS	SWEET TALKERS	SELF PRAISERS
<ul style="list-style-type: none"> • SULPHUR • CALCAREA SULPH • SULPHURIC ACID • SULPH IODATUM 	<ul style="list-style-type: none"> • LACHESIS • CROTALUS-H • CROTALUS-C • NAJA • CENCHRIS • ELAPS 	<ul style="list-style-type: none"> • BELLADONNA • HYOSCYAMUS • STRAMONIUM • OPIUM • CANNABIS IND • MORPHINUM 	<ul style="list-style-type: none"> • PHOSPHORUS • CHOCOLATE • PALLADIUM • MANGANUM • ALOE SOCOTRINA • IODUM • KALI IODATUM • TARENTULA • BEALLADONNA 	<ul style="list-style-type: none"> • ARGENTUM NIT • AGARICUS • MANGNUM • PALLADIUM • STANNUM MET • CALCAREA SULPH

SULPHUR

He could be a friendly neighbourhood taxi driver or a friendly neighbourly milkman or even a pan vendor (shop man who sells beetle nuts). He presents himself in front of you as a Simple-Simon, dressed in traditional Indian dress like in a khadi. On his shoulder is a bag made out of rough cloth which shows he deserts 'plastic' and 'synthetic' material and he is very eco-friendly. Such a Simple-Simon character is not only found in India but even abroad. That carry bag of his will have all his belongings from needles, thread, scissors, a Bible or some prayer book and more rags that he considers as riches.

His face has a bright red discolouration and chest that is seen through his open half bush shirt is also diffusedly hyperaemic and red. His palms and soles are red hot.

His talk may start with today's deteriorating standards of youth. 'How the youth is careless'. 'How they don't care for the adults'. 'How they don't care for their country, discipline, their own health, religion etc.' 'How people subvert law to their own advantage.' He can talk on any subject on the earth. He talks on law and order, politics, to global warming, disappearing ozone layer, disappearing ice in Iceland, reduction of trees which are being felled to make paper etc. He talks on God and is of the firm opinion that God is ONE. He visits Churches, Temples, Gurudwaras (Sikh temple), and Masjids with the same faith. He is not a one faith man. He will be above all these religions. He is convinced that God is a supernatural power that rules the earth. He will relate God to science and vice-versa.

His knowledge is borrowed. His knowledge is a combination of all the bits and

Frequent Encounters

pieces of the knowledge that he gathers from his discussions with various people. He always tries to give advice whether you want it or not. He is a braggart who wants to show his contacts. On the other hand he might try to tell you how much big a scientist he is, but when you try to confirm you will find no truth.

He mixes with old people and young people with ridiculous ease, as a sycotic, he loves changes in decor. He or she will constantly think of changing places of sofa, chairs, tables and show-pieces etc.

She/he undertakes many things with enthusiasm but leaves all work undone like drawing or portraits, weaving of a shawl or sweater or writing of a book.

So when we see a talkative person who is trying to give advice, find out whether palms are warmer than the body, ask them "How many friends of yours have told you that your palms are icy cold during shaking hands?" "On the contrary, many of them say I have fever, even my wife says so" will be the answer.

Whether you can be friendlier with little children or adults? And the answer will be, "I can get along and mix with everyone. Both young and old like my company"

Do you like to have no change in furniture, fixtures and decors or do you want a change? The answer will be "My mind is constantly trying to imagine how this sofa will look if it is kept in the opposite corner and how beautiful will this flower pot look when placed in another place than where it is now. I need a constant change."

Do you go only to one temple and believe in one religion..? The answer will be "No! No! I go to all worship places irrespective of religion."

This generally confirms sulphur personality.

P.S. Handshake at the end of the interview will be a loose one as if he offers you only his few fingers that to you have to grasp and shake if you so desire.

A loose handshake with fingers can be seen in Calcarea Sulph, Magnesium Sulph, and Sulphuric Acid.

Once, we have ascertained the "Sulphur" element in the patient we should proceed to find out if he is Sulphuric Acid, Sulphur Iod or Calcarea Sulph.

If the Sulphur is chilly, he could be Sulphuric Acid.

If hot, then Sulphur Iod or Calcarea Sulph.

SULPHURIC ACID

These are hasty, chilly Sulphurs. Hurry in walking, talking, eating, occupation is the hallmark of Sulphuric Acid. You should ask the spouse of the patient- "When you go out for a walk can you keep pace with your spouse?" The answer will be "never". Some questions that are asked directly are just to confirm a trait. These questions may remind the patient or his relatives to highlight certain traits that they have forgotten to mention. Then the spouse will go on her own to explain how quick or hurried the husband is in various aspects. This will confirm the hurriedness and hastiness.

Another point that confirms a Sulphuric Acid prescription is desire for fruits, and that too sour fruits like oranges and lemons.

A third point of Sulphuric Acid is, though it doesn't mind fruits and juices, it is basically thirstless.

A fourth point is that symptoms change their position like Pulsatilla.

It is also a constitution that can have bad effects of injury leading to ecchymosis.

SULPHUR IODATUM

This Hot Sulphur variant will draw attention by its extraordinary lean structure. Tall, lean with long neck and not much of a stoop like Sulphur will differentiate it from Sulphur itself.

Sulphur is sluggish, slow and not very lean. Sulphur Iod will be lean, thin and fast and hurried in activity. Iodum element makes them very sensitive to hurt, anxious and restless.

This is an extremely 'Timid' Sulphur with constant fear that 'something may happen' and therefore is 'frightened easily'. Unlike Sulphur Iod and Sulphuric Acid, Sulphur itself never shows that it is frightened though it is fearful. The ego of Sulphur prevents him from showing that he or she is timid or that he is frightened of anything. Bold statements made by 'Sulphur' can fall apart when put to test. This is done due to pseudoism in Sulphur, e.g. "I am in touch with the chief minister of this state, and I have day to day contacts with the Government officials too. They need me more than me needing them." This is the way a Sulphur 'Braggs' and 'Boasts'. Then

Frequent Encounters

you ask him for a favour- "See, I want to build a Homoeopathic hospital, please can you use your influence to get a good Government place at a cheaper rate?"

He will always answer, "Why not!" But as days go by, we will realise that he knows no one up there in the Government and is thoroughly incapable of doing anything.

The most important point of Sulphur lod is that he / she HATES HOUSEHOLD DUTIES. A Sulphur lod lady, like Cenchrus, will never like to do work in a kitchen or do daily household chores but would love to do some artistic or creative job outside the home. She might like to be a painter and take part in competition to show her art.

Sulphur lod loves sour pickles, lemonades and anything refreshing that stimulates him.

CALCAREA SULPHURICUM

It is another hot sulphur who likes to talk much. It will not start talking immediately like a Sulphur because the timidity of Calcarea holds him back.

Calcarea Sulph is rounded, obese and fleshy.

They have the boasting ability of Sulphur accompanied by the neglected feeling of Calcarea Sulph.

Thus the talks of Calcarea Sulph will always take a turn to show how efficient he is, say as an astrologer or an insurance agent, how people praise him for his accurate judgement and that how successful he would have been if circumstances were correct. He is always lamenting that he has not received credence or appreciation that is actually due to him.

In talkative and extroverted people, if 'Sulphur' is ruled out; think of Lachesis (or snake group).

LACHESIS

They are actually not the people who will straight away initiate a conversation. The

Extroverts

snake group can very well find their way in secondary extroverts but the reason they get preference here is because once they have known you, then they are perfect extroverts.

As we know, 'snakes' are timid animals. Snakes are more afraid of man than we being afraid of them. They are on the lookout whether someone is around who can be dangerous to them. Once they know that their environment is free of any enemies and anything that could be dangerous to them, then they become the 'king of all they survey'.

Thus the snakes become bold, but they are not initially bold. The loquacity is always with known people.

The 'sycotic' character of 'Lachesis' makes them talk and talk and become 'communicative expansive.'

If a patient wants to tell the doctor that certain Mr.Creado has referred him, he will in probability start with how he met Mr.Creado and how Mr.Creado told him that he was suffering from asthmatic attacks that did not allow him to sleep and how he himself has a similar problem and that you as a doctor has been of great help and therefore he has been advised by Mr. Creado to come here.

Thus a 1 minute short message takes about 10-15 minutes.

SYPHILITIC Character produces loquacity in Lachesis that does not have 'control'. Syphilitic Lachesis jumps from one topic to another, one subject to another without realising it. This is because of it's fast and quick thought process.

Common qualities that indicate LACHESIS or any another snake:

- Intolerance to tight clothes especially around the throat.
- Quick, sharp, witty mind.
- Selfish, self-centred.
- Love for exterior decoration i.e. wearing gold, silver, platinum rings, bangles, ear- rings, necklaces in women and wearing golden and silver chains, bracelets and rings in males. If asked, then they will tell you that they hate to wear it at night because they cannot tolerate the tightness. They wear ornaments only when meeting someone otherwise they like to be free of them.

Frequent Encounters

- Blackish discolouration of skin.
- Bleeding tendency.
- Sleep aggravates and menstrual flow ameliorates.
- They are hard on inferiors and soft with superiors.
- In Syphilis, they can be prophetic and clairvoyant.

SYCOTIC LACHESIS	SYPHILITIC LACHESIS
Talk bombast, worthless Talk extravagant Talk formal Talk high Talks to himself when alone Talk repetition of same phrases Talk vivacious	Talk confused Talks in foreign language Talk hasty in fever Talk irrational Talk prattling Talk repetition of same phrases Talk falling asleep, on Talks in sleep Talk VIOLENT Talk wandering Mispronounces words Mispronounces letters Misplaces words

SUMMARY OF SNAKES

HOT SNAKES

LACHESIS

(left sided, occasionally sycotic Lachesis can be right sided)

- Shrewd and manipulative, dominating dictatorial (though timid).
- Talks about himself to get attention and respect.
- Bleeder

CROTALUS HORRIDUS

(right sided)

- Blackish skin of face.

Extroverts

- Easy anger with snappish answers; Obstinate, quarrelsome and scolding.
- Aversion to family.
- People with sharp business acumen, suspicious that he is surrounded by enemies.
- Blood is dark and fluid, Haemorrhage from all orifices.
- Weakness from slightest exertion.
- Hunger aggravates.
- Right sided Lachesis.

CROTALUS CASCAVELLA

(Both Sided)

- Snake characters with clairvoyance (like Lachesis).
- Fancies exaltation.
- Involuntary moaning.
- People who see ghosts, spirits or hear them.

CHILLY SNAKES

NAJA

(left sided)

- Anxious
- Anxiety conscience of
- Neglected feeling, feels neglected but does not talk to anyone, only broods
- Nervous system especially cerebellum and balance system involvement

ELAPS

(both sided)

- Desires ice or icy cold things, Butter milk, milk.
- Bluish discolouration of skin.

Frequent Encounters

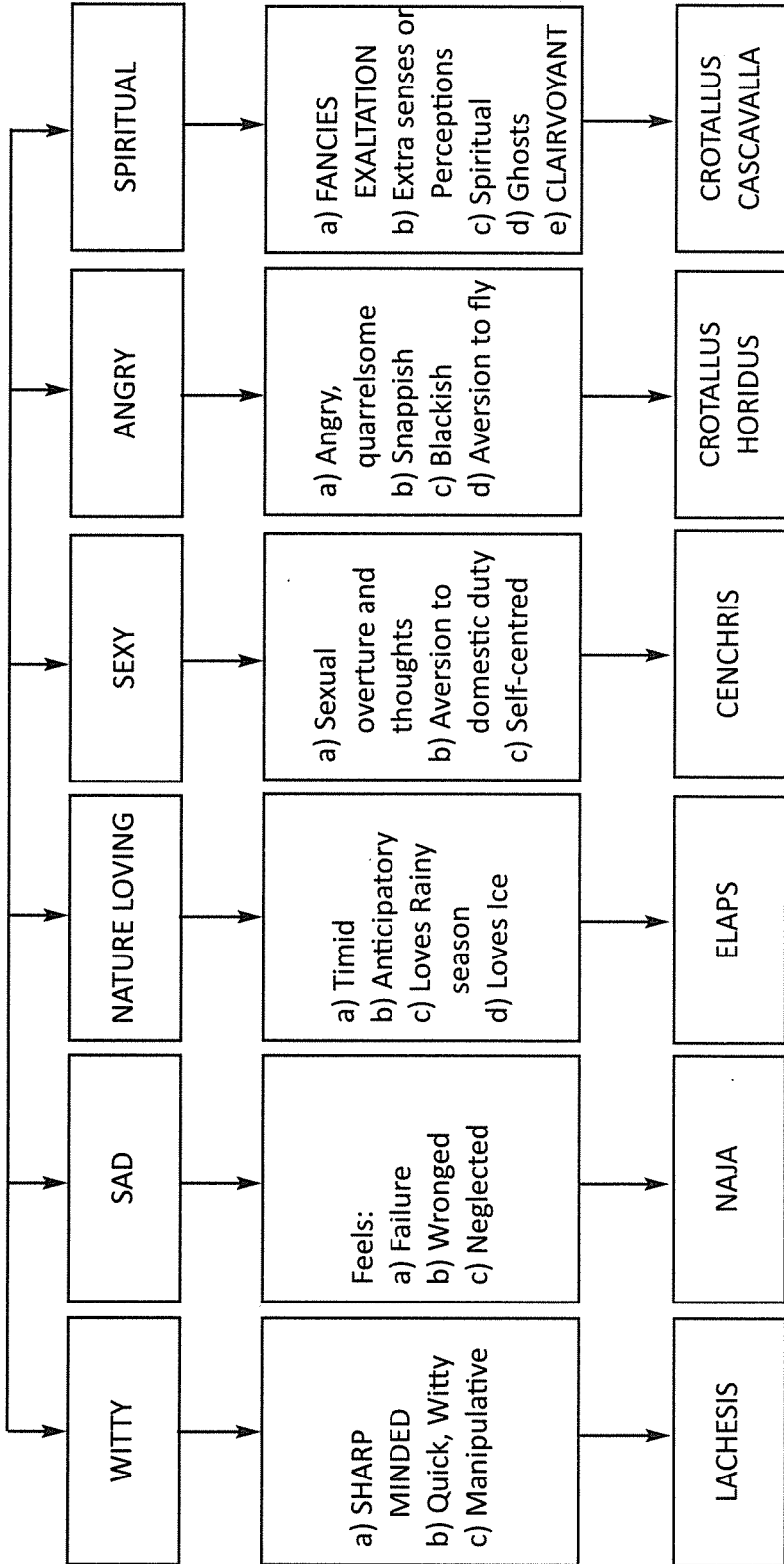
- Loves nature, rain.
- Timid, anticipatory.
- Side - Left to Right.

CENCHRIS

(both sided)

- No interest in household work, neglects domestic duties.
- More sexually oriented with dreams of sex and being raped.
- Ladies who wear indecent dresses that expose shamelessly in name of fashion.
- Very selfish and Self-centred.

SNAKES



Hot

Hot

Chilly

Chilly

Chilly

Hot

LOUD TALKERS

After Lachesis (snakes) and Sulphur has been ruled out, the next group of extroverts that comes to our mind are those who talk loudly and are over-friendly.

This group mostly comprises of 'Drugs' or 'Intoxicating' remedies. Like a person who is 'on a high' when he or she has consumed Cannabis or any other intoxicating drug. The Snakes and Sulphurs can also be seen to behave as if they are on a high.

This group contains Hyoscyamus, Cannabis Indica, Belladonna, Stramonium, Opium, Sulphurs and Lachesis, Veratrum Album, Moschus and Morphinum.

What does a person do when he is 'on a high' with intoxicating drugs? He talks loudly, sometimes out of control; he laughs loudly, sometimes immoderately and he behaves shamelessly, again without control.

Thus we try to find out whether he is a Loud Talker constitution or not.

There are people who talk with all their energy and they might throw their voice. There is always a sense of excited feeling in their voice, these are the drug remedies. These people seem to be talking as if they are on a 'high' after taking drugs. These constitutions are:-

Vivacious talkers: Belladonna, Hyoscyamus, Stramonium, Opium, Cannabis Indica and Morphinum.

Other remedies: Veratrum Album, Lachesis, Iodum, Kali Iodatum, Crocus Sativus, Agaricus, Paris Quadrifolia, and Sulphur.

HYOSCYAMUS

It is the first remedy that should come to our mind when we see a person who looks friendly, talks like a friend, talks loudly, is extroverted and has a naughty smile on the face. The question that can lead to enter Hyoscyamus is- "Were you in childhood always trying to pull someone's leg or play pranks and laugh at others or you don't like to play mischief?" If he is a Hyoscyamus, the spouse or the relative will say "Why in childhood, even now he does the same!" They have a sharp mind. They have a mind that can play tricks, crack jokes, make you laugh and make the atmosphere light. They have a child like mind (not childish). A child is a child; it does not take things seriously. In childhood, one does not worry or brood over things. A child

Extroverts

always wants to make fun. The fun can be by pulling someone's leg. He wants everybody to laugh, even if it is at the cost of others or self. This is how a Hyoscyamus adult also behaves. It seems he does not grow to seriousness.

He laughs off serious things. He will want everyone to look at what he is doing. He will try to attract attention of others towards him. If someone in the group cracks a joke on him, he will answer it with such a quick wit that the last word is always his. With all this fun and frolic in his nature you will see hidden behind it is a plain, simple person who is naive. Whether out of naiveness or foolishness, he speaks the plain truth, therefore, he reveals secrets to everyone. "I'll tell you a top secret, don't tell this to anyone". With this, he will shamelessly tell a stranger all that is not supposed to be told to strangers. Hyoscyamus has what is called 'open hearted loquacity'.

All the same, the quick brain makes him a hard nut to crack. He is very argumentative and can therefore, be very quarrelsome. Hyoscyamus constitutions can give their history even in front of many assistant doctors. The crowd or encroachment on their privacy is not a deterrent to them. This is the exposing or becoming naked, very often their talks having double meaning. Sexual, lewd talk is common with Hyoscyamus. The key attitude for them is 'the more, the merrier'.

Some examples of Hyoscyamus:

A patient who comes to the clinic with eruptions in the groin. If the eruptions are not very severe they just tend to show the place where the itching is more. But, when the patient immediately lowers his pants without inhibition and without asking for privacy, we should strongly think in terms of Hyoscyamus (if other symptoms of Hyoscyamus are present).

A person, who talks about his past sexual affairs and flirtations without any inhibition in front of his/ her spouse or even strangers could be a Hyoscyamus constitution.

People who laugh loudly and frequently, so much so that you start feeling embarrassed and are compelled to think what people sitting outside your cabin must be thinking, then that person is Hyoscyamus.

CANNABIS INDICA

The constitution that laughs a lot, even at the drop of a hat is Cannabis Indica. But it is just one type of presentation and is not always present. It is not a must that

Frequent Encounters

Cannabis Indica has to always be a laughing remedy. It could also be a very talkative person, but mind is always on a high.

Cannabis Indica is recognised by the words 'Magnification or Amplification'. This means exaggeration.

- Exaggerated Laughing (Laugh immoderately)
- Exaggerated Talking (Talk extravagantly)
- Exaggerated Theorizing
- Exaggerated Fancies (Pleasant and Exalted)
- Exaggerated Time, Distance (Delusions)
- Exaggerated Sexual desire
- Exaggerated Thought process (Theorizing)
- Exaggerated Fun making, Laughing, Jesting
- Exaggerated Rhythmic capacity (Makes verses)
- Exaggerated Focus on one subject, therefore talks on one subject mostly science

All the energy goes into exaggeration and expressions and no energy in recall. Hence, forgetfulness increases and he forgets the last ideas and thoughts therefore he forgets to complete a sentence. It craves 'Sweets'.

If someone talks too much, laughs too much, has all mental faculties exaggerated, but has a weak memory, he could be Cannabis Indica.

Example: A prominent personality in India, who was a great cricketer of yester years and who is now on television shows is known to talk with lots of zest and zeal. When he talks, his every word is delivered with an extraordinary 'punch'. The 'words' that he uses are very 'heavy' as if to say, pregnant with meaning but less frequently used in normal colloquial language. The 'Emphasis' is on exaggeration of ideas. Very often whatever he says is in 'shayari' form (shayari is an Urdu word for rhymes and verses). He generates laughter and he also laughs a lot himself. He is that enjoyable type who makes the atmosphere light. Such a constitution could be one from the rubric-

TALK EXTRAVAGANT: - Aethusa, Cannabis Indica, Lachesis, Nux Moschata, Plumbum Metallicum and Stramonium.

Out of these, if we combine the rubric 'makes verses' Cannabis Indica, Lachesis, and Stramonium will be common.

Stramonium is a timid personality.

Lachesis is a timid disposition advancing to being Dominating and Dictatorial and would try to assert his authority on others, but not fight physically.

Cannabis Indica is basically timid and will never suppress others by their domination. They just love fun and frolic and are full of enthusiasm.

For all practical purposes, his constitution could be either Lachesis or Cannabis Indica as we don't know the finer points of his history.

We therefore cannot zero-in on any one of the remedies.

BELLADONNA

The third type to talk loud is the Belladonna constitution.

Belladonna can be easily differentiated from other loud talkers because of the reddish or rather crimson hue on their face.

The red face of 'Belladonna' is different from the red face of Sulphur or Cina or Chamomilla or Aurum. The belladonna face is red because of congestion and hyperaemia. Excess blood is being pumped upwards to the head. Redness is associated with the throbbing of carotids or severe congestive headaches. If there is no headache, then it cannot be Belladonna. If a person has never suffered from a headache, he or she can never be a Belladonna constitution.

The red face of Belladonna can increase or decrease with anxiety, anger or any other emotion unlike Sulphur where the redness will not be altered by emotions.

'Sulphur's' redness is superficial redness of the skin and has nothing to do with the vascularity. It is the skin which is irritated and red and the capillaries are dilated enough to bring extra blood to the irritated skin. A chronic condition of capillary dilatation leading to redness of skin occurs in chronic alcoholics which simulates the 'Sulphur red discoloration'. This redness of the skin is more on the palms, soles, chest and occasionally the face; whereas the Belladonna redness is on the face predominantly. The eyes become red and blood shot.

'Cina' has redness only at the orifices like around the nostrils, eyes and mouth, when the cheeks are generally pale.

Frequent Encounters

'*Chamomilla's*' redness is like *Belladonna* but localised. *Belladonna's* redness is general or in spots and more sudden and diffused whereas *Chamomilla's* redness of the face is markedly at the ears and cheeks.

Chamomilla constitutions get redness of the ear lobes and meatus. They get redness in the cheeks and that too one sided. A special affinity of *Chamomilla's* red discolouration is the margin of the lower lids of the eye. On the other hand, *Belladonna* has redness of the tip of the nose.

Here one should bear in mind that *Chamomilla* is not an extrovert, but rather angry and introverted whereas *Belladonna* is an extrovert when well, but angry and introverted when ill, the dispositions set them apart.

Belladonna constitutions are pleasant faced, good looking, attractive like Phosphorus, Carcinosisin, Palladium, Chocolate and Hyoscyamus.

They are affectionate and loving. They may be flirtatious and coquettish. They laugh loudly because of all the power they have within them. Every symptom of *Belladonna* is sudden, violent, with fullness and throbbing, with power, whether it is-

- Headache
- Pain
- Congestion
- Talking
- Laughing
- Crying
- Jumping

Sudden, violent, bursting points to *Belladonna*. This much violence and thrust requires energy which it has to get from A.T.P. Lots of A.T.P. is being used up and lot has to be regenerated through the citric acid cycle (Krebs cycle), so obviously the raw material to produce energy will be required in excess thus *Belladonna* has a craving for lemons. She loves lemonade and lemonade is her saviour when she gets violent throbbing headaches. They are 'chilly' in spite of all the heat that their body produces.

Their hands, face and body is red hot yet they want to be covered and cannot bear draft of air or A.C.

Extroverts

Belladonna is thirstless despite so much heat in the body.

STRAMONIUM

The fourth remedy we think of when we see loud talking people is Stramonium.

They also have a tendency to talk loudly, they too are full of life, chirpy, but what distinguishes them from Belladonna is that Stramonium is 'Frightened Easily' and 'Panicky'.

They cannot bear darkness at all. Sudden switching off of lights can throw them into a panic.

What does one mean by Panic?

Panic is when fear overwhelms a person or when a frightened person is not able to control himself, he does not know what to do, where to run, where to escape. His mind does not work. He can go and cling for life to anyone or anything.

This is syphilitic in miasm where the sycotic fear goes out of control.

It all starts with 'Psoric' anticipation in the dark, proceeds to 'sycotic' fear of dark to the extent that the patient will tell you "I have to have a small light at night when going to bed. I cannot go to sleep." But, when the 'syphilitic' gear switches on, this fear is converted to 'panic'. PANIC is the keyword for Stramonium. A person who is never panicky in fearful situations can never respond favourably to Stramonium.

This panic can be from narrow places. "Doctor, I am afraid of elevators. If I am alone in an elevator, and if it stops and the lights go off – I feel I am dead. I start shouting, screaming- help, help; I cling to the door or fan or whatever I can get my hands on." This is Stramonium.

If a doctor goes to examine an adult patient and he starts shivering out of fear or fright, he shrieks or he tries to run away, he could be a Stramonium.

Stramonium can also be found to be making 'verses' or 'poems'. The poems are generally on 'love' and 'death'.

Stramonium has more ability to make jokes than Belladonna and Hyoscyamus.

Stramonium is more loquacious (like Hyoscyamus) than Belladonna and Opium.

Stramonium is not as quarrelsome as Hyoscyamus.

Stramonium is not as obscene or lewd in talks as Hyoscyamus.

It also loves Lemonades like Belladonna for the same reason. Thermals are not marked as it is a thoroughly hysterical remedy.

OPIUM

Opium constitutions are very sharp in Mind but slow in body.

Mind is vivacious, Body is in Torpor. They are not TIMID like Belladonna, Hyoscyamus, Stramonium, Cannabis Indica etc. They are courageous and eloquent. There is no haste, hurry, either in walking or talking.

They are sublime, intelligent and contented.

There is no quarrelsomeness, not much of jesting and jovialness. They are not jealous, nor panicky. They have no vanity. They are not affectionate but can be benevolent, do-gooder, and helper.

‘CONTENTED’ is the Key Word.

A child who was ill and looking dull with high fever was examined on the examination table. When the child was lifted by the mother on her shoulders, the child though dull pointed out to her mother that the slippers were left behind. This child was cured with a single dose of Opium.

When one suspects Opium, the following questions regarding sleep have to be asked:-

- i. How is your sleep? Is it so deep that nothing can wake you up or you have difficulty in rousing? If yes, Syctotic Opium is confirmed.
- ii. Do you sleep so light that your sleep can get disturbed by the slightest noise like someone’s footsteps or crackle of a plastic bag, etc.?

If yes- ‘Opium’ with Syphilitic alertness or hypersensitivity of senses may be the constitution.

“Acuteness” of senses is also something that draws our attention. Hearing is so sharp that one can distinguish sound of steps and tell who is approaching. A child lying in the bed with high fever was cured with Opium when her mother told us

Extroverts

how though lying with eyes closed, she could tell her who has entered the room and who has gone out of the room.

In short Opium is reflected as:-

- Alertness of senses
- Deep sleep
- Contented
- Sharp mind with slow physique
- Hot and Thirsty

Other loud voiced talkers are Lachesis (snakes) and Sulphur.

Both of them have already been dealt with in this book.

VERATRUM ALBUM

Veratrum Albums can be identified by their 'show off' personality trait.

The 'show off' will be seen in their

- talks and language
- dressing up
- habits
- high living

They want to be considered as high society and esteemed persons. They talk big. Their language has a foreign accent. They use big words. Their ideas are grand. They love grandeur, posh homes, posh hotels and big impressive expensive cars. They only like to wear branded products.

This makes them haughty and egoistic. Money and position may go in their heads and they start looking down upon others. They can be really censorious, critical and slandering. They want to be in power. They want to be powered hence love refreshing drinks and aerated water and that too iced. They crave for sour fruits and stimulants.

MOSCHUS

There are times when you meet persons who talk as if they are excited. Their voice is loud. Their voice is cracked and harsh. There is no sweetness. If they laugh, it is abnormally loud and forceful and when someone points out about it they will bash-

Frequent Encounters

fully bend down and the voice goes into whispers.

Talk seems to represent excited talk. Right from the word 'go' the voice is loud and shows excitement. Such constitutions are Hyoscyamus, Moschus, Morphinum, Nux Vomica, Sulphur, Natrum Carb, Graphite and Alumina. The last three are uncommon but Hyoscyamus, Moschus, Morphinum, Nux Vomica and Sulphur have been frequently seen to have excited talk.

Moschus is a hysterical personality. It is a motor boat full of power and energy but without rudder to control directions. The power is seen in the force of talk. The power is seen in the force of laughter.

The reaction to anything is too much and too forceful. A normal question asked will draw such a loud, funny, laughing response that we get embarrassed. Laughter starts with a blow of air from the mouth. This laugh has no control. Hyoscyamus can control the laughter but does not want to or rather does not bother to (Sycosis). Moschus is unable to control her laughter because controlling her laughter is not in her hands (Syphilitic). This is what repertory defines as Laughing immoderately.

Overall Moschus personality over-reacts to all situations:-

- Anger can make them blue in the lips and cause fainting
- Little excitement and the pitch and tone of the voice becomes loud
- Slight noise and they startle as if a bomb explosion has taken place
- Slight draft of air and they will start shuddering as if they have had an attack of malaria
- Slight hurt and they cry loudly

Every stimulus has a response that is out of proportion to the stimulus.

These are pampered children who have been spoiled by parents or grandparents.

MORPHINUM

Morphinums talk also as if excited. They literally shout when talking. Being a close associate of Belladonna, it has a lot of power that is expressed in laughing and talking.

Morphinum like Belladonna have dark red face. They are liars and don't have any morals. They have no feelings and are hard hearted. They may have criminal disposition. They are syphilitic and have premature old looks.

SWEET TALKERS

Phosphorus, Chocolate, Palladium, Manganum, Aloe Socotrina, Iodum, Kali Iodatum, Tarentula (Sycotic)

Certain constitutions that don't belong to the drug category are also known extroverts. They love to talk and mix and are always cheerful and happy looking. There is no exhilaration of power and energy in their talking and laughing.

They are soft talkers, sweet talkers and win your heart by being so nice to you that everyone is quite comfortable in their company.

Their face is charming, their behaviour is charming, they charm you by their talks, "Hello doctor" and slowly they will go on "I hope I am not disturbing you. Is it ok with you if I start telling you about my problems?" Slowly and apologetically they will make their way into your heart. Their smile wins you over. When you see such people you can never be rude to them even if you have a sour temper. If this happens, be sure the constitution that is sitting in front of you is a Phosphorus, Chocolate, Palladium, Manganum, or Aloe.

PHOSPHORUS

Smiling-sweet, redness of face and sharpness of features.

They give love and take love.

These people are fair complexioned, sharp nose, long face, no rounded features and have long eye lashes. The beauty is radiant as if a sculptor has carved a statue with care.

Eyes are quick, sharp and observing everything that is happening in the clinic. If there are many case papers lying on your table and you start searching for the patient's papers, a Phosphorus patient will quickly point out, "I saw your assistant carrying out my case paper by mistake". Their observation is sharp. They are friendly, like to touch others frequently. If a fair complexioned lady with sharp features and radiant face enters the clinic don't forget to ask this question, "Do you hold the hands of your friends or husband while talking? Do you like your husband to take you by the hand or physically be in touch more often? Do you like to hug and kiss your loved one often, whether it is your mother, father, son, daughter or husband?" If she is Phosphorus, she will say "Yes". If she says "No I hate anyone touching me even if she or he is close to me. I want to be independent". "I don't

Frequent Encounters

like caressing” etc., she can never be PHOSPHORUS.

(NB: Phosphorus that don't like consolation are Kali Phos and Calcarea Phos. Other constitutions that are pleasing like Phosphorus but do not like consolation are Carcinosis, Silicea, Palladium and Stannum Met.)

When Phosphorus is being suspected, one needs to ask another imperative question “Can you sleep alone in a dark room or can you go into a dark room?” If she is Phosphorus, she will say “Oh my God! Never” There is always a difference in the intensity of a symptom conveyed when one just says “No” and when one elaborates “Oh my God! Never” or “Forget it, I can never step into a dark room all alone. I don't mind you laughing at me or calling me a kid”. All these latter sentences emphasize the fear or fright that the patient has when she goes into a dark room. Next question should be-“Why?” “Why are you so much afraid of a dark room?” And the answer will be “I am afraid of someone or something hiding behind the cupboard or corner and I always feel something will pop out from there”.

Doctor- “Is it ghosts you are afraid of?”

Answer- “I don't know, may be.” - This is the answer of Phosphorus.

Always confirm Phosphorus with desire for ice cold things like cold drinks or ice cream.

They love art, colours especially and love painting rather than drawing. Phosphorus loves bright colours and can never tolerate dull colours.

CHOCOLATE

This is a new remedy not used by many. The day homeopaths understand this ‘Chocolate’ constitution well, they will see that there are a lot of Chocolate constitutions in the modern day world.

Chocolate has a bitter-sweet taste. So also a Chocolate constitution has bitter-sweet traits.

SWEETNESS OF CHOCOLATE resembles that of Phosphorus. They are sweet to talk and have a very charming pleasant smile. They love nature and they love animals. They love chocolates and chocolate ice creams. They are very patient and contented to the extent that they never complain or hurt you. In a case of baldness that was cured in the past, the prescription's entry point was that this lady went on coming

Extroverts

for treatment almost for two years though she never showed any signs of improvement. On the other hand, she brought in so many other patients for treatment. She was not at all unhappy though treatment was not so affective. This showed her patience. This showed she was not discontented. This meant she was full of contentment. In fact, she would say "Doctor, continue the treatment, one day, I know, you will cure me." This was too positive attitude of Chocolate. When these persons talk they go on talking. There was a sweet child who was told to recite a poem to me. She started with 'Johnny Johnny, yes papa'. After she finished it, without any delay, she started with 'Baba Black Sheep'. After this she started with 'Saare jahan se acha Hindustan hamara'. After that one more and one more song. She never wanted to stop. Her mother confirmed that when she talks she cannot be stopped, she goes on and on. This is Communicative Expansive. For something which should take two minutes to convey, the Communicative Expansive person takes ten minutes or may be even more.

Sweet part of Chocolate is:-

- They are sweet to talk
- They are communicative
- They have patience
- They are contented
- They love animals
- They love nature
- They love chocolates and ice creams

BITTER PART OF CHOCOLATE is:-

Bitter part of this sweet personality of Chocolate is that they are very Political. They know how to get their work done without hurting others. If a child wants to take her mother's ice cream, she will try to give one spoon of her ice cream to her mother and tell her- "Mummy, if I give you one, you should give me at least two spoons, no?" If she wants certain things from her father, she will be such a good girl and help him in his work so that he will ask her what gift she wants in return for her good deed. She takes advantage of this and gets her demands fulfilled.

'Truth tells the plain' is another bitter part. She frankly tells what she thinks about the other person without any inhibitions.

PALLADIUM

Chilly/Hot, Thirsty/Thirstless.

The sweet and charming people, if they want appreciation for their looks and ap-

Frequent Encounters

pearance, will point towards Palladium.

They dress like a princess; they feel that they are a princess. Just like a princess who has to have people praising them, these Palladiums cannot tolerate anyone neglecting them, criticising them or not praising them. If a pretty, charming girl forgets her illness, if she has to be present at a party, she could be a Palladium.

Her ego is like Platina but softer. She will never break relations with people. She will never look down upon people but she wants others to look up to her.

She is sensitive to rudeness, insults, or neglect and has tremendous jealousy if another lady looks better or sports better jewellery.

Looks like Phosphorus but cannot tolerate the consolation or sympathy that Phosphorus loves.

Being a metal, it is a more positive constitution than Phosphorus.

MANGANUM

These are again sweet looking, Phosphorus and Palladium type people, always smiling. They are 'Benevolent' and do a lot of social work. They are do-gooders. They are kind-hearted and like to help. They please others by helping. They try to find out some or the other occasions to help. This is their internal desire. For this, they love to have praise and compliments. In fact, they are anxious that nothing should go wrong when they are doing a good deed and that they should not be criticised.

Palladium loves appreciation for looks.

Manganum loves appreciation for work and deeds.

They do not like joyous music but love sad music.

ALOE SOCOTRINA

This is, many a times, a politicians remedy. Most politicians now a days are sycotic. Sycosis brings them INSECURITY in mind and causes them to be anxious about future success especially about elections. They do not want to lose their chair. In politics everything is 'uncertain'. They have to be active till the point of exhaustion; all this to bring in more people nearer to them to garner votes, they cannot afford to

make anyone an enemy. They therefore talk to everyone like a good old friend. They fraternize the whole world and if even one person breaks away, they get angry on themselves.

SELF PRAISERS (HYPER-SYCOSIS)

If on seeing an extrovert patient we have ruled out Sulphur, Snakes, Energetic Drug Remedies i.e. Loud Talkers and the Sweet Talkers, we next move to find out whether the patient is talking about himself most of the times.

These are extroverts who talk about themselves. They feel that the more they talk about themselves, the better impression you will carry about them.

They tell every new friend and acquaintances what good work they are doing or they have done. They will try to project that they have special qualities and that they have been doing some exceptional work in their field. They talk about their good qualities and that they don't have any bad qualities.

These people may have creative ability or some different abilities but they feel insecure that they may not be recognised. They come to talk about all their achievements. All these constitutions are remedies of esteem. They have an ego to nurture. They are all self-advertisers.

“Doctor, I don't drink, I don't smoke, and now-a-days it's rare to find a man like me who has no bad habits. You know the amount of hard work I have put in my young age is phenomenal. That is the secret of my success. I used to work day and night sometimes for twenty-four hours. God is great and I believe he has helped me to become such a successful singer.”

“I hardly care for money. Money is important but not the only important thing in life. I would want people to know me as a good man or talented man. I have a lot of fan following, the product that I have created has been appreciated by none other than the President of India!”

The general feeling they convey is that “I am God fearing, God has made me talented, otherwise I am a small person, a simple person. You should know I am exceptional and I have been successful. People don't know and they should know I have qualities which others don't have. I know many big wigs in the government. People in showbiz industry know me well. Many actors and models know me personally. All in all, I am a great man!”

Frequent Encounters

If such a Fear of being damned, delusion neglected

- Stannum Metallicum: Sensitive to what others say about her
- Agaricus: Egotism, narrates his exploits
- Sulphur: Egotism, confidence want of, feels himself a failure and therefore projects himself.
- Calcarea Sulphurica: Lamenting, not appreciated
- Lachesis
- Paris Quadrifolia
- Staphysagria

ARGENTUM NITRICUM

Hot + Thirstless, Desire for Sweets

These constitutions have a fear of being damned. This means they feel that a person of their calibre is not being recognised by people. Silver is very close to gold. It always feels left out because gold and platinum get maximum credit as heavy metals and silver does not. Silver always tries to show that I am great, I am shining. I can be useful in many things. Platinum is convinced that she is great and does not care for anyone's opinion about it. Silver fellow always strives hard for recognition and therefore feels that I have to tell the world that I am equally good and don't neglect me.

In old people, when they retire, and the whole business or factory that they have established now goes to the son, and the son now makes decisions without consulting the father. This makes the father sad and depressed as he feels neglected. This is the common situation which Argentum Nitricum faces. Thus, in order that they are not damned or neglected they try to project themselves as capable.

They are anticipatory, nervous, forceful and impulsive.

STANNUM METALLICUM

Like Argentum, Stannum is in a similar state. It is also afraid of what people will say about them. It has force and jittery nerves of Argentum. It has remarkable weakness in the chest and vocal cords which sets it aside from Argentum Nitricum.

Tin is almost the oldest metal known and used by man. It was the primary metal used along with iron and copper in manufacturing things used by ancient man, from

utensils to armaments and bells to carriages. In spite of being so vastly used, it does not have the same importance that a platinum or gold or even silver commands. Naturally, enough essence of insecurity is going to arise in 'Stannum'. It is not a strong metal like 'Iron' and is not strong enough to support the structure of a building nor of the human skeleton. The Stannum can have an affinity for cartilages in between the bones but not bones itself. Cartilage can be inside joints or in between the ribs of the thoracic cage. It is also present in the 'vocal cords' that help us to produce sound. Therefore, the Stannum has affections of voice and the pathology is weakness or paralysis.

This tin which has been ardently assisting man to live, move and fight for centuries, finds itself far from being recognized as a strong metal like iron or far from valuable metals like gold, platinum and silver. Stannum constitutions are therefore very insecure and always concerned of what people say about them. The weak metal thus imparts timidity and cowardice to the constitution and anxiety about the future. Despite all this weak will, discontentment and dissatisfaction about its status, they have an Ego that makes them mock or become sarcastic. The same ego makes them intolerant to consolation.

Thus, Stannum personality is a timid personality who talks about himself so that they can influence what people say about him. Being a metal, they have a positive nature. But on the other hand, they are suspicious and irresolute like Pulsatilla but hate consolation.

AGARICUS MUSCARIOUS

Chilly

Following is an excerpt from a discussion with a well known Doctor who was cured of Neuroma with Agaricus. "You know I am the only physician in Mumbai today who does not require an X-ray or a CT scan for diagnosing a major disease. I have to just keep my hand on the abdomen and I can tell that this is cirrhosis of liver or this is appendicitis or this is a case of tumour in abdomen. You know the young doctors and physicians need the clutches of blood reports, X-rays, sonography, scans and even then they cannot diagnose. I have diagnosed more than 50 cases of cancers in the last year without the help of investigations. I am the oldest physician alive who has so much of experience. I was even called to meet Dr. Rajendra Prasad, the then President of India. Of course, he did not follow my advice, is a different story."

"I cure tuberculosis like magic. I treat heart attacks at home. I don't need Intensive Care Hospitalisation. I personally believe that intensive care is actually too intensive

Frequent Encounters

for heart patients. Patients die in intensive care because of treatment not because of heart attacks. I cure them with ease keeping them in their bed.” This is the way Agaricus goes on narrating his exploits and the way they talk is very peculiar. They talk fast but in jerks.

SULPHURS

Sulphur’s talking about themselves is more of showing how big contacts they have. They often drop big names during conversation just to impress that how great they are.

(Sulphur is already covered in initial part of extroverts)

(Calcarea Sulph and Lachesis are also covered in initial part of extroverts)

PARIS QUADRIFOLIA

Paris Quadrifolia also likes to talk about themselves but there is a foolish trait in the whole conversation. The stories they tell are unrealistic and at times not appealing to rational minds.

Paris-Quadrifolia has self satisfied loquacity. He talks about his dreams but is very much satisfied with his dreams. His dreams are highly ambitious but foolish. The talks of Paris are vivacious but ridiculous. When you feel that a person is talking to you but is not making any sense and the person seems to think that what he is saying means a lot.

Case: A homoeopath who was suffering from depression was tormented by the fact that his dream could not be fulfilled. His dream was to make a temple of Hahnemann and project him as God. He went from one homoeopath to another to collect funds for this noble idea. For this he spent a lot of time, sacrificed his practice but nobody responded. He then started asking for funds from his patients and to create a good impression started treating them for free. He also started trying to make us understand why we should have a temple of Hahnemann, because he was such a great man.

He continued, “I want to have a big fish-tank and I am going to put a fish like Sepia in it and mate it with another fish to have a different species so that we can make a drug out of it.”

Extroverts

“Imagine!” he exclaimed. “If we mate Sepia with Sword-fish. Sword-fish is so active and Sepia is so dull...”

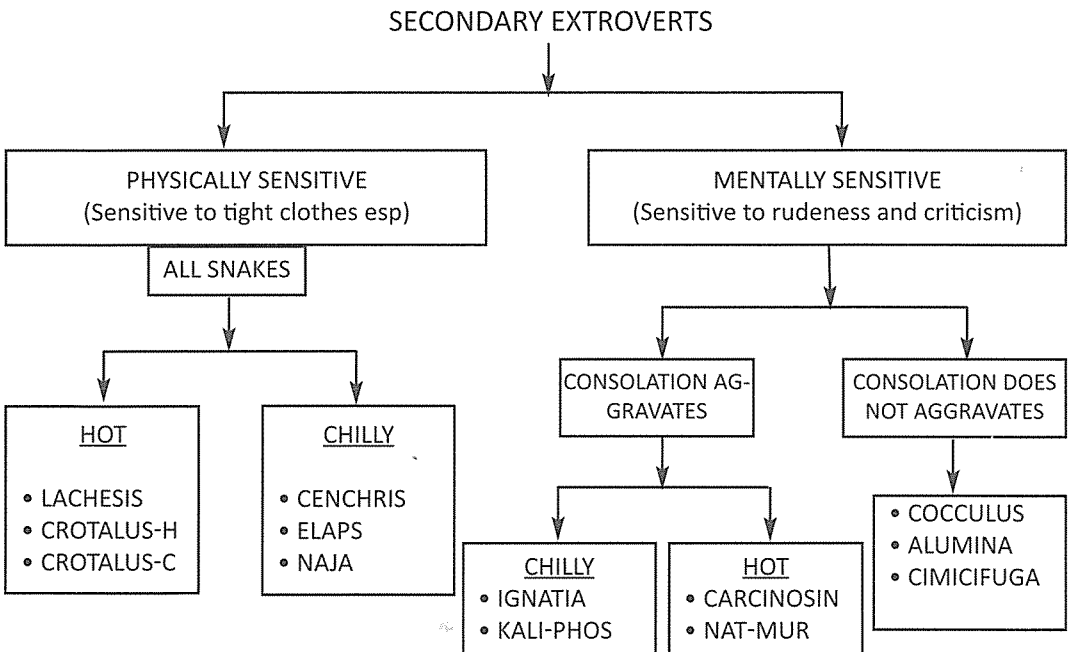
Paris-Quadrifolia has self satisfied loquacity. He talks about his dreams but is very much satisfied with his dreams. His dreams are highly ambitious but foolish.

The talks of Paris are Vivacious but Ridiculous. When you feel that a person is talking to you but it is not making any sense but the person seems to think that what he is saying means a lot. They talk big, highly ambitious, haughty, very loquacious talks but with no substance, very foolish talks. They keep prattling with Vivacity.

They are discontented with their surroundings so they aim high. But they are basically affectionate and loving people.

B. SECONDARY EXTROVERTS

This group includes the so-called secondary extroverts. They are generally always smiling and receptive to new people, look friendly but quite initially. They will open up after someone else has initiated a conversation and if they feel comfortable with the new person, which stems from timidity.



Frequent Encounters

The Miasm is Hypo-Sycosis. These constitutions are Ignatia, Carcinocin, Cimicifuga, Alumina, Kali Phos, Natrum Mur, Sepia, Lachesis, Naja, Crotalus Horridus, and Cenchris.

Those people who talk once you start talking or once they start knowing you are divided into two groups:-

i. PHYSICALLY SENSITIVE -Lachesis and Other snakes

ii. MENTALLY SENSITIVE

Consolation aggravates-Carcinosin, Natrum Muraticum, Ignatia, Kali Phosphoricum.

Consolation does not aggravates-Cocculus Indicus, Alumina, Cimicifuga.

i. PHYSICALLY SENSITIVE (Lachesis and other snakes): If we encounter such secondary extroverts who start talking late, the first group one should rule out are snakes. The snakes, with Lachesis as their head, are all timid constitutions. At the same time they are loquacious and love to talk. They can talk on many subjects as their brain is sharp and intelligent. They like to talk about themselves. They can be communicative expansive i.e. can go on talking for hours. They need to talk; they cannot be held back, bordered or made to shut up. It suffocates them, only their timidity makes them keep quiet. Once the lid is open, Lachesis starts talking without stopping.

Once we suspect Lachesis, we should ask them two things- Can you wear tight collars, ties etc.?

Can you bear ornaments or a necklace around the neck? If he or she cannot, be sure Lachesis or any other snake may be sitting across you.

Lachesis and other snakes have been differentiated in primary extroverts.

ii. MENTALLY SENSITIVE: If the throat is not sensitive to clothes or ornaments then we should start thinking about mentally sensitive, timid constitutions e.g. Carcinocin, Natrum Muraticum, Ignatia, Kali Phosphoricum, Cocculus Indicus, Alumina, and Cimicifuga.

Amongst these sensitive constitutions we would like to select which of them have ego and which do not. Egoistic constitutions do not like consolation. Non- egoistic constitutions do not mind it.

Extroverts

So, the next question we ask is “Do you like people coming and seeing you, when you are ill?”

- Are your friends aware about your illness?
- Do you tell your friends that you are having hypertension and diabetes?

If the answer is “No, none of my friends know about it and neither have I told it anyone at home. I don’t like people pitying or giving sympathy. I don’t like people coming and seeing me when I am ill.”

All this points to the fact that they do not like consolation, it aggravates them. If consolation aggravates –

HOT- Carcinosisin, Natrum Muraticum
CHILLY - Ignatia, Kali Phosphoricum.

If consolation does not aggravate-
Cocculus Indicus, Alumina, and Cimicifuga.

C. ABNORMAL EXTROVERTS

These are distinctly ‘Syphilitic’ in miasm. The syphilitic miasm is known to destroy, degenerate, and cause imbalance, ugliness or weirdness. Let us now see what effect the syphilitic miasm can have on behaviour and talk of an extroverted person.

All the miasms, as we know are defence mechanism (read book ‘The End of Myasmtion of Miasms’). The primary defence that is physiological defence starts with inflammation or ‘Psora’.

PSORA represents normal physiology or normal functions in human beings. It represents all physiological functioning required to take in oxygen, food, to give rise to energy that ‘runs’ this human machine. As the human machine runs in order, normal enzymes, neurotransmitters and chemicals are synthesized. They are produced by normal functioning physiology and in the bargain help to maintain normal physiology. Hence at the physical level ‘Psora’ represents nutrition, circulation, respiration, energy or ATP synthesis and all functions required for the survival of man. At the mental level, ‘Psora’ represents normal functioning of the brain leading to normal will, memory, intellect required by man for helping him to survive, despite competition.

Frequent Encounters

'Psora', thus, is the normal functioning PHYSIOLOGY within man. 'Psora' should not be confused with 'Psoric Disease'.

'Psoric Disease' is a result of defence mechanism. When a living organism is under attack it defends. After adaptability has failed, it first and foremost uses its 'Physiology' to defend. Change in 'physiology' or biochemistry of cell and human is what is called 'Physiological defence'. This is a 'must' in all living organisms. So when a cell or an organism is under attack it has to defend, first by bringing about a change in the physiology causing the cell or tissue to go into irritation, inflammation or oversensitivity. This represents the Psoric defence or Psoric disease. At the mental level the same Psoric defence produces anxiety, apprehension, irritability, anger, inhibition and excessive thought process to deal with the same. This is how Psoric defence produces Psoric diseases by modifying Psora or physiology. In short, Psora represents normal natural need and physiology of body whereas Psoric diseases or illnesses are symptoms arising out of physiological defence i.e. Psora.

Psora- physiology, normal needs, normal functioning.

Psoric disease- symptoms arising out of physiological defence or Psora being used to defend against trauma.

Only when inflammatory or physiological defence is not sufficient to overcome the traumatic agent, the body will switch over to the second or third defence that is constructive and further destructive defence, respectively. This means that the 'Syphilis' miasm can be developed either from Psora or Sycosis.

The Syphilitic miasm is either

- i. Psoro-syphilitic where there is excess and out of control amplification of Psora.
- ii. Syco-syphilitic where there is 'Sycotic' multiplication or distortion. Distortion means to bend, lie, twist, deform, alter, falsification, falsehood etc.
- iii. Plain syphilis
 - a. Unnatural, Perverted, Abnormal (against the nature)
 - b. Hysterical, out of control and proportion

} Destruction of normalcy and control

(The other two forms of expression of Syphilis is Auto-immunity and Genetic Mutation)

The mental attitude or faculty can get Exaggerated. Speech and communication is also a mental faculty. Here also the syphilitic miasm will be expressed as Exaggerated, excess + Distortion and Destruction.

Following are the different types of Extroverts:

PSORO-SYPHILITIC

When the psoric defence as mentioned earlier goes into exaggeration or goes hysterical, out of control, we get Psoro-syphilitic defence mechanism at work.

When the *Normal speech* process is hastened, we get Talk hasty; Talk loud. When the *Normal thinking* process gets hastened, we get 'Excitement'. When the *Normal inquisitiveness* becomes out of control, the person starts asking questions rapidly, one after another or jumps from one topic to another. E.g. Ambra Grisea.

- Talks hasty, Talk ecstatic, Talk Enthusiastic
- Talk excited
- Excitement talk during
- Inquisitive, jumping from one subject to another
- Loquacity, rapid question (Ambra Grisea)
- Loquacity when excited- Lachesis, Opium, Cuprum Met, Theridion, Selenium
- Loquacity about health- Nux Vomica
- Loquacity with heat- Gelsemium², Teucrium³, Tuberculinum², Podophyllum², Lachesis², Coffea¹, Stramonium¹, Zincum Met¹, Pyrogen
- Talk hasty, heat during- Lachesis, Pyrogen
- Loquacity, would not listen- Hepar Sulph
- Loquacity, one thing about, does not pay attention to, what is said
- Loquacity, self satisfied- Paris Quadrifolia
- Loquacity, unimportant matters about
- Loquacity, excited, when heart disease in, with blood pressure
- Mistakes make, talking in hurry, from- Ignatia

SYCO-SYPHILITIC:

- Talk Lewd, Lascivious, Talk expansive communicative, Talks of money, Talks of health, Talk extravagant, Talk Bombast and Worthless
- Talks of himself.
- Religious affections, talking on 'religious subjects'- Hyoscyamus2, Stramonium1, Veratrum Album2
- Delusion Loquacious of Business (Bryonia3, Hyoscyamus3, Rhus Tox3, Phosphorus2, Cantharis2, Arsenic1, Belladonna1, Opium1)
- Eloquent- Cannabis Sativa1, Lachnanthes1, Opium1
- Loquacity with Jestings- Lachesis, Kali Iod, Crocus
- Loquacity would not listen- Hepar Sulph
- Loquacity self satisfied- Paris Quadrifolia
- Loquacity unimportant matters- Paris Quadrifolia, Stramonium, Lachesis, Cimicifuga.
- Forgetful cannot finish the sentence- Cannabis Indica2, Lachesis, Medorrhinum,

SYPHILO-SYPHILIS:

- Talks in foreign language
- Talks foolish
- Talk jerky
- Talk changes subjects
- Open hearted
- Shameless
- Talks confused
- Confusion, mixes subject + Object (Cannabis Sativa, Calcarea Carb, Hyoscyamus, Nux Vomica, Platina, Sulphur)
- Delirium changes subject rapidly (Lachesis3)
- Delirium same subject all the time (Petroleum3)
- Loquacity changing quickly from one subject to another (19) (Lachesis, Cimicifuga)
- Loquacity changing subject from joy (Lachesis)
- Loquacity changing subject only for talking – Paris Quadrifolia

Extroverts

- Loquacity open hearted – Anhalonium, Borax)
- Mistakes makes talking, begins correctly but does not know how to finish (Medo)
- Confounding past and present
- Confounding mistakes time
- Mistakes makes, calls things by wrong names (Stramonium, Calcarea Carb, Ammon Carb, Sepia, Sulphur, Lac Caninum)
- Mistakes makes talking wrong
- Mistakes makes, wrong answers (Cannabis Sativa, Natrum-mur, Nux Vomica, Phosphorus)

SPEECH OR TALK

Many times we find that we have to tell that patient recurrently, “I beg your pardon. Can you repeat what you said?” This is when the patient is talking at an abnormal speed. He or she is too fast, sometimes one word tumbles over another. There was an incidence of a lawyer who has hasty speech. She went through the rigmarole of presenting the case and defending her client by rapid mentioning of section numbers. After a one hour hearing, the magistrate was so confused that he apologetically said that, “I have not understood anything of what she has said and I would like to have a rehearing but at a slower speed of speech.”

This rapid speech is also excitement being expressed in speech. Rapidly talking people generally have a rapid thought process too.

PSORO-SYPHILIS

Following are the rubrics that will be seen when there is syphilitic excitement:-

TALK HASTY:- Hepar Sulph, Mercurius Solubilis, Lachesis, Hyoscyamus, Belladonna, Camphor, Ignatia, Medorrhinum, Moschus, Phosphoric Acid, Sepia, Stramonium, Sulphuric Acid, Thuja, Veratrum Album.

If the patient is rebellious, revolting, thirsty and ambi-thermal–
MERCURIUS SOLUBILIS.

If the patient is impulsive, angry, hypersensitive, hyper chilly and thirsty–

Frequent Encounters

HEPAR SULPH.

If the patient cannot bear tight clothes, especially around the neck— LACHESIS.

If the patient is naughty looking, mischievous, jesting and a prankster with a sharp brain— HYOSCYAMUS.

If the patient is good looking, charming, with red congested face, suddenness and violent symptoms (angel when well, devil when sick)— BELLADONNA.

If the patient wants fanning because of heat and after some minutes wants to switch it off because of coldness; if he has cold clammy perspiration— CAMPHORA.

If the patient is thin, chilly, thirstless, diligent, emotionally vulnerable and has aggravation from consolation and contradiction— IGNATIA.

If the patient is sensitive to criticism, has despair from criticism, is impatient, hurried, anticipating, loves cold refreshing juices and fruits and sleeps on abdomen; has fear of ghosts, dark and the unknown; always feels that there is someone behind him; loves sour-sweet food (like pani-puri)— MEDORRHINUM.

If the patient is pampered, oversensitive, over-reacting and faints with anger— MOSCHUS.

If the patient loves fruit juice, is angry when obliged to answer, sad, homesick and desires to be alone— PHOSPHORIC ACID.

If the patient is chilly, thirstless, indifferent, indolent, sarcastic, non-diligent, industrious, ameliorated by exertion; is indifferent to family but has anxiety for his children— SEPIA.

If the patient is fearful, panicky; panics when lights go off, panics when he is in closed rooms, or tunnels and makes verses— STRAMONIUM.

If the patient is like Sulphur but is chilly, thirstless with desire for fruit juices, hasty³⁺, hurried³⁺, walks fast, eats fast, works fast and has changeable symptoms— SULPHURIC ACID.

If the patient is hot, angry, has fear of his body being fragile and 4a.m. to 6a.m.

aggravation– THUJA.

If the patient loves high standards of living, high society, branded products, cannot bear his social position being compromised, loves fruit juices and refreshing drinks like aerated waters and has thirst for cold drinks– VERATRUM ALBUM.

During fever, many children start talking either too much or too fast. Talking too much is loquacity and too fast is hasty.

- Loquacity fever during, typhus (1) Stramonium
- Loquacity heat with (12) Teucrium3
- Delirium loquacious, heat during (2) Coffea
- Delirium loquacious in fever (1) Lachnanthes
- Talk hasty meningitis in (2) Belladonna, Mercurius solubilis

If they are talking too fast, that means if their speed of speech increases during fever, the remedies are Lachesis and Pyrogenum. Lachesis is hot and Pyrogenum is chilly. Pyrogenum will have high pulse rate to the extent of 140 plus even when the fever is 1000 F, this shows that the excitement is seen at the cardiovascular level as well as at the mental level during fever. Besides this, Lachesis generals will be distinctly different as given earlier.

If the speed of talking is same as before but the amount of talking increases during the fever, we have two rubrics:-

- Loquacity, heat during:-

In this, there is no loss of control in intellect, whatever the patient talks, makes sense. What has increased is only the desire to talk. This is Psoro-Syphilitic.

Those children/adults who talk too fast during fever, the first remedies that come to our mind are Lachesis and Pyrogenum. These children or adults who talk too much during fever are Teucrium3, Tuberculinum3, Lachesis, Pyrogenum, Coffea Cruda, Stramonium, Gelsimium, Zincum-met.

- Delirium, loquacious, heat with :- Lachnanthes

There was a 12 year old boy who had 104oF fever. The mother said, “He is talking and talking but not answering my questions well”. When asked what he is talking about, she said, “He is talking all irrelevant things, he is telling

Frequent Encounters

me to buy a fruit juice maker and go to the moon, after you reach there, take out sweet lime juice and bring it". In this case the boy is delirious; he does not understand what he is saying. Whatever he says also does not make sense, yet he is talking too much. This is delirium, loquacious and that too heat with. The remedy is Lachnanthes. Here the intellect is out of control. This is syphilo-syphilis i.e. out of control type of loquacity.

Until now we understood how a person can:

- Talk fast (hasty)
- Talk too much (loquacious)
- Talk in delirium (delirium loquacious)

Now we understand what is Talk excited.

Excitement is a state of being emotionally aroused and agitated. It causes eagerness and enthusiasm.

Emotional arousal can be too happy, too angry or too agitated.

Talk excited: When we see a person talk with the pitch raised, the volume of the voice raised and conveying too much happiness or anger we call it 'talk excited'. Whatever he says will be with eagerness and enthusiasm.

Constitutions which talk excitedly are Morphinum, Moschus, Sulphur, Nux Vomica, Natrum Carbonicum and Hyoscyamus.

"Talk excited" has to be differentiated from "Excitement talking while".

A young man was very timid. His voice was low and soft. When he would start narrating anything his voice would slowly become loud, pitch would increase as if regulator of lights has been turned from dim to bright. This is what we mean by 'Excitement, talking while'. As the talk goes on, the patient starts getting excited. In some cases even the face becomes red.

The constitutions that get excited while talking are Ammonium Muriaticum, Ambra Grisea, Mercurius Solubilis, Kali Muriaticum and Causticum.

If the patient is chilly, thirstless, ardent, sympathetic with anarchist tendency, loves dry type of food (not curry), hates sunny clear fine weather and is ameliorated by cloudy weather; we think of CAUSTICUM.

If the patient is introverted, startling, quarrelsome, timid, hot and thirsty-

KALI

MURIATICUM.

If the patient is embarrassed, timid, inquisitive- asking questions, hot-
AMBRA GRISEA

(Ammonium Carbonicum and Ammonium Muriaticum are already given later in the 3rd part of the book.)

People who get excited, start doing everything fast and talking fast as their blood pressure increases may be OPIUM if other generals coincide.

The excitement of Ambra Grisea is worth mentioning. Though Ambra Grisea is an introvert and very reserved out of embarrassment, their mind is very inquisitive.

The following dialogue from a movie may help us to understand the remedy better:

A dialogue between Mr. X and Mrs. Y

Mr. X: Where are the kids?

Mrs. Y: They have gone out for a movie.

Mr. X: Which movie?

Mrs. Y: Slum Dog Millionaire.

Mr. X: Why this movie?

Mrs. Y: Because they like it.

Mr. X: Why do they like it?

Mrs. Y: You come inside the house.

Mr. X: Is this rice? What will you make of this rice? Will you make pulao or biryani?
Is this your house? Do you stay here?

Mrs. Y: Yes.

Mr. X: Is this your own or rental?

Mrs. Y: It is our own family home made by father in law.

Mr. X: Whose father in law has made it? Yours or your husband's?

Mrs. Y: My husband's father in law made it.

Mr. X: How many rooms have you made?

Mrs. Y: One more than what is actually required.

Frequent Encounters

Mr. X: How many do you require?

Mrs. Y: One more than the total number present in the house.....

And the questionnaires go on.

Hence, from the above dialogue we see how the person jumps from one subject to another, starting with “where the children are” to “what will you make of rice” “how many rooms do you have in the house” and the dialogue goes on.

This jumping from one subject to another and questions show us inquisitiveness. Such constitutions can be *Ambra grisea*.

SYCO-SYPHILIS

These are abnormal extroverts with sycotic bearing.

Following are the different types:

- **COMMUNICATIVE EXPANSIVE:** These people are so talkative that a one minute story will be explained to you in so much detail that it takes ten minutes to explain.

The following conversation will amply demonstrate the meaning of communicative expansive:

A patient to me: “Can I take your one minute”. Before the permission is granted he started narrating. “Yesterday I came from office and reached home at 4 pm. My wife told me let’s go for a walk as it is good for health in this state of pregnancy. We went for a long walk from M.G. road for about an hour .As it was 6’oclock in the evening my wife wanted to go to the beach. After seeing the beautiful sunset we planned for an evening dinner at hotel. We ate some salads and ice creams. After a wonderful evening together I and my wife returned back Home at around 9 pm. At 11.30 pm my wife started feeling uneasy. We then rushed to a nearest doctor. In the meanwhile she started feeling nauseated which led to vomiting. This was followed by bleeding from vagina, we went to the Gynaecologist. She tried to treat her but finally she aborted. Doctor I just wanted to inform you this that yesterday my wife had a miscarriage.

For a minute message he almost took ten minutes taking me all the way to the beach and telling me about what they had eaten etc. This is an example of communicative expansive.

Remedies: Lachesis, Baryta Carb, Chocolate, Alumina

When we find that a person talks too much to say too little, the following constitutions come to our mind:

1. *QUICK BRAINED*: Too quick rapid thought process.

LACHESIS: A person talks too much either because his mind is fast and his thought process is too much. He is quick brained and hence thoughts just pour out without control and are converted into speech. If they are hot, thirsty and have sensitivity to tight clothes and collars then they are bound to be *LACHESIS*.

2. *NO BRAINS*: People having low intellect, dull mind and who talk foolishly and not to the point .

BARYTA CARB: They go on expanding their communication because their brain has no capability to focus and make communication to the point. Their action and thought are misplaced and they are routinist.

3. *POLITICAL BRAINS*: These constitutions as mentioned before are sweet talkers and have sweet looks.

CHOCOLATE: They try to please everyone and therefore they can be called political. Politicians as such have to talk too much in order to get into good books of people.

4. *CONFUSED BRAINS*: It has an identity problem.

ALUMINA: the brain is exactly opposite to that of Lachesis. Lachesis is fast, well as alumina has slow thought process. Unlike Lachesis and Chocolate, Alumina is conscientious and diligent. Due to slow thought process a confused state arises and at times alumina cannot take decisions, even normal ones also. They have to ask others for instructions. Such a confused slow brain cannot concentrate, cannot focus and therefore speech or communication is prolonged and lengthened.

• *TALK LEWD, LASCIVIOUS*: These are certain people who get thrilled when talking of sex. Their mind, thought, speech have to have sexual overtures.

Frequent Encounters

Many a times, their speech will have double meaning. The other concealed meaning will have something to do with sex.

The constitutions are: Belladonna, Hyoscyamus, Stramonium, Calcarea Carb and Nux vomica.

HYOSCYAMUS : A quick brained, naughty looking and inciting but timid person.

BELLADONNA : Pleasant looking, red faced, coquettish people who are full of energy their symptoms develop suddenly.(Further details in Mini Drug Pictures)

STRAMONIUM : A jerky, jovial, frightful panicky person with aversion to darkness and bright light.

CALCAREA CARB : These are people who talk slowly. They are slow, anticipatory chilly and thirsty.

NUX VOMICA : Chilly, thirsty, angry, and positive person with intolerance to noise and disturbance.

- **TALK EXTRAVAGANT**: Explained in Cannabis Indica.
- **TALK BOMBAST OR WORTHLESS**: These are people who talk a lot, but their talk has no meaning or direction. A young man has suicidal tendency. His depression had begun after his father expired. His father had a big playing card factory and business, and then the responsibility suddenly came on to him. He was not ready for such a big task. He did not have a business mind. He would go to the factory and talk anything except for business. The old factory workers did not take him seriously and he was given no respect. He would come to the clinic for his medicine but never complained for his health. The wife would insist that he should tell his symptoms but he use to speak on useless subjects and never about his own health or complaints. While travelling by train or standing near a window he would get an impulse to jump and end his life, but he would talk on how he is now learning a new art. "See doctor, I am making these draw-

Extroverts

ings, the drawings have no lines. The picture of god is drawn by writing the name of God in small letters. This particular picture of Lord Ram has been drawn by writing Lord Rama's name 21000 times. Another picture I am making has Lord Krishna's name 25000 times. I will give you also one of these." When asked "Are you of a religious bent of mind?" "No! Not at all. This is all done as time pass". He would go on talking about how he arranges long marches of people from Mumbai to Shirdi, which is the distance of 300 kilometres- How he use to make arrangements for three hundred people, He would take care of their food, drinking water etc. Accompanying wife would say "Come to the point. Tell doctor your original complaints, we have not come here to tell your stories". "See doctor, this is how he does not realizes what is important, he has no seriousness. He does unimportant things. He wastes his time in organization of marches but never thinks of going to office and factory for organizing his business well. Here he comes and talks of many things that do not matter. But never comes to the point and will never tell you his real complaints.

The above situation shows how bombast and worthless his talks are. Such constitutions are generally snakes. Example Lachesis and Crotallus Horridus (Though Nux Vomica and Staphysagria have also been mentioned in the rubric, they are not so many times indicated).

In the above situation one can also start thinking about 'indiscretion'. Indiscretion means lack of prudence i.e. lack of judiciousness or lack of ability to take the right decision. The injudicious or wrong decisions are due to clumsiness or naïveness or childishness. People with 'indiscretion' have not the ability or actually lack the ability to assess what to say and what not to say or what to do and what not to do. Miasmatically, it is 'Sycosis less' leading to 'Syphilis'.

In the above case we see that this person does not have an aptitude for business. He does not like to go to the factory. His pull is towards the service to man and religion. Not that he cannot arrange and organize things. He is capable of arranging and organizing large group marches to religious places. The ability is not absent, but his interest is different. When asked why he does not use his ability of organization in his father's factory, he said "Doctor, our factory manufactures 'playing cards'. Our cards are sold widely in all clubs. Most of those who play cards also drink alcohol in these clubs. My father started drinking alcohol because of his club contacts. He became so much of an alcoholic that his liver got cirrhosed and he died. This has hurt me a lot. I have seen my father

Frequent Encounters

drinking from morning to night, quarrelling and physically torturing my mother. Our home was not a home and hence we children use to shudder to come home. It was then, that I was pulled toward God and religion. I have developed hatred for alcohol and alcoholics. My wife wants me to go to the factory and handle my father's job. But she does not know that sooner or later I will also become like my father and go the wrong way. But I can't close down the factory because our bread and butter comes from there, and I have no other source. Doctor, I am depressed because I have a dilemma".

Talking of bombast and worthlessness was to draw away the attention from the main problem. This was Sycosis. Without solving the real problem, which was unsolvable, he was trying to be happy with serving of pilgrims and drawing of God's pictures. This is Sycosis, but the factory manufacturing wrong things was hurting his conscience. Thus excess Sycosis gradually pushed him to depression and suicidal impulsiveness i.e. Syphilis.

He was given Lachesis of course, after considering his anxiety of conscience, timidity, organizing capabilities, religiousness, intolerance to tight collars and bands around throat and wrist and other generals.

This is Sycosis, the most dangerous miasm. It is dangerous because everything is deeply hidden. What you see is not the real picture. You have to dig deep into the character, to find the Psoric hurt or injury and not prescribe on the secondary defence façade of Sycosis. It may be dangerous.

Remedies- *Crotalus horridus*, *Lachesis*, *Nux Vomica* and *Staphysagria*. (All of these are mentioned in Mini Drug Pictures)

- TALKS OF RELIGIOUS SUBJECTS: Religious affection, talks on religious subjects (*Hyoscyamus*, *Stramonium*, *Veratrum Album*) is also a similar Sycotic rubric when a patient feels insecure and he tries to take the cover of god and religion, hence for all 'religious affections' people we need to go into the details that from where he was drawn towards god and religion and why?

There are certain people who have affinity for one thing like money in the psoric phase that gradually increases to increased interest in collection of money in sycosis and ultimately start clinging to money in syphilis.

Thus an affinity to one subject or thing can overwhelm the person, he becomes a slave of it. He sees nothing but the same thing everywhere and talks of it.

Such examples are:

- The person who talks only of money
- The person who talks only of religion or religious subjects
- The person who talks only of health
- The person who talks only of himself
- The person who talks only of sex

The chart shows the remedies or constitutions that are prominent in the above conditions. The Materia Medica and the rear will help us to differentiate one from another.

SYPHILO-SYPHILIS

As mentioned earlier these constitutions are those where 'syphilis' or the 'destructive' process prevails:-

- Destructiveness of morals will give rise to: Shameless talks: Belladonna, Calcarea Carb, Hyoscyamus, Nux Vomica and Stramonium.
- Destructiveness of inhibition will give rise to: Open hearted loquacity: Bovista.
- Destructiveness of control of speech, will give rise to:
 - a) Jerky speech, remedies we can think: Agaricus, Causticum and Bovista
 - b) Excitement talking when
 - c) Talks in foreign languages

SYPHILITIC AFFECTIONS IN MIND:

Following are some rubrics that should be paid attention to:-

- Destruction of intellect will give rise to:
 - a) Changes subjects from joy
 - b) Delusion changes subjects rapidly
 - c) Confusion, mixes subjects and objects
 - d) Confounding present with past
 - e) Mistakes makes in talking
 - f) Mistakes calls things by wrong names
 - g) Starts a sentence but does not know how to finish

- Destruction of intelligence:
 - a) Talk foolish
 - b) Talk prattling

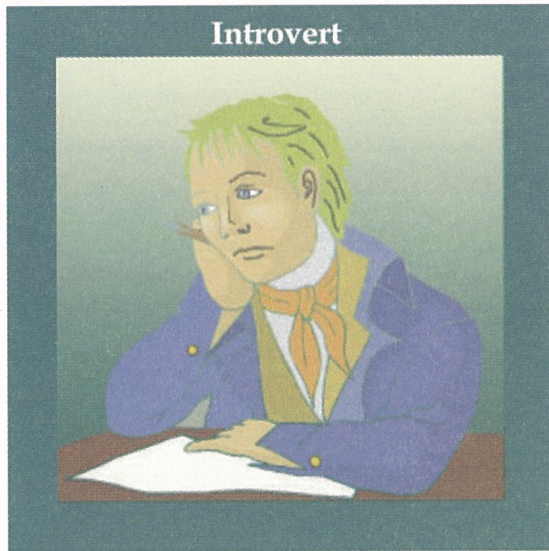
N.B Lastly, the destruction affecting the intellect, needing detailed elaboration, will be dealt in the upcoming series.

ABNORMAL EXTROVERTS

OPEN HEARTED	FOOLISH	TOO LOUD	JERKY	LEWD/SEX	EXPANSIVE
<ul style="list-style-type: none"> • SHAMELESS-HYOSCYAMUS • COURAGEOUS-BOVISTA • AGGRESSIVE-VERATRUM ALBUM 	<ul style="list-style-type: none"> • BARYTA-CARBONICUM • BARYTA-SULPHURICUM • PARIS QUAD • BELLADONNA • HYOSCYAMUS • <u>STRAMONIUM</u> • CANNABIS INDICA 	<ul style="list-style-type: none"> • MORPHINUM • MOSCHUS • HYOSCYAMUS • SULPHUR • <i>Acon</i> • <i>Bell</i> 	<ul style="list-style-type: none"> • AGARICUS • CAUSTICUM • BOVISTA • STAPHYSAGRIA 	<ul style="list-style-type: none"> • HYOSCYAMUS • BELLADONA • CALCAREA CARB • NUX VOMICA • <u>STRAMONIUM</u> 	<ul style="list-style-type: none"> • LACHESIS • CIMICIFUGA • BARYTA CARB • ALUMINA • CHOCOLATE • MARBLE

CHANGES SUBJECT	TALKS OF MONEY	TALKS OF HEALTH	TALKS OF HIMSELF	EXTRAVAGANT	JOVIAL/ JESTING (MAKING FUN ALWAYS)
<ul style="list-style-type: none"> • LACHESIS • CIMICIFUGA 	<ul style="list-style-type: none"> • ARSENIC • SULPHUR • CALCAREA CARB • CALCAREA FLOUR • SILICEA • CHOCOLTAE • ZINCUM MET 	<ul style="list-style-type: none"> • LACHESIS • NUX VOMICA • ARGENTUM NIT • PHOSPHORIC ACID • CHAMOMILLA • ANTIM TART 	<ul style="list-style-type: none"> • LACHESIS • PARIS QUAD • STAPHYSAGRIA • AGARICUS • CALCAREA SULPH • STANNUM MET • ARGENTUM NIT 	<ul style="list-style-type: none"> • VERATRUM ALB 	<ul style="list-style-type: none"> • LACHESIS • CROCUS SATVUS • KALI IODATUM • HYOSCYAMUS • NUX VOMICA • CALC IODATUM • <u>STRAMONIUM</u> • <u>STANNUM MET</u> • <u>ARGENTUM NIT</u> • TARENTULA

Chapter-2



Introverts

Introverts

Encounter with people who talk less

When a person who does not talk much comes and sits in front of a Homoeopath, many problems arise. Homoeopaths require a detailed history and if a person does not talk, he is almost finished. Many young doctors who take case-history for their seniors in an outpatient department come with a sullen face saying, "Sir, I could not get anything out of this patient", "He does not talk much" or "He talks only to the point"; "Sir, this patient is non-cooperative", "How can we prescribe for him Sir?", etc. What the young doctor does not know is that this is a symptom to be considered. One needs to understand that everything a patient does or does not do is genetically governed! These are the genes speaking. It is his genetic code that makes him quiet. This quietness could be primary, that is from birth or secondary, that is as a defence mechanism after childhood hurt. In short, a patient, when in childhood, was very fun-loving, lively but due to circumstances like strong domination by parents or some memories of a bad childhood, acquires a 'sycosis' defence. In such a case too, the person's hypo-sycosis makes him go into a cover or makes him quiet and incommunicative.

A patient can be either too reserved and less of a talker that is Introverted; he can be too talkative and expressive that is Extroverted or belong to the third type which is not significant to us.

One should always remember that for a homoeopath the symptoms which should be considered have to be very strong, exclusive, defining the person concerned and should not be very vague and confused. On the other hand, if a quality is disputed, it should not be considered. If a characteristic is not defining the person throughout, various incidences in life, it should not be considered for prescription at all.

IDENTIFICATION OF INTROVERTS

Introvers are those:

- 1) Patients who do not talk on their own.
- 2) Patients who do not volunteer any information on their own
- 3) Patients who do not even provide a friendly smile when looked at.
- 4) Patients who look away or do not meet your eyes or stare.
- 5) Patients who love to be at a side or sit in a corner, all by themselves, busy reading a book or a newspaper.
- 6) Patients who answer to the point, very shortly or curtly and do not expand a conversation.

In the questioning session the patient has to be pushed, coaxed, questioned again and again, and yet sufficient information is not forthcoming.

There are Extroverted people who come in with a friendly smile and before you could wish them, they have already wished you "Good Morning, How are you? Well, it has been a long wait outside. I know you are not to be blamed. You are doing your level best, but I see that you are very busy and this is of course a service to humanity and any service to mankind and humanity is never time bound...etc"

In a short span of introductory time, the typical extroverted person has wished the physician, commented on his wait, praised the physician and showed his ability for philosophy and covered up shrewdly for his critical approach.

As against this, an introverted gentleman will come in silently(rather creep in) without announcing himself; waits patiently for you to start the conversation.

Example:

Doctor: Hello Good Morning

Patient: Good Morning

Doctor: What's your problem?

Patient: Nothing much. Only some pain

Introverts

Doctor: Pain where?

Patient : Pain in the back

Doctor: Which portion of your back?

Patient: Somewhere here(points out with a finger or hand going to lumbar region)

Doctor: What type of pain is it?

Patient: Aching

Doctor: When did it start?

Patient: 3 months ago

Doctor: How?

Patient: I had an accident.

Doctor: What accident?

Patient: A road accident.

Doctor: How, what happened, where you inside the car that met with an accident or you were knocked down by a car on the road?

In the above conversation, we observe that no information is forthcoming voluntarily. It is coming in bits and pieces and that too when probed and asked about.

These are perfectly 'sycosis shallow' constitutions. They prefer to "hide" the most. They give out the least. The information is all deep within. We need to dig and mine it.

With an extroverted patient , the same conversation would go on like this:-

Patient: Hi Doc. Good morning

Doctor: Good morning

Patient: See Doc, I have come to you with great hope. I have this silly backache not leaving me for months.

Doctor: I see.....but where.....

Before the doctor can ask where is it or how did it start, the patient goes on.....

Patient: You see, the pain is exactly at this particular point on my lower back. My God! It pains me like mad. I got a stitching pain with some burning which goes down my left leg like a current. Oh my God! When it comes I go berserk. It is especially when I am about to fall asleep at night . Doctor, sometimes I feel I am going

to lose my leg. Maybe I'll get paralyzed or something. Doctor let me tell you all this started after that bloody accident that I had. I was saved. Oh God if I remember the whole incidence doctor it gives me creeps! Doctor, just imagine I was walking on the foot path when all of a sudden, I heard a noise One old lady was crossing the road when the crossing light was off and a fast moving motorcycle rider could not control his vehicle as he went to save her. But, in the attempt to save her, he lost his balance, and came straight towards me. You know, I was just helplessly knocked down. I thought I was unhurt and let that fellow go scot free. You know as he was also a good soul who was trying to save the old lady. All was well for a few hours and suddenly in the evening , I realised that I have this pain here. I thought it is just a catch and it will go, but.....well it still persists after 3 months and after treatment of cheiropractitioner and orthopaedic surgeon and a physiotherapist. And now, I present this to you as the most challenging case...

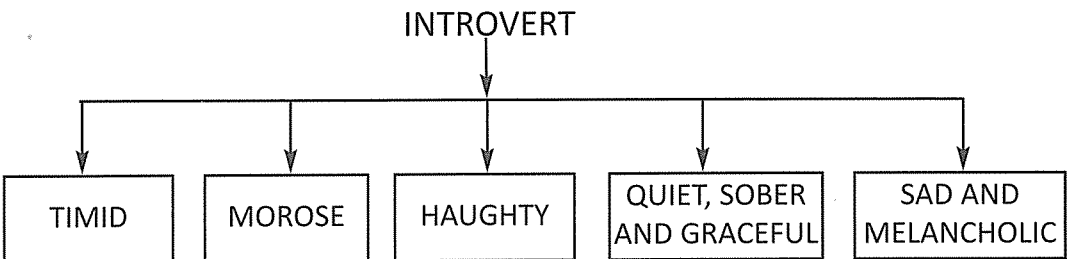
The doctor is just a silent spectator or a listener as question provokes a flood of information and that is Extroverted, Loquacious, and Communicative Expansive etc.

Whatever be the reason and whatever be the defence, a quiet person is a quiet person and he has to be considered that way.

What are the genetic traits that make a person quiet and introverted?

A person can be non-communicative or present as quiet:-

- a. If he or she is Timid?
- b. If he or she is Morose?
- c. If he or she is Haughty?
- d. If he or she is Quite, Sober and Graceful?
- e. If he or she is Sad and Melancholic?



So when a quiet person sits in front of you, what should be the thought process that should cross a homeopath's mind? The first question should be:

Why is he or she not speaking much? Is he TIMID?

TIMIDITY

When a person is fearful of consequences, he tends to become shy, inhibited and hesitant. This is what we term as a classical timid person. (There will be apprehension, anxiety etc. in the patient. But then even bold, courageous and outspoken people may have anxiety and apprehension. Here, we are considering only those who are anxious, apprehensive, but DO NOT TALK MUCH)

Before categorizing the person, it is fruitful to ask these questions:

Do you easily retaliate if you see something wrong happening in front of you, either to yourself or others?

If no, then the person could be timid.

Can you assert yourself or do you impose your wish on others, other than your children?

If not, then again this patient can be timid.

Do you get frightened easily by noise, by sudden unexpected circumstances or from darkness, ghosts, dogs etc?

If yes, they can be dubbed timid.

TIMID people can be of 2 types:-

- Timid, Mild and Yielding
- Timid, Angry and Morose

TIMID, MILD and YIELDING: -

These patients don't argue much with doctors. They never hurt the doctors verbally. They do not question their ability or their advice. If they ever do, there will be an apology along with it. Why can't you cure me? Why is it taking so long a time? Why don't you pay attention to my case? These and other attacking questions never come from timid patients. If at all they do need to register their grievance it is with an apology. "Sorry doctor, but can I tell you something? My problem is now harassing me too much. Please don't feel bad that I am pointing it out to you but

Frequent Encounters

I am sure you can do something about it. Oh please help me!"

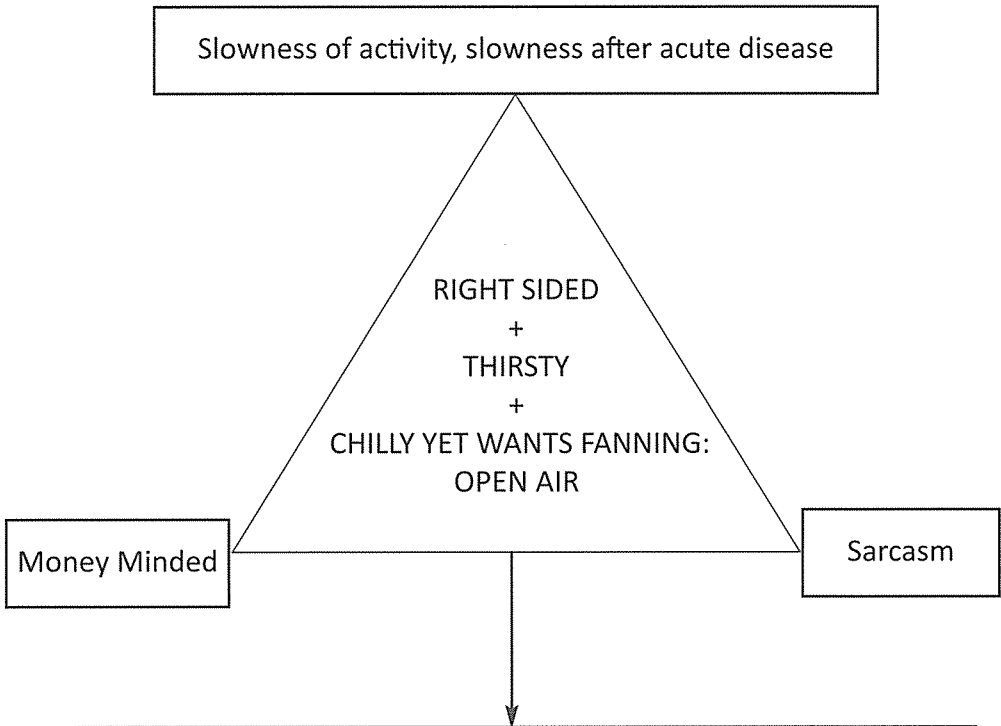
When you see a constitution like this, the remedies which should come into your mind are:

a. CARBONS:

- They are generally fat, obese and SLOW. Slowness in pace of action, pace of disease hence generally lingering disease or disease that has not worsened for years, at the same time not got cured.
- They are Anticipatory, Timid.
- They have Anger but the timidity does not allow them to express it. They therefore become "Sarcastic".
Sarcasm or mocking is a sly way of showing the anger or discontent which is inside a carbon.
- They are money minded too and hence affections are mostly Right Sided.

CARBONS

INTROVERTEDNESS DUE TO TIMIDITY AND ANTICIPATION



CARBO VEGETABILIS	GRAPHITES	PETROLEUM
<ul style="list-style-type: none"> • Stasis: Circulatory system and G.I.T system which causes puffy swelling with liver affections to cause distension with offensiveness. • Perspiration increased. • Wants fanning all the time. • Unfortunate feeling with indifference to loved ones. 	<ul style="list-style-type: none"> • Left sided carbon. • Skin affections with gluey discharges. • Sad, morose with weeping tendency like Puls. • Constipations with rounded sticky stool. • Changeable. 	<ul style="list-style-type: none"> • Carbon having nausea from car riding. • G.I.T affections accompanied with Skin affections. • Cracks of skin. • Anticipation is marked. • Mannish habits of girls.

Frequent Encounters

If they are not Fat, Obese, Slow and money minded like carbons, one should next think about:-

- Ammoniums
- Natrums
- Magnesiums

b. AMMONIUMS:

Whether Ammonium Mur or Ammonium Carb or Ammonium Sulph, all of them are like Nux Vomica.

They are sensitive, angry, serious looking, always with a frown in between the eyebrows. The only thing they lack is courage, positivity and the sense of achievement of Nux Vomica.

They tend to fall SHORT. Mentally, the Anger is for a SHORT time. They also fall SHORT of courage, which makes them COWARDS.

Introvertedness in Ammoniums is because of Cowardice.

Physically, the SHORTNESS is seen in the form of Shortened Tendons.

c. NATRUMS:

The Natrums- Natrum Carb, Natrum Mur, Natrum Sulph, Natrum Phos, etc. are introverted due to their oversensitivity. An oversensitive and touchy, delicate mind makes them keep a distance from everyone. They are sensitive to rudeness as well as criticism and when hurt they will chastise themselves, withdraw inside and cannot forget the 'hurt' or past disagreeable circumstances. This is called brooding, that is, thinking over and over again about the past.

- They are sensitive yet do not ask for help. They never like someone helping them out of pity. They do not expect or appreciate any sympathy from outside people. They do not mind it from the near and dear or the loved 'one', which is only 'one', since they have only 'one is to one' relationship.
- Physically they are all sensitive to Sun. Sun can cause headache; Sun can cause weakness especially as in Natrum Carb. Sun can also cause diarrhoea, skin irritation etc.

Introverts

- This sensitivity makes them 'exclusive' in 'Sycosis'.
- They weep only when alone.
- They have very few friends, generally one.
- Generals: They are thirsty and desire Salt.

When thermally Hot they could be Natrum Mur or Natrum Sulph.

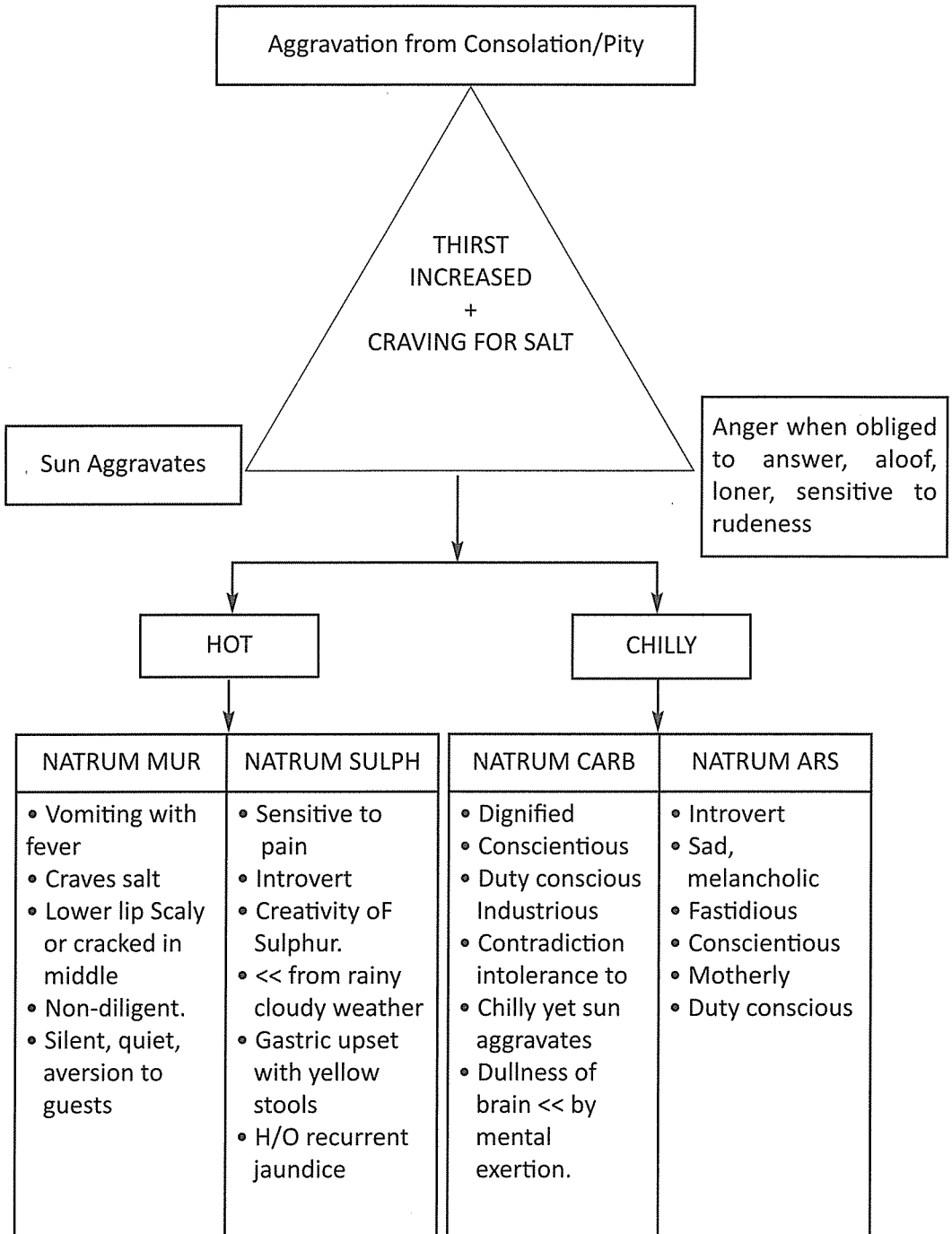
When Chilly they could be Natrum Carb, Natrum Phos or Natrum Ars.

If a patient is Quiet due to Timidity and if he/she-

- Is not Fat, Slow, Anticipatory, money minded Carbon
- Is not the Angry, irritable, coward Ammonium
- Is not Sensitive Natrum with pity and consolation and Sun aggravation

NATRUMS

INTROVERTEDNESS DUE TO OVER SENSITIVENESS



Then what we start thinking about next is 'Magnesium'.

d. MAGNESIUMS

The Introvertedness in Magnesiums is out of Inertness.

'Inertness' means- 'No reaction'.

If Ammoniums are hurt they show it with an external frown between the eyebrows.

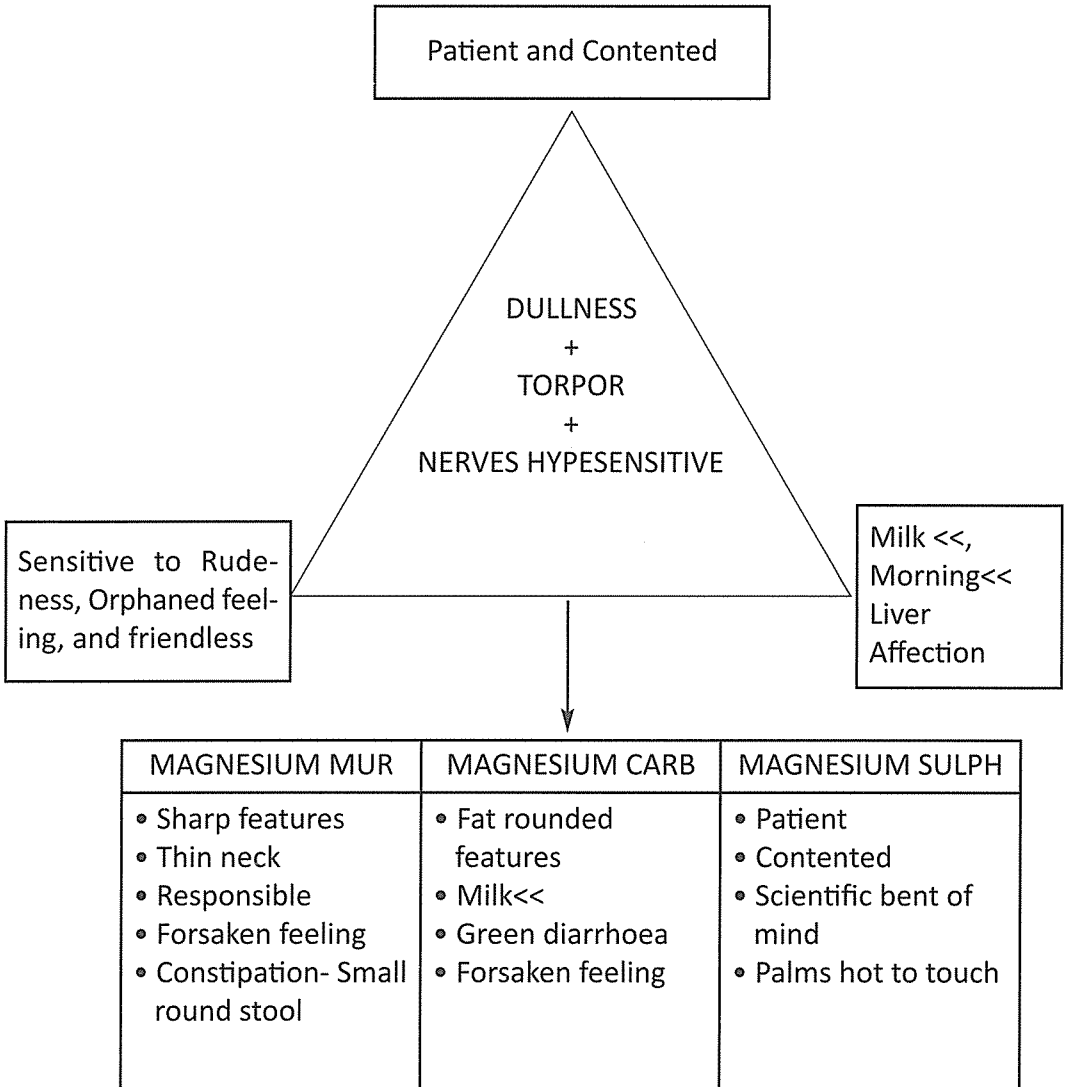
If Natrums are hurt they withdraw away into loneliness and brooding over what has happened. They keep away from people so that they don't hurt them again.

When Magnesium is hurt, they do not show anger nor do they go away from people and brood. They tolerate the hurt though they feel bad. They are sensitive- Sensitive to Rudeness, Sensitive to Criticism but they just weep once and carry on. They do not take any evasive step. They do not try to escape from the situation. Why? The answer is again they are timid, they do not retaliate, break bonds with family and friends. They want harmony at all cost. They have fear of losing their kith and kin lest they become friendless, forlorn, isolated or orphaned.

When the gear of defence changes to Sycosis, they adopt to become 'patient' and 'contented'.

MAGNESIUMS

INTROVERTEDNESS DUE TO INERTNESS



Introverts

If Carbons, Natrums, Ammoniums and Magnesiums, the first 4 contenders for introverted or quiet people are ruled out, we should start thinking of the following:-

A) DILIGENT REMEDIES

B) NON-DILIGENT REMEDIES

A) DILIGENT REMEDIES:-

Timid remedies that are quiet, introverted and diligent are:

ARSENIC ALBUM:- If one goes through the repertory, one will find only 2 remedies that are 3 marks Angry and 3 marks Mild and they are Arsenic Alb and Natrum Mur.

Arsenic Album can be as mild and timid, as it can be angry and irritable. The entry-points for Arsenic are not 'Restlessness' or 'Fastidiousness' as is generally the belief. Most of us try to search in Arsenic- weakness, restlessness and fastidiousness. This is wrong. Arsenic can be seen without all these three traits.

Restlessness is a later on by product of ANTICIPATORY ANXIETY. So also is the fastidiousness and meticulousness. Weakness comes on only in the last stages.

Anticipation + argumentative, litigious nature or censorious + critical nature is what identifies the base of Arsenic. The 'anticipation' in Psora is covered later in Sycosis by planning, preplanning of programmes, engagements, etc.

Thus, when the patient is Graceful, looking Aristocratic, has a seating style that is without the support of the back of the chair; with desire for warm food and drinks and is very censorious, critical, with anxiety for trifles; we can start thinking of Arsenic Album.

When we see a patient who is Diligent, Introverted, Angry when obliged to answer, sad, loves to be alone and brood, home sick with desire for fruit juices and refreshing drinks; we can think of PHOSPHORIC ACID.

When the patient looks Quiet and Yielding and is Studious be it any age; is chilly, thirsty in the evening, with red face; we can start thinking of SILICEA.

In a patient who is Lean, Thin, Diligent, emotionally vulnerable, aggravated by consolation and contradiction, we can start thinking of IGNATIA.

Frequent Encounters

B) NON-DILIGENT REMEDIES:-

Timid remedies that are quiet, introverted but do not fall in the diligent category are:

HOT REMEDIES:

In a Mild, Timid and Changeable person who feels better by Consolation; we can think of PULSATILLA.

In a Timid, Embarrassed patient with Anger; we can think of AMBRA GRISEA.

CHILLY REMEDIES:

When the patient seems to be Yielding with Compromising attitude and feels Giddy while looking at moving objects, we can think of COCCULUS INDICUS.

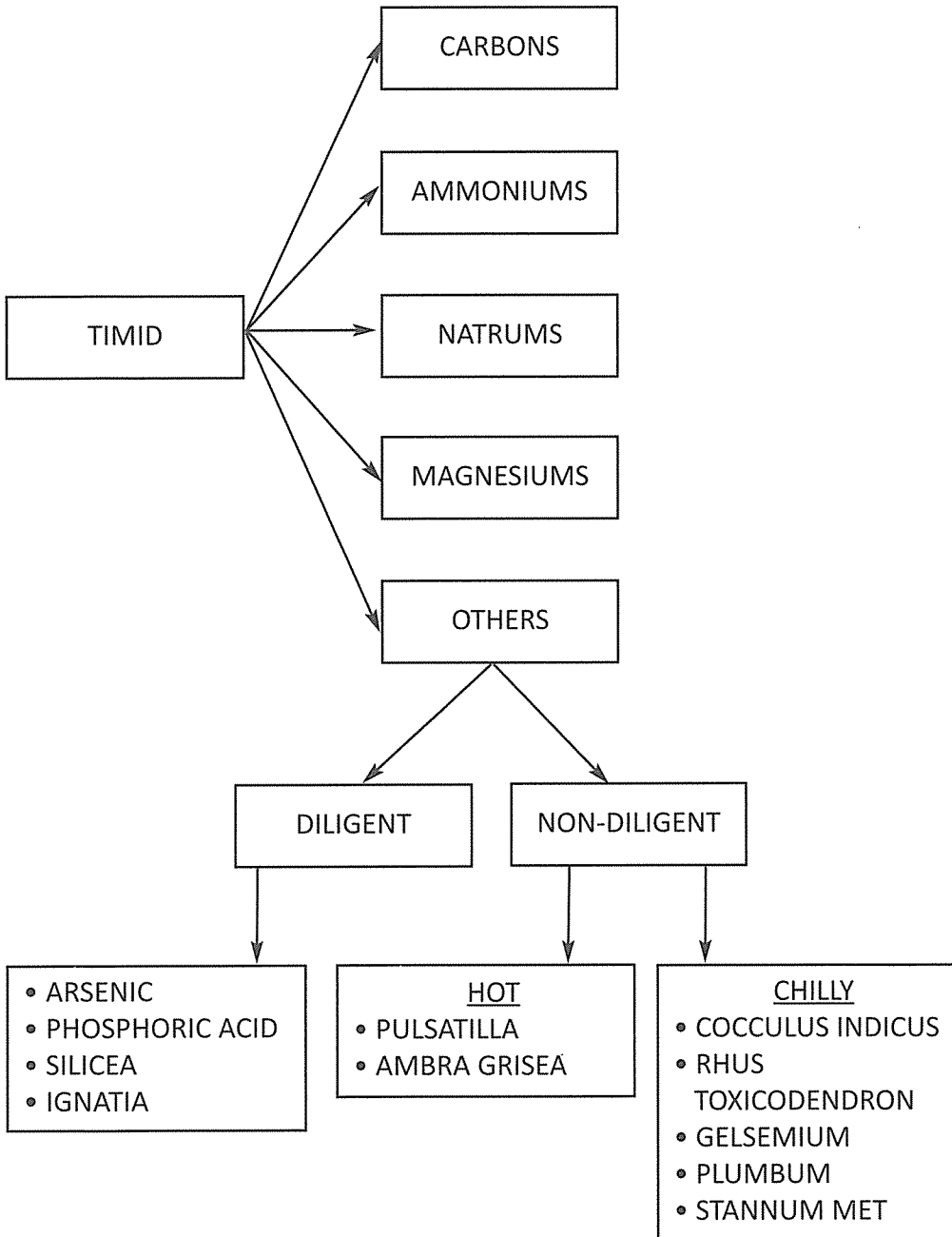
A patient who is Mild, Respect giving, with excessive Sensitivity, Restlessness; is aggravated from first motion, rest and rainy weather and is ameliorated by continued motion; we can think of RHUS TOXICODENDRON.

In a Tremulous, Anticipatory patient with ailments from Vexation, heaviness of the upper eyelids, looseness, laxness and giddiness, who is hot and thirstless; we can think of GELSEMIUM.

In an Anticipatory patient with pain in the abdomen; marked leanness, affection of nerves, constipation, metallic positivity with timidity and overpowering sleep when working; we can think of PLUMBUM METALLICUM.

A patient who is timid, panicky, aggravated by sudden darkness and closed places, who can make verses, has fear of bright light, wants dim light when going to bed, who is fearful, angry, loquacious and jesting; we can think of STRAMONIUM.

Introverts



MOROSE

This is defined as a mixture of Sadness, sullenness, gloominess with irritability.

Many a times we encounter people who are quiet but you don't feel like interacting or conversing with them. By the look on the patient's face, you feel he is not in the mood to be disturbed. Very often there is a frown on the patient's face. The frown or wrinkles occur in between the eyebrows. The frown is like a board hanging on the patient's face saying 'touch me not' or 'do not disturb' or 'trespassers will be prosecuted'. Emotions that are reflected by such a face are, "I am sad, melancholic and at the same time irritated with a sour temper. But I can't express it due to my timidity and have to tolerate the circumstances."

An angry, irritated person may be angry on himself or others who have offended him or on his illness, his doctor or unfortunate circumstances or helplessness in a situation or being unable to bear contradiction.

The anger is not allowed to be expressed due to the Timidity. We now try to see what happens if the anger is not allowed to be expressed? What will happen to this anger? It has to find a vent.

Some of them express it when they feel that they are being troubled by questions. This is expressed when obliged to answer. Others feel that they should get back indirectly by a sarcastic remark. For the sake of convenience, 'The Morose' constitution can be divided into the above two sections.

I. ANGER WHEN OBLIGED TO ANSWER (AWOTA)

II.SARCASM

I. ANGER WHEN OBLIGED TO ANSWER (AWOTA)

Constitutions: - Nux Vomica³, Arnica², Phosphoric Acid², Natrum Muriaticum, Bryonia, Pulsatilla, Arsenic and Colocynth.

This is a state that occurs in a patient more when they are ill. Nevertheless, such a nature can be present as a constitutional trait itself in born angry dispositions.

- They express anger when they are forced to answer.

Introverts

- They want to remain quiet. They do not want to be disturbed. They are Morose and do not want to answer any question.

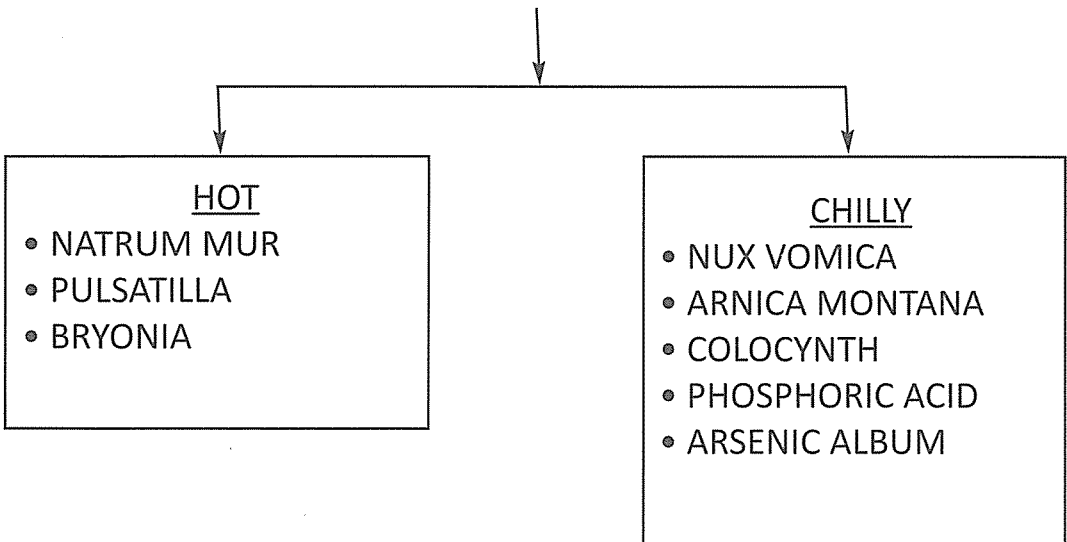
If the same question is asked twice i.e. “Will you have a cup of coffee?” he will blow up and say “I have already told you ‘NO’ once, why are you asking me again and again?”

Sometimes inadvertently or unknowingly the doctor asks a question twice like “How did your problem start?” or “When did your complaint start?” He will just point his finger to the case paper as if to say “It’s all in the case paper, read it but do not ask me to answer any question again.”

If a boss gives an order to his secretary, the work has to be done instantly. This boss will never tolerate if his orders are not followed and he has to repeat them again. Such bosses also come under the rubric ‘Angry when obliged to answer.’ Though it has nothing to do with answering, it only reflects his intolerance and reluctance to talk twice.

These Constitutions are Nux Vomica³, Arnica², Phosphoric Acid², Natrum Muriaticum, Bryonia, Pulsatilla, Arsenic and Colocynth.

AWOTA Angry When obliged To Answer



II.SARCASM

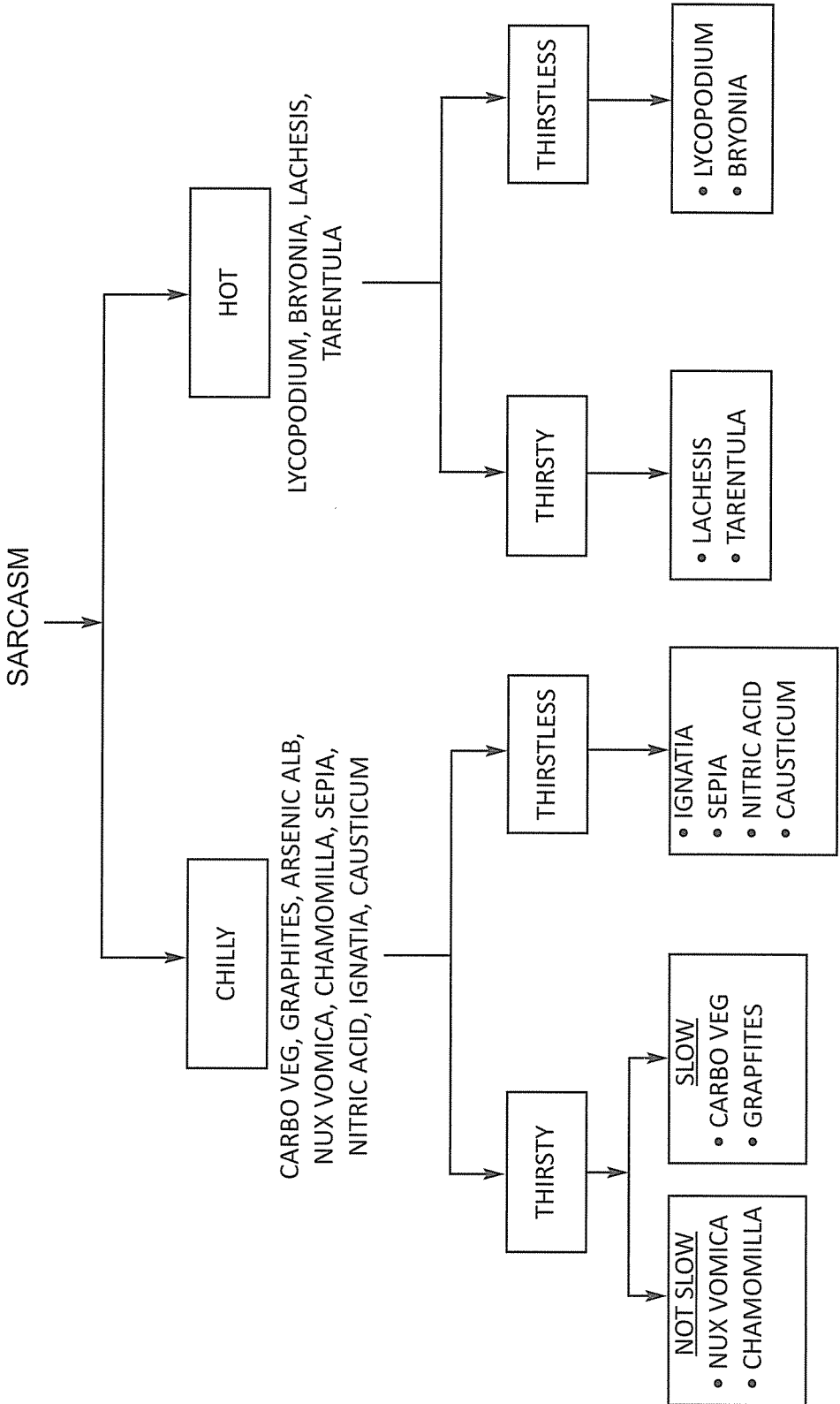
One should be very careful in selecting the proper rubric while interperating on the patient's behaviour. Mocking and Sarcasm are two different attitudes and obviously, the remedies or constitutions mentioned under the rubrics are also different. The underlying Genetic trait also has to be different.

Mocking has something to do with 'putting down' or 'humiliating' a person. The constitutional types that do so have to be egoistic and haughty. Most of the remedies will be those 'who hold themselves in high esteem'. E.g.:-

- Veratrum Alb, Platina, Ipecac, China, Lachesis, Nux Vomica, Arsenic Alb, Stannum, Ignatia or
- Foolish ego- Hyoscyamus, Paris Quadrifolia or
- Out of mischief - Hyoscyamus, Tarentula Hispanica, Lachesis (Jesting, making fun) or
- Truth - Chocolate, Alumina

On the other hand, sarcastic nature emanates more from a timid constitution trying to get back or express his or her resentment, but on the 'sly' or one can say 'indirectly'. It's like an indirect taunt or hit.

Sarcasm will have three mark timid constitutions like 'Carbons'. The charcoal or carbon hardly sets ablaze, it has fire that simmers, lingers but rarely erupts into flames; thus these constitutions can rarely show outrage due to inhibition and timidity but nevertheless, give the touching hand heat impression. The constitutions that can be sarcastic are Timid.



HAUGHTY

This is one section of patients or people who do not talk because of haughtiness or more than life-size 'ego'.

THEIR PRESENTATION

They present themselves as very quiet, non-responsive people although portraying lots of confidence in themselves.

Their speciality is: -

- They answer to the point with confidence.
- Their answer may not be normal which tends to hurt the opposite person. The normal etiquette and respect towards the doctor is missing. Their answers may be sarcastic or even mocking.
- For them the priority is not the doctor or the doctor's time but the priority is his own status, his respect and his time.
- Haughty people smile as if reluctantly. Some smile only with one cheek as if they are forced to or they are obliging us by smiling.

These observations are very important; the patient might never give out in words or say 'I am haughty'. It is the keen observation that a homeopath has to develop which can pick up haughtiness or the egoistic attitude of a patient. Brushing off certain things that one does not like or approve of with a single twitch or the pull of one side nostril also betray a haughty character. Pulling down of lower lip on one side can also imply the same. Mind you, all these should not be involuntary twitching or jerking but should be intentional. Any intentional grimace that puts others down and shows a scar for others could be an indicator of haughtiness. Many a times, the face and attitude of talk betrays the haughtiness in an otherwise calm, quiet, meek looking or timid looking person, appearances are often deceptive, especially in 'sycosis'. When the true nature is concealed deep below a facade and a good homeopath needs to unearth it with skill.

Case taking should be done with as many *incidences of childhood, teenage, middle age*, etc. where a trend of consistent reactions to different situations reveal the natural traits of the person concerned.

Introverts

E.g.:-

“I left my home in childhood because my father used to humiliate me again and again in front of my younger siblings and friends.”

“I left studies halfway because one teacher reprimanded and humiliated me in front of the whole class.”

“I left my job because, at office I was working as an accountant and my boss asked me to do the mean job of bringing a glass of water.”

“I cut off friendship with a good friend of mine because; in one of his projects he was not ready to give me the job that I wanted.”

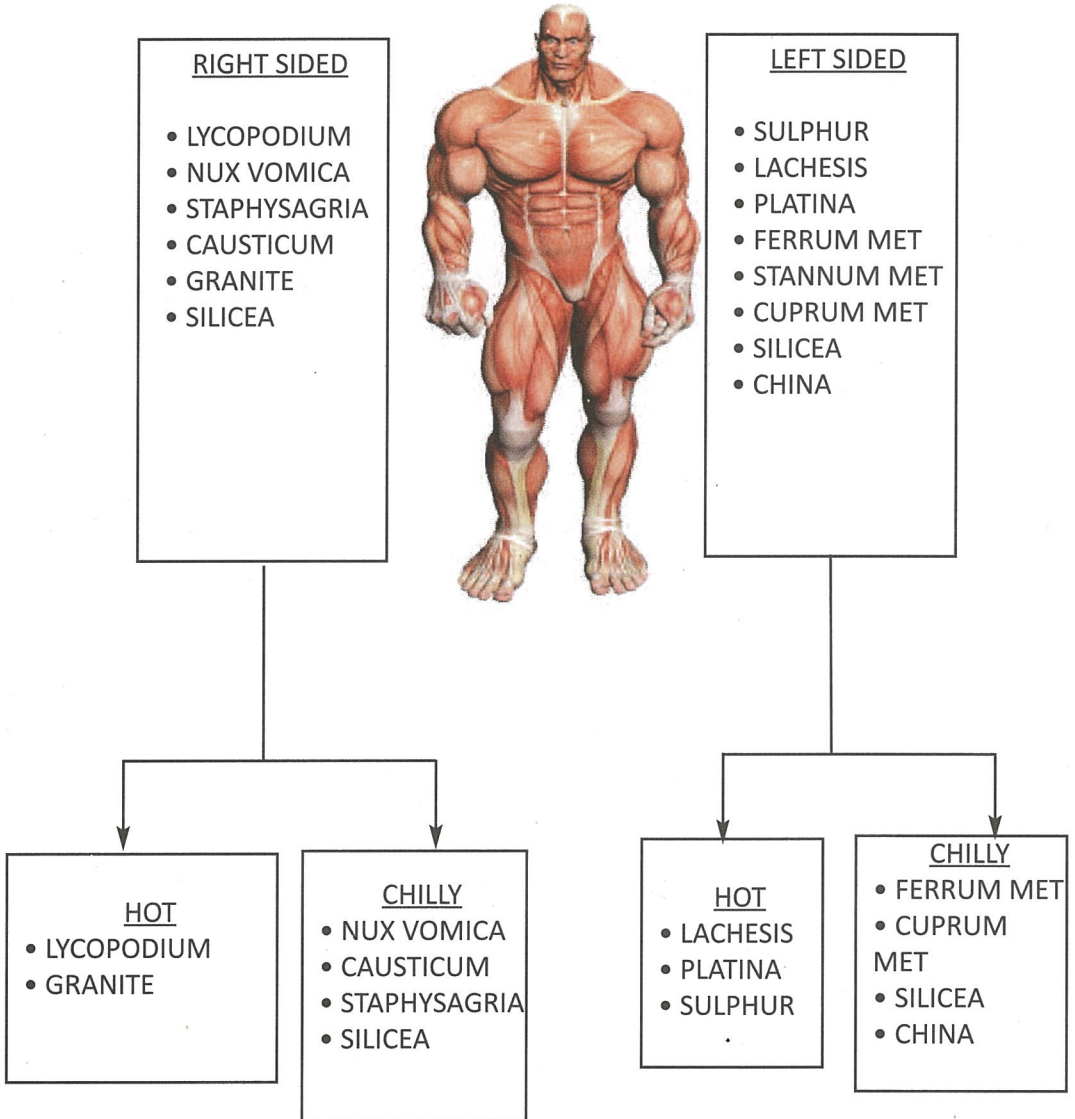
In the above incidences, one finds that the patient concerned seems to have lots of esteem, respect and honour and it is the most important thing for this person. He or she cannot tolerate even scorn, slightest humiliation (off course, not many can tolerate it), but what is important is the reaction to the situation. Every time the reaction was not to fight back or give back, but he cut himself off from whosoever was offending him irrespective of the consequences like losing a home, job, friend or even sacrificing his progress and studies. Thus, reaction to incidences in the history, if are not unique or single but repetitive give us a trend or trait that the patient here is Haughty.

Prominent constitutions that are quiet and haughty are:-

o Left Sided- Platina, Sulphur, Lachesis, Silicea, Ferrums, Cuprum.

o Right Sided- Lycopodium, Nux Vomica, Staphisagria, Causticum, Granite, Silicea, Stann Met.

HAUGHTY REMEDIES



QUIET, SOBER, GRACEFUL

There are times when the person who is sitting in front of you radiates 'serenity'. 'Serenity' is a difficult word to explain and put in words but justice can be done, if we call such people 'unperturbed'. There is no frown on the face, no easy expression of grief or anger. The patient is just stable.

The quietness of the person is like undisturbed water without any ripples. The quietness is so marked that the gracefulness of the patient supervenes. You find that this person radiates pleasantness and stability as against the timidity, moroseness, sadness or haughtiness which were explained earlier.

Now when we find that the quiet person does not fit into timidity, moroseness, sadness, or haughtiness, the next group to move to is sober people.

Sober people are generally of two types. They are either conscientious, diligent or non-conscientious.

DILIGENT, CONSCIENTIOUS

These constitutions as such have a good boy or good girl image. 'Good' means 'well behaved'. They are essentially well behaved people with good and correct etiquette. It is very difficult to find any fault with their behaviour. They neither over react nor under react. All their actions are controlled. Smile is controlled. Laughter is controlled. Speech is controlled, and even words they use are within moralistic standards. Such constitutions are:-

Carcinosin, Ignatia, Aurums, Arsenic Alb, Silicea, Ferrums and Natrum Carb.

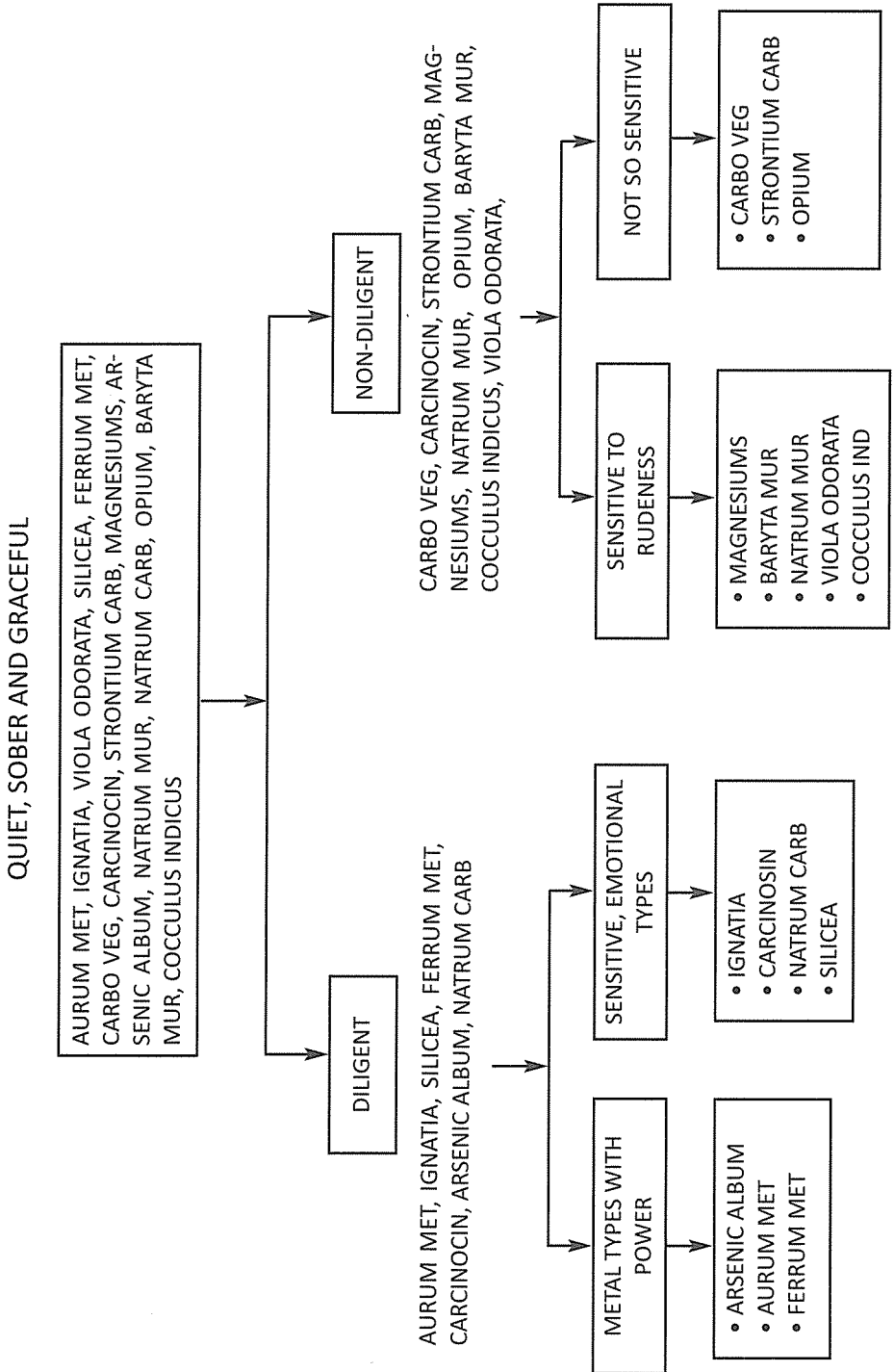
Of all these, we can further divide by trying to find out whether the person is of a very 'pushing nature', has a positive approach or more or less metallic tendency, if yes then we have Aurums, Ferrums and Arsenic Alb. If no and we see emotional and sensitive trait then we can think about Natrum Carb, Ignatia, Silicea and Carcinosisin.

NON-DILIGENT, NON-CONSCIENTIOUS

These non-diligent, non-conscientious constitutions are further divided into those remedies who are 'sensitive to rudeness' and those who are 'not so sensitive'.

Frequent Encounters

People who are sensitive to rudeness are Magnesiums, Natrum Mur, Baryta Mur, Viola Odorata and Cocculus Indicus. People who are not so sensitive are Carbo Veg, Strontium Carb and Opium.



SAD AND MELANCHOLIC

If a quiet and introverted person is not timid, not morose, then why will he be so quiet?

Is there deep set sadness or melancholy that is weighing heavily on his mind?

What are the reasons for a person being so sad, melancholic and quiet?

The first reason is some recent upset. One needs to rule out such a thing when we are trying to assess people who are chronically sad and sullen. These are to be distinguished from a temporary phase of sadness.

Once a recent upset is ruled out, we proceed to find out why this person is so sad? What could have happened in the past?

Many patients say "I am like this since I was a child. There is no reason". The fact remains, most of the children are not born sad. The circumstances that they face in childhood make them sad. What circumstances could make them sad?

- Strict domination by either of parents. Unfortunately the repertory gives a very limited number of constitutions that have had bad effects of strong domination- e.g. Lycopodium, Sepia, Carcinosis, Folliculinum etc. These are few of the many constitutions who have bad effects of strong and long history of domination.
- If they have had a traumatic childhood. A traumatic childhood means the child's mind has been exposed to excessive trauma that is not good for upbringing. This creates bad memories of the past and the child loses his or her childhood and premature sensitiveness gradually develops as the secondary defence mechanism. That childish innocent smile vanishes. The bubbly, vivacious childhood disappears only to be replaced by sadness and then seriousness.

These circumstances could be:-

- Fighting between parents leading to insecurity in childhood
- Parents divorcing and leaving the child on his own
- Death of one or both the parents
- Being brought up in uncle, aunt's or grandparent's house, where there is no liberty

Frequent Encounters

- Due to financial insufficiencies at home like too many people to eat and meager income to take care of
- Sexual abuse

Such circumstances make the child lose his or her childhood very early and an unusual responsibility on the young shoulders forces the child to mature easily into a sad, melancholic and quiet person who does not know amusement nor does he wants to enjoy life as sadness and work has become a part of his life.

Such constitutions are Ignatia, Sepia, Natrum Mur, Phosphoric Acid, Antimony Crud, Pulsatilla, Graphites, Carbo Veg, Helleborus, Granite, Nitric Acid and Platina.

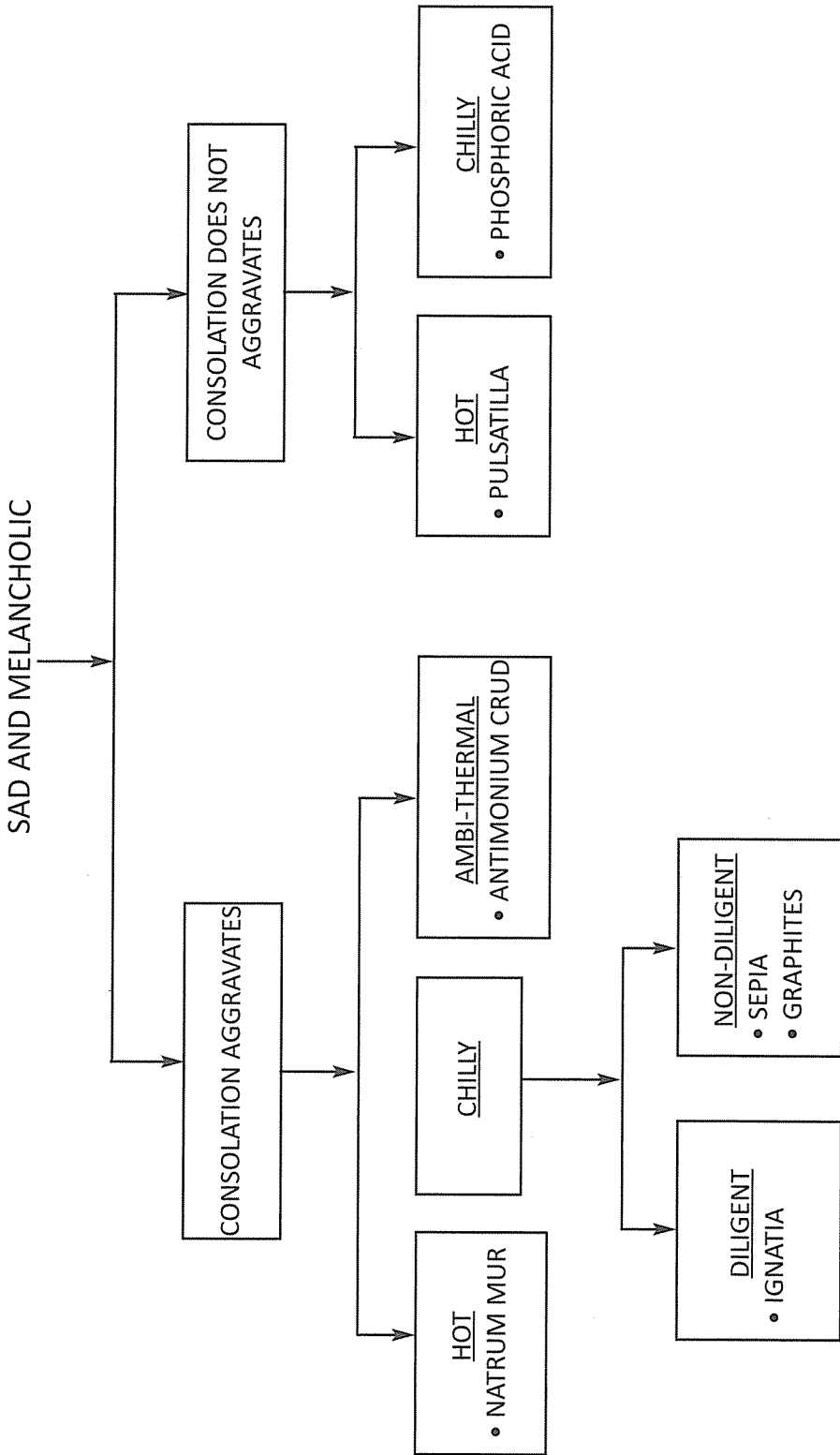
To further distinguish amongst these constitutions, we need to find out their reaction to consolation.

Consolation has a lot of bearing on certain constitutions. Some like consolation, some do not. Consolation is like fomenting a part with a warm poultice in age-old therapy. Sensitive people hate this fomentation because it can increase the pain, etc.

Thus we have two distinct categories:

- CONSOLATION AGGRAVATES
- CONSOLATION DOES NOT AGGRAVATE

Here we try to avoid the rubric consolation ameliorates. Quiet, introverted people are bound to be in the 'Sycotic defence'. They have the genetic process of 'Sycosis less'. In such cases Sycotic rubrics must be avoided.



INDIFFERENT

Once we are convinced that the patient's quietness or introvertedness is due to sadness, we need to probe further about what effect have the past disagreeable circumstances had on the attachments of the patient with his or her family.

It goes without saying that everyone is a slave of his 'Genetic Code'. As per his tendency will the person develop attachments, have no attachments or perverted attachments.

If a person who looks sad has maintained his attachments to family and loved ones, the group of remedies will be different and on the other hand, if the attachment have been destroyed it will be more syco-syphilitic and the constitutions will be different.

Now the question that arises is- how do we find out about a patient's attachments?

Attachments- Yes or No?

It is outright foolishness to ask the question-

"Are you attached to your parents?" or "Are you attached to your children?" or "How much is your attachment to your family or wife or parents or child etc.?"

Such questions will always receive an answer "Yes. I have lot of attachment to them" or "Yes, I love them very much".

Remember, we are dealing with sycosis, the dangerously sly miasm. 'Untrue' is what comes spontaneously from the mouth where their image is concerned. How can he or she ever say that those who are supposed to be nearest to him or her are actually away from him? He or she will portray exactly the opposite. For sycotic people, the questions are also supposed to be delivered in a different way. The questions that are supposed to expose him have to be sugar-coated. How is this sugar-coating done?

When one needs to find out someone's attachment to family and loved ones, ask for their 'reaction' when any of the family members is ill, hurt, serious or in grave difficulty.

Ask:-

- When away from home: Suppose your son or daughter is not well and you are away from home or away from town, what is your reaction?

Introverts

- When at home: Suppose your father or mother or child is unwell, are you strong enough not to react anxiously or do you panic?

“Oh! Doctor I am quite strong, I don’t panic; I tell my wife- take the child to the doctor, take this money and do the needful. I am always ready to pay to get the best treatment”.

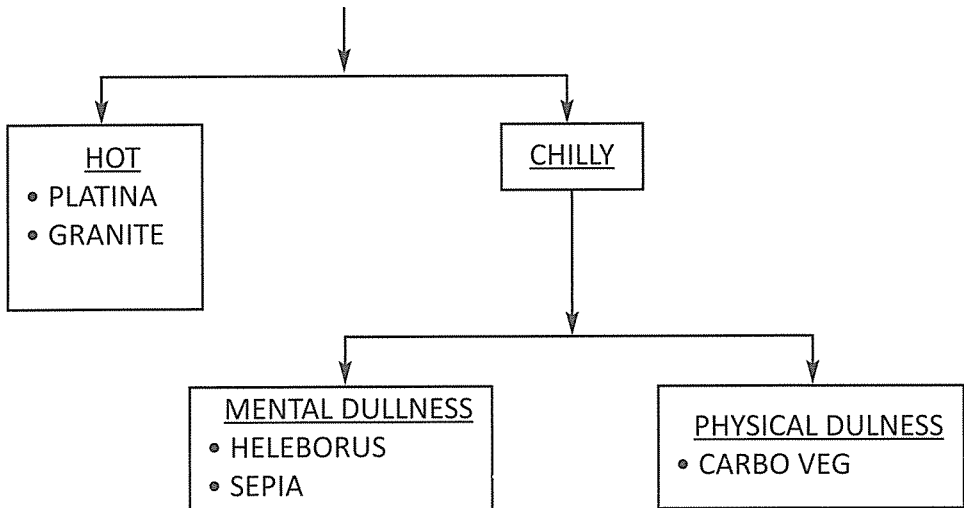
A person who has deep attachment to parents or family members will insist that he goes with the patient to the doctor and try to find out what is wrong. He will find out how serious the illness is and when the child or parent will recover. This shows love, affection and attachment of the person to the family or loved ones.

If this is not the case, we can safely presume that the person has indifference to loved ones and family. Here we have considered only those constitutions that are quiet, introverted, sad and indifferent.

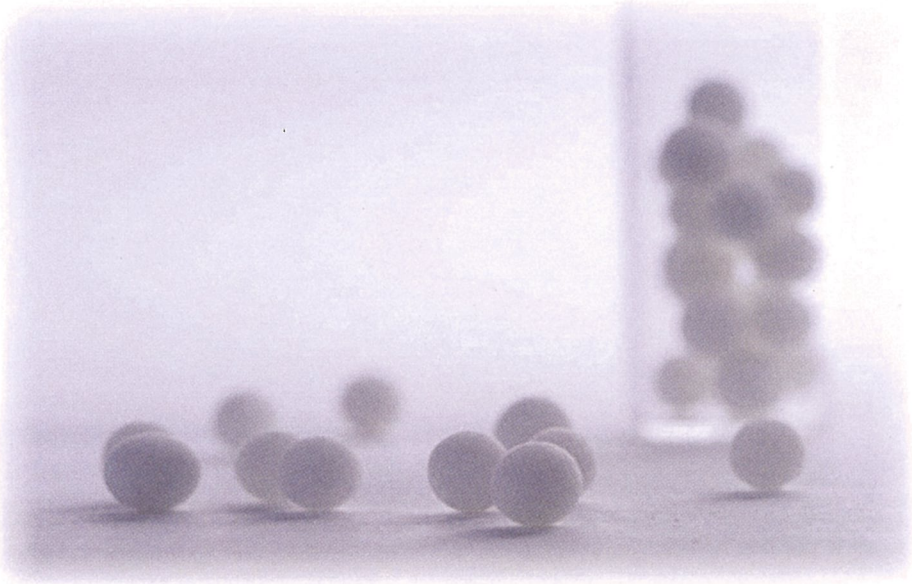
Other ‘Indifferent to loved ones’ constitutions that are not introverted like Fluoric Acid, Phosphorus, Carcinosisin etc. are not considered here.

INDIFFERENCE

HELLEBORUS, SEPIA, GRANITE, CARBO VEG, PLATINA



Chapter-3



Mini Drug Pictures

Mini Drug Pictures

Agaricus	103	Calcarea Iod	126
Aloe Socotrina.....	104	Calcarea Sulph.....	128
Alumina.....	105	Camphor	129
Ambra Grisea	105	Cannabis Indica	129
Ammonium Carb.....	107	Carbons.....	131
Ammonium Mur	108	Carcinosin	132
Antimony Crud.....	109	Causticum	133
Argentum Nitricum	110	Cenchrus	133
Arnica.....	111	Chamomilla.....	134
Arsenic Alb	112	China	135
Aurum Met	113	Chocolate	136
Baryta Carb	115	Cimicifuga	137
Baryta Mur.....	117	Cocculus Indicus.....	138
Baryta Sulph.....	118	Coffea Cruda	140
Belladonna.....	119	Colocynth.....	141
Bovista	121	Crocus Sativus	142
Bryonia.....	122	Crotalus Cascavella	143
Bufo.....	123	Crotalus Horridus	143
Calcarea Carb	124	Elaps.....	143
Calcarea Fluor	125	Ferrum Met.....	144

Frequent Encounters

Gelsemium.....	145	Opium	168
Granite	146	Palladium	169
Helleborus.....	147	Paris Quadrifolia	170
Hyoscyamus	148	Phosphoric Acid	171
Ignatia	150	Phosphorus.....	171
Iodum.....	152	Platina	173
Ipecac.....	153	Plumbum.....	174
Kali Iod	154	Pulsatilla.....	174
Kali Mur.....	155	Rhus Toxicodendron.....	174
Kali Phos.....	156	Sepia	175
Lachesis.....	157	Silicea	176
Lachnanthes.....	158	Stannum Met	177
Lycopodium.....	159	Staphysagria.....	178
Magnesiums.....	160	Stramonium	179
Manganum.....	161	Strontium Carb.....	181
Marble	162	Sulphur.....	182
Medorrhinum	162	Sulpuric Acid	183
Mercurius Solubilis.....	162	Sulphur Iodatum	184
Morphinum.....	163	Tarentula Hispanica.....	186
Moschus.....	163	Thuja	187
Naja.....	164	Tuberculinum	188
Natrums	165	Veratrum Alb.....	189
Nitric Acid	166	Viola Odorata	190
Nux Vomica	167	Zincum Metallicum	191

Agaricus Muscarius

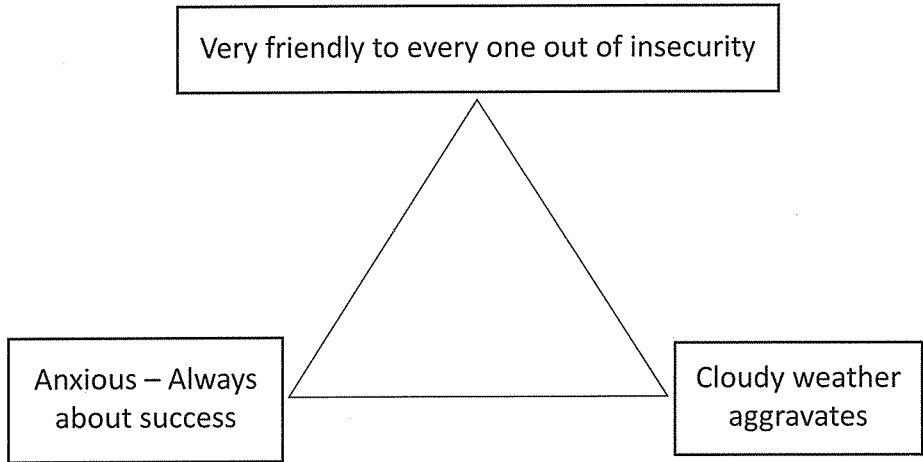
EXTROVERTED-PRIMARY-SELF
PRAISERS, LOUD TALKER, TALK
JERKY

Chilly

Following is an excerpt from a discussion with a well known Doctor who was cured of Neuroma with Agaricus. "You know I am the only physician in Mumbai today who does not require an X-ray or a CT scan for diagnosing a major disease. I have to just keep my hand on the abdomen and I can tell that this is cirrhosis of liver or this is appendicitis or this is a case of tumour in abdomen. You know the young doctors and physicians need the clutches of blood reports, X-rays, sonography, scans and even then they cannot diagnose. I have diagnosed more than 50 cases of cancers in the last year without the help of investigations. I am the oldest physician alive who has so much of experience. I was even called to meet Dr. Rajendra Prasad, the then President of India. Of course, he did not follow my advice, is a different story."

"I cure tuberculosis like magic. I treat heart attacks at home. I don't need Intensive Care Hospitalisation. I personally believe that intensive care is actually too intensive for heart patients. Patients die in intensive care because of treatment not because of heart attacks. I cure them with ease keeping them in their bed." This is the way Agaricus goes on narrating his exploits and the way they talk is very peculiar. They talk fast but in jerks.

Aloe Socotrina



POINTERS: -

This is, many a times, a politician's remedy. Most politicians now a days are sycotic. Sycosis brings them INSECURITY in the mind and causes them to be anxious about future success esp. about elections. They do not want to lose their chair. In politics everything is 'uncertain'. They have to be active till the point of exhaustion; all this to bring in more people nearer to them to garner votes, they cannot afford to make anyone an enemy. They therefore talk to everyone like a good old friend. They fraternize the whole world and if one person breaks away they get angry on themselves.

- Hot weather aggravates / Cloudy weather aggravates.
- People who have a tendency to Gastric disturbances and Diarrhoea or Ano-rectal complaints.
- Excitement during speech causes redness and heat of face.

Alumina

The brain is exactly opposite to that of Lachesis. Lachesis is fast, well as alumina has slow thought process. Unlike Lachesis and Chocolate, Alumina is conscientious and diligent. Due to slow thought process a confused state arises and at times alumina cannot take decisions, even normal ones also. They have to ask others for instructions. Such a confused slow brain cannot concentrate, cannot focus and therefore speech or communication is prolonged and lengthened.

Ambra Grisea

The excitement of Ambra Grisea is worth mentioning. Though Ambra Grisea is an introvert and very reserved out of embarrassment, their mind is very inquisitive.

The following dialogue from a movie may help us to understand the remedy better:

A dialogue between Mr. X and Mrs. Y

Mr. X: Where are the kids?

Mrs. Y: They have gone out for a movie.

Mr. X: Which movie?

Mrs. Y: Slum Dog Millionaire.

Mr. X: Why this movie?

Mrs. Y: Because they like it.

Mr. X: Why do they like it?

Mrs. Y: You come inside the house.

Mr. X: Is this rice? What will you make of this rice? Will you make pulao or biryani?
Is this your house? Do you stay here?

Mrs. Y: Yes.

Mr. X: Is this your own or rental?

Frequent Encounters

Mrs. Y: It is our own family home made by father in law.

Mr. X: Whose father in law has made it? Yours or your husband's?

Mrs. Y: My husband's father in law made it.

Mr. X: How many rooms have you made?

Mrs. Y: One more than what is actually required.

Mr. X: How many do you require?

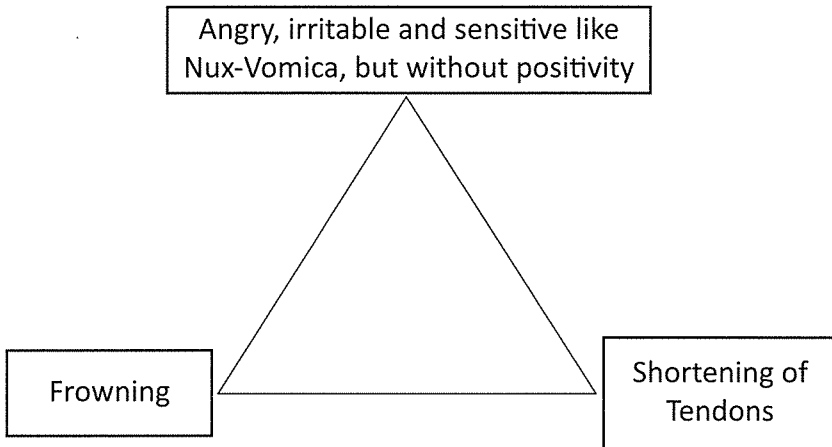
Mrs. Y: One more than the total number present in the house.....

And the questionnaires go on.

Hence, from the above dialogue we see how the person jumps from one subject to another, starting with "where the children are" to "what will you make of rice" "how many rooms do you have in the house"..... and the dialogue goes on.

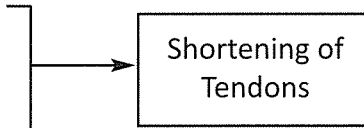
This jumping from one subject to another and questions show us inquisitiveness. Such constitutions can be *Ambra grisea*.

Ammonium Carbonicum

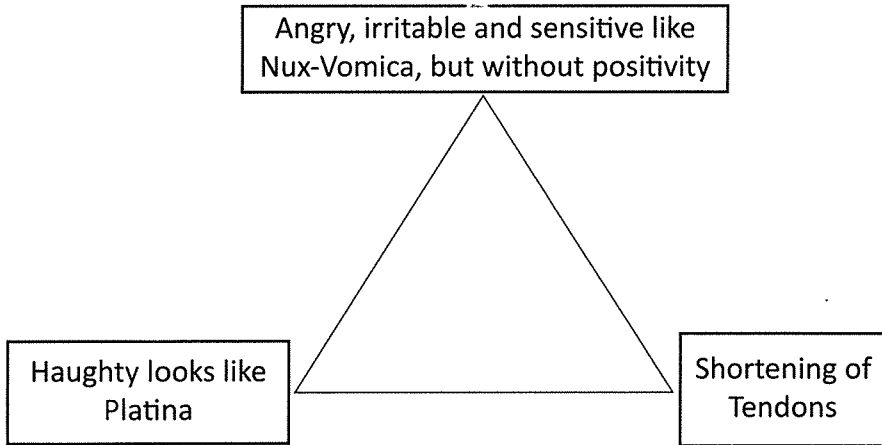


POINTERS: -

- Features: Rounded
Built: Obese
- SLOWNESS and Cautiousness.
- Cowardice – Short of Confidence.
- Miser – Shortness of hand in spending.
- Aggravation from
 - Rising from stoop
 - Stretching legs
 - Stretching arms
- 3 A.M Aggravation.
- Makes verses.



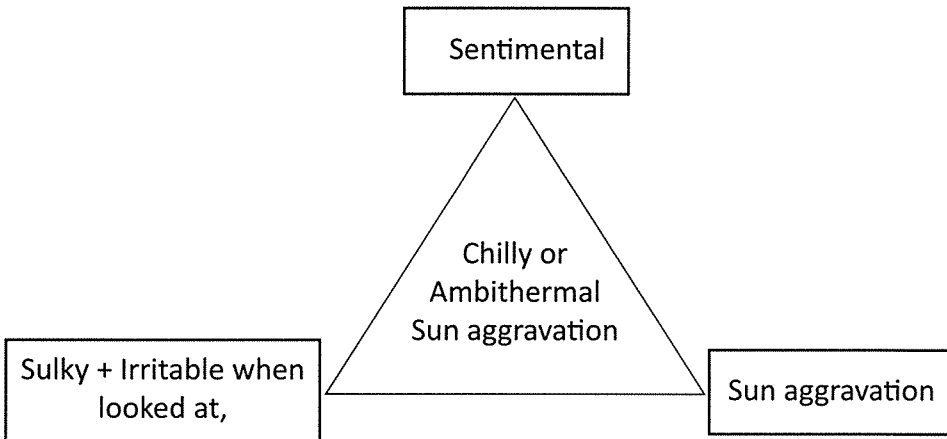
Ammonium Muraticum



POINTERS: -

- Features: Sharp
Built: Lean
- Introverted, quiet, sharp nosed seems to emulate Platina Haughtiness. But when we talk to them; we find them to be keeping away from people because of cowardiceness.
- Shortened HAMSTRINGS. These patients suffer from cramps and pulls in legs and hamstrings.
- Anxiety of conscience as if Guilty of a Crime.

Antimonium Crudum



POINTERS: -

- Sentimental.
- Sulky, bad mood, irritable especially when looked at.
- Sun aggravation.
- Sentimental means, she will store even the small gifts given by her childhood friends, or preserve old greeting cards, or preserve even a red ribbon that was tied to a small gift that she received in her childhood. Their sentiments are attached to all of these things.
- People who complain of gastric disturbance.
- People who make sad verses especially at night or in moonlight.

Argentum Nitricum

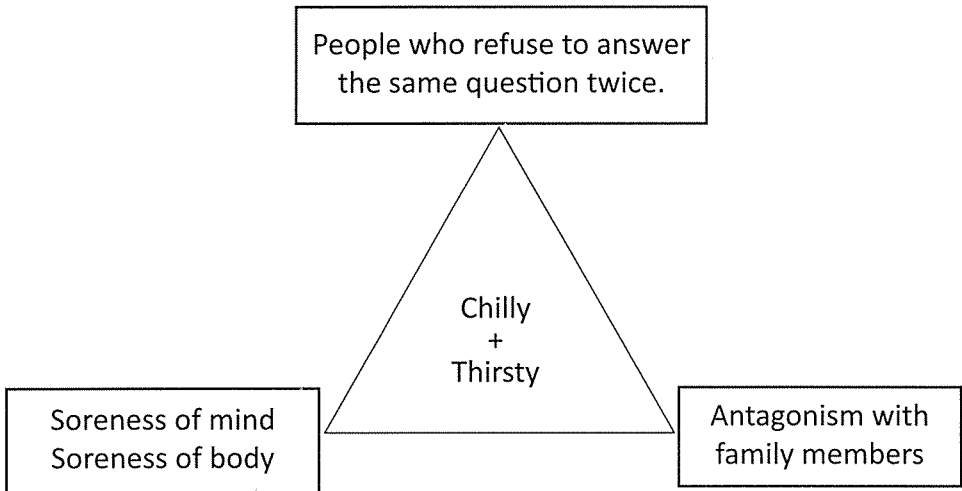
Hot + Thirstless, Desire for Sweets

These constitutions have a fear of being damned. This means they feel that a person of their calibre is not being recognised by people. Silver is very close to gold. It always feels left out because gold and platinum get maximum credit as heavy metals and silver does not. Silver always tries to show that I am great, I am shining. I can be useful in many things. Platinum is convinced that she is great and does not care for anyone's opinion about it. Silver fellow always strives hard for recognition and therefore feels that I have to tell the world that I am equally good and don't neglect me.

In old people, when they retire, and the whole business or factory that they have established now goes to the son, and the son now makes decisions without consulting the father. This makes the father sad and depressed as he feels neglected. This is the common situation which Argentum Nitricum faces. Thus, in order that they are not damned or neglected they try to project themselves as capable.

They are anticipatory, nervous, forceful and impulsive.

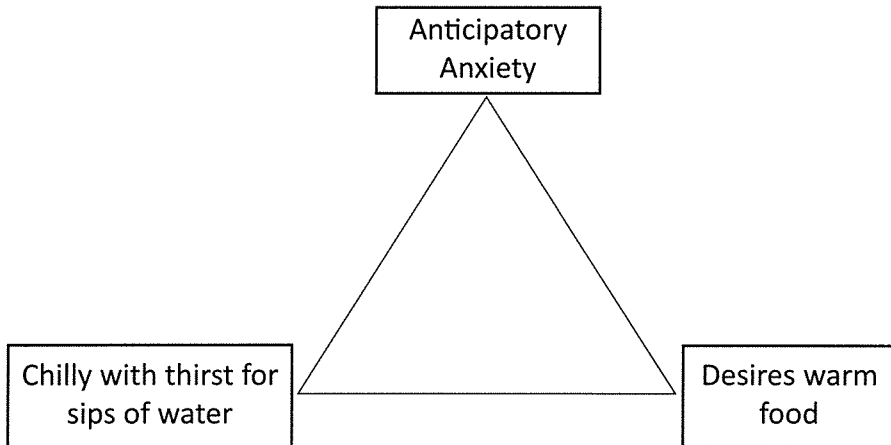
Arnica



POINTERS: -

- People who refuse to answer when the same question is asked twice, AWOTA.
- Sore mind, sore body.
- Antagonism with family members or near and dear ones.
- Ailments from Financial embarrassment.
- Ailments from Physical trauma.

Arsenic Album



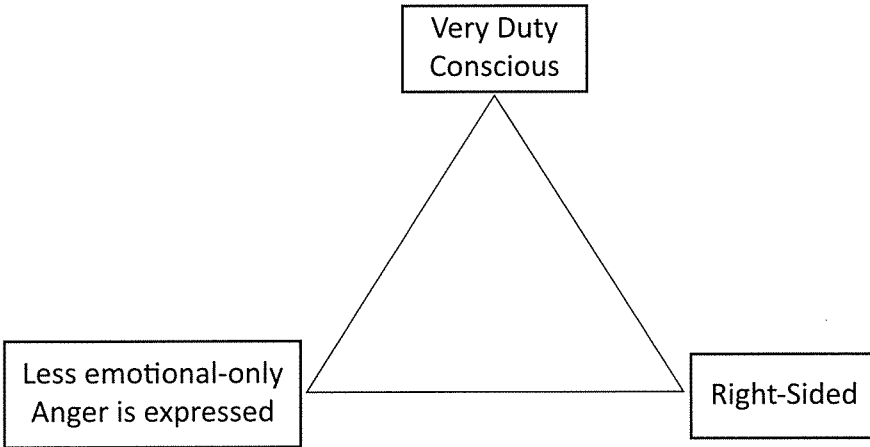
POINTERS: -

- Fastidiousness
- Critical, Censorious
- Restlessness
- Litigious
- Aristocratic
- Soberness is out of aristocracy

What is anticipatory anxiety and how do we see it in a patient?

When we see that in a patient who has to travel somewhere starts his packing 1 week or 10 days in advance, we can take this as Anticipatory Anxiety. Also, if we see that in a housewife, who has people coming for dinner, gets anxious the previous day as to how she would manage and starts removing the crockery from before, we can think of taking this rubric.

Aurum Metallicum



POINTERS: -

- Industrious
- Sadness, Suicidal
- Disciplined
- Doesn't like travelling- Riding in a car/carriage <
- Chilly
- Evening and night <
- Generally Obese people
- Soberness is out of discipline and duty consciousness
- Unemotionally caring person
- Hot Aurums will be Aurum Iod, which has quickness and activity of Iodum and Aurum Sulph, which have philosophical and creative trait of Sulphur.

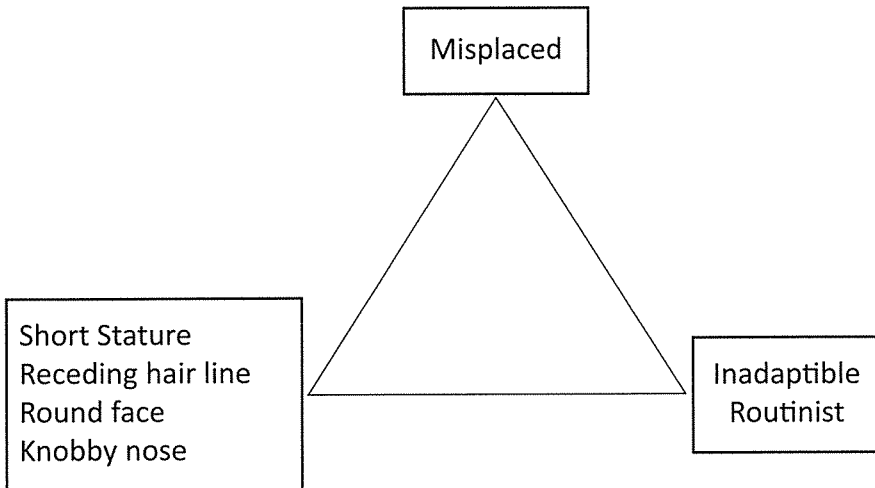
Unemotionally caring person is what distinguishes Aurums from other caring remedies.

Frequent Encounters

There is always a difference between a mother bringing up the child and a maid bringing up the child. The mother has a special emotional bond that makes her intuitively care for a child as if it is her whole world. The child's upbringing is with natural love and affection, and the priority for her is the child. These remedies are affectionate, loving remedies like Phosphorus. On the other hand is the Aurum. Aurum is like a Maid. A maid also brings up the child very duty consciously. She feeds the child at the proper time; she bathes the child and puts the child in bed and all at the perfect time, but that bond and love of the mother is missing. A Maid is a maid; she's doing her duty towards the child. You cannot find fault with her duty and timings but that special thing is missing.

Thus, 'Aurums' can be easily made out to be duty-conscious and that too unemotionally stable but positive attitude.

Baryta Carbonicum



PHYSICALLY

- A) When we see people who have not grown to a normal height and stature.
- B) Those who bald early by 20-25years of age and show a receding hairline from the frontal region.
- C) Rounded features, knobby nose, occasionally a mixture of rounded and squarish face.

GENERALLY

- THIRSTY
- CHILLY
- RIGHT SIDED

MENTALLY

- When we see Timid, Bashful people or children,
- Grown-ups who come with a parent or spouse who does more of the talking (because they are not confident of themselves).
- People who talk too much or show over-confidence but sound foolish.
- People who do not understand the physician's questions at one stroke and give thoroughly confused or wrong answers.
- When any amount of instructions or explanations the physician gives is a waste.
- Patient who repeats the same mistake again and again.
- People who do not understand the importance of important things.
- People who are inattentive (unobservant), with weak memory.
- People who do fixed jobs for years.
- People who are fixed in their routine and do not have the adaptability to change
- People who cannot use modern gadgets because they cannot understand anything new and hence have no confidence to do so.
- People who have no creativity.
- People who have everything Misplaced, i.e. MISPLACED understanding of Seriousness, Attachments, Affection, Obstinacy, Actions, Opinions and Behaviour not related to age.
- SLOWNESS of everything

Slow Development

Slow or Under-functioning of organs

Dwarfish or Retarded Growth

Slow in Understanding and Reacting

Slow progress of disease e.g. slow, indolent, non-healing ulcers

In short: BARYTA CARB is

- CHILLY
- THIRSTY
- SLOW
- MISPLACED
- RIGHT SIDED

Baryta Muriaticum

ENTRY POINTS

We can start thinking of a Baryta-Mur when we see: -

- People who have multiple lymphadenitis. The lymph nodes appear like a series of knots tied on a rope. This is seen and felt especially in the left side of the neck when the hand is passed over it. These glands are firm or hard in consistency.
- People who complain of Sudden electric shock-like pains.
- People who have tendency to recurrent hoarse or husky voice.
- People who have convulsions that are preceded by electric shock like sensation.
- Insanity with predominant sexual drive.
- Left sided paralysis with loss of voice and sensation intact.
- It has shortness of stature of Baryta-Carb
- It has childishness of Baryta-Carb
- It has routine work tendency of Baryta-Carb
- It has orthodoxy of Baryta-Carb

MURIATICUM ELEMENT IN BARYTA-MUR

- It has sensitivity of Muriaticum
- It has introvertedness of Muriaticum
- It has anxiety of future of Muriaticum

Baryta Sulphuricum

ENTRY POINTS TO BARYTA-SULPH

We can start thinking about Baryta-Sulph when we see:

- Tall Baryta with Sulphur like personality
- Left sided Baryta personality

• Ladies who buy too many things when they go marketing. There are some ladies who out of insecurity as well as brainlessness will buy five kg of vegetables when only 1 kg is required. She will buy everything more than the required quantity. The food, whether it is a perishable item like fruits or sweet meats will be purchased in so much quantity that it will be kept in the refrigerator for days and then thrown away as they become stale. For her there is no definite approximation. Further, does not mind buying and throwing, rather than falling short and risk being laughed at.

• People who are interested in old historic places, art, creativity (Sulphur element), but the Baryta element does not allow them to take interest in knowing the historic facts, nor does the Baryta element allow her to create or copy any of this art. This means there is only a superficial interest in historic architecture or art and there is no depth in the interest.

THE GENERALS OF BARYTA-SULPH

- Like Pulsatilla- closed room aggravation
- Like Arsenic-Alb- midnight aggravation
- Like Carcinosis- desires chocolates
- Like Sulphur- interest in art and architecture but no aptitude

Belladonna

The third type to talk loud is the Belladonna constitution.

Belladonna can be easily differentiated from other loud talkers because of the reddish or rather crimson hue on their face.

The red face of 'Belladonna' is different from the red face of Sulphur or Cina or Chamomilla or Aurum. The belladonna face is red because of congestion and hyperaemia. Excess blood is being pumped upwards to the head. Redness is associated with the throbbing of carotids or severe congestive headaches. If there is no headache, then it cannot be Belladonna. If a person has never suffered from a headache, he or she can never be a Belladonna constitution.

The red face of Belladonna can increase or decrease with anxiety, anger or any other emotion unlike Sulphur where the redness will not be altered by emotions.

'Sulphur's' redness is superficial redness of the skin and has nothing to do with the vascularity. It is the skin which is irritated and red and the capillaries are dilated enough to bring extra blood to the irritated skin. A chronic condition of capillary dilatation leading to redness of skin occurs in chronic alcoholics which simulates the 'Sulphur red discoloration'. This redness of the skin is more on the palms, soles, chest and occasionally the face; whereas the Belladonna redness is on the face predominantly. The eyes become red and blood shot.

'Cina' has redness only at the orifices like around the nostrils, eyes and mouth, when the cheeks are generally pale.

'Chamomilla's' redness is like Belladonna but localised. Belladonna's redness is general or in spots and more sudden and diffused whereas Chamomilla's redness of the face is markedly at the ears and cheeks.

Chamomilla constitutions get redness of the ear lobes and meatus. They get redness in the cheeks and that too one sided. A special affinity of Chamomilla's red discoloration is the margin of the lower lids of the eye. On the other hand, Belladonna has redness of the tip of the nose.

Here one should bear in mind that Chamomilla is not an extrovert, but rather angry and introverted whereas Belladonna is an extrovert when well, but angry and in-

Frequent Encounters

troverted when ill, the dispositions set them apart.

Belladonna constitutions are pleasant faced, good looking, attractive like Phosphorus, Carcinosisin, Palladium, Chocolate and Hyoscyamus.

They are affectionate and loving. They may be flirtatious and coquettish. They laugh loudly because of all the power they have within them. Every symptom of Belladonna is sudden, violent, with fullness and throbbing, with power, whether it is-

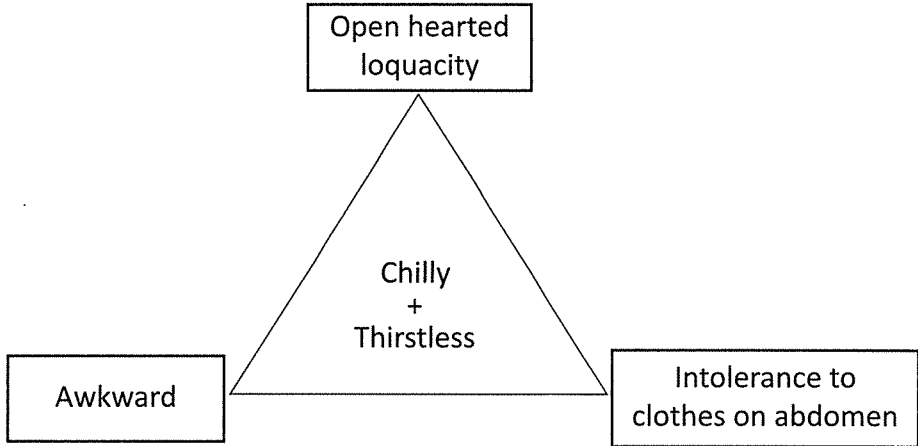
- Headache
- Pain
- Congestion
- Talking
- Laughing
- Crying
- Jumping

Sudden, violent, bursting points to Belladonna. This much violence and thrust requires energy which it has to get from A.T.P. Lots of A.T.P. is being used up and lot has to be regenerated through the citric acid cycle (Krebs cycle), so obviously the raw material to produce energy will be required in excess thus Belladonna has a craving for lemons. She loves lemonade and lemonade is her saviour when she gets violent throbbing headaches. They are 'chilly' in spite of all the heat that their body produces.

Their hands, face and body is red hot yet they want to be covered and cannot bear draft of air or A.C.

Belladonna is thirstless despite so much heat in the body.

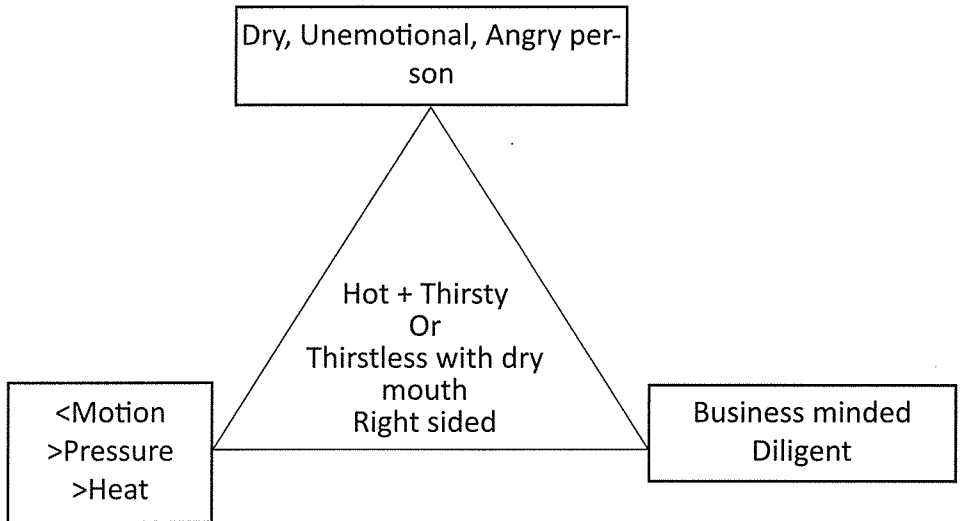
Bovista



POINTERS: -

- Open hearted loquacity.
- Awkwardness of hands, tends to drop things. Awkwardness- fingers.
- Abdomen is sensitive to clothes
- They are quarrelsome.
- They are courageous.
- Body gets indented with pressure.

Bryonia



POINTERS: -

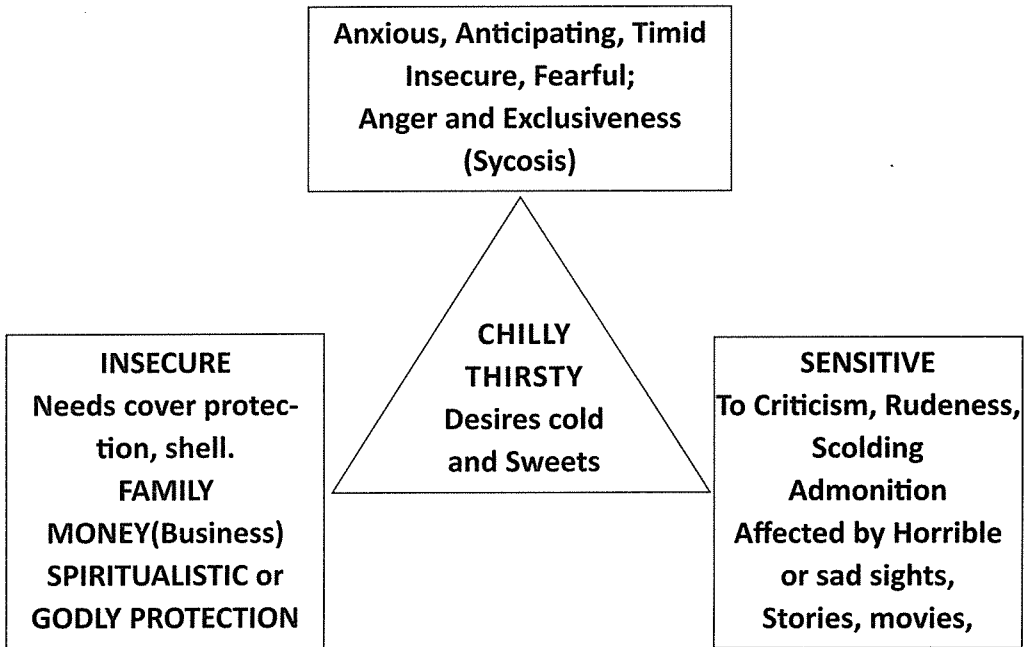
- Dry unemotional, angry people who do not like to answer questions.
- All problems < motion, therefore lies still motionless, >pressure, >heat application.
- Business minded people.
- Very diligent.
- Right sided.

Bufo Rana

This is also a remedy where intellect is affected.

Bufo, like the tadpole has a huge body and a very small head and these depict exactly the state of Mind and Body. The Body of Bufo grows but mind does not. People with huge physique but small head or less intelligent mind that has remained childish can be Bufo-Rana. This is unlike Baryta-Carb where generally both the growths suffer. Both Baryta-Carb and Bufo are childish, immature but the major difference between the two are found in MORALS. Bufo is not moralistic. It lacks the moral affections and can be not only deceitful, sly but very amorous, sexually overactive, shameless. Baryta though immature, childish does not have sexual overtures.

Calcareo Carbonicum



(Refer to Genetic Materia Medica book)

Calcarea Fluorata

HOT or CHILLY Calcarea who is SELFISH, MONEY-MINDED

This is a Calcarea with less attachment to home, family and parents.

The world revolves around Money, Luxury and Cars befitting the Fluoride element. Facial features are more squarish, less fleshy, with exostosis prominent.

Shows hardness, indurations, exostosis, tumours when Sycosis is predominant.

Shows Curvatures, Fistulae, Caries and Cancers when Syphilis prevails.

Contrary to other Calcareae, the brain is sharp, comprehension easy, concentration is active esp. when doing business and accumulating money.

The insecurity of Calcarea, the fear of coming to want and poverty makes them go into business too early in their age. They rarely pass their graduation because the mind is too weak to concentrate on studies. Their mind concentrates on and thinks only one thing- how to make money. In childhood they have difficulty in reading and studying but as they grow up they can use their brains for business very well. This is because of SELFISHNESS. The brain can be used well only for 'selfish gains'. They crave sweets but hate rich food.

The insecurity at the genetic level always makes them go in an 'accumulating mode'. This is seen in all cells and tissues as well. Slightest injury to skin, bones or any internal tissues will cause their defense to thicken, indurate or deposit fibrin for extra safety. This gives rise to callosities or corns on the skin, exostosis and Calcaneal spurs in bones, fibroids in the uterus, and keloids at operated locations. This shows the over cautious defense of Calcarea-Fluor due to insecurity about the future.

Calcarea Iodatum

HOT Calcarea with GLANDULAR affections

GLANDULAR Calcarea (Syco-Syphilitic)

This is an Impatient and Restless Calcarea.

This is a Hot Calcarea with Intolerance to Cold Wind.

This is a Calcarea which has an oval shaped face with sharper features and is thin because of the Iodine element.

This is a Calcarea with Glandular enlargements or Glandular involvement with emaciation.

This is a Calcarea who is mentally restless but physically weak and requires alcohol or stimulants to pep it up.

SOME IMPORTANT ENTRY POINTS ARE:

1. People who are HOT and desire open air but sensitive to wind, draft. They get headaches from riding a motorcycle, when they are exposed to cold draft.
2. Females who suffer from Thyroid problem during puberty, menses, pregnancy i.e. Goitre associated with female hormonal imbalance.
3. Young boys and girls who wear most trendy clothes. The Sycotic miasm is seen in young children who love to wear trendy clothes or modern clothes and are very careful about how they present themselves. They love perfumes. When they return from school their restlessness prevents them from sitting at home and compels them to go in open air and move on bicycles, motorbikes, etc. They love cold air, cold wind on the face which aggravates them or causes headaches.
4. Occupation aggravates.

Officers or mental workers who complain that their work is hampered because they need to go for urination very frequently especially when they are occupied. The urine they pass is very little but frequent.

Mini Drug Pictures

5. People who are changeable like Pulsatilla.

Like Pulsatilla symptoms change.

Like Pulsatilla Anxiety comes and goes in paroxysms.

Like Pulsatilla desires open air but worse in cold draft.

Like Pulsatilla very irresolute.

- But not Thirstless like Pulsatilla but has thirst esp. for stimulants like coke, Pepsi, orange and alcohol.
- Pulsatilla loves consolation and Calcarea loves support.

Calcarea Sulphuricum

EGOISTIC- Calcarea

**Complains he is not appreciated- Psora
Aversion to people who do not agree- Sycosis
Aversion to answer- Sycosis
Hatred of persons who do not agree- Syphilis**

**Hot + Thirsty,
Timid, Quarrelsome,
Angry Calcarea.**

**Delicate people who
hate Walking and
hate Sports**

**Egoistic
Coquettish**

Camphor

If the patient wants fanning because of heat and after some minutes wants to switch it off because of coldness; if he has cold clammy perspiration

Cannabis Indica

The constitution that laughs a lot, even at the drop of a hat is Cannabis Indica. But it is just one type of presentation and is not always present. It is not a must that Cannabis Indica has to always be a laughing remedy. It could also be a very talkative person, but mind is always on a high.

Cannabis Indica is recognised by the words 'Magnification or Amplification'. This means exaggeration.

- Exaggerated Laughing (Laugh immoderately)
- Exaggerated Talking (Talk extravagantly)
- Exaggerated Theorizing
- Exaggerated Fancies (Pleasant and Exalted)
- Exaggerated Time, Distance (Delusions)
- Exaggerated Sexual desire
- Exaggerated Thought process (Theorizing)
- Exaggerated Fun making, Laughing, Jesting
- Exaggerated Rhythmic capacity (Makes verses)
- Exaggerated Focus on one subject, therefore talks on one subject mostly science

All the energy goes into exaggeration and expressions and no energy in recall. Hence, forgetfulness increases and he forgets the last ideas and thoughts therefore he forgets to complete a sentence. It craves 'Sweets'.

If someone talks too much, laughs too much, has all mental faculties exaggerated, but has a weak memory, he could be Cannabis Indica.

Frequent Encounters

Example: A prominent personality in India, who was a great cricketer of yester years and who is now on television shows is known to talk with lots of zest and zeal. When he talks, his every word is delivered with an extraordinary 'punch'. The 'words' that he uses are very 'heavy' as if to say, pregnant with meaning but less frequently used in normal colloquial language. The 'Emphasis' is on exaggeration of ideas. Very often whatever he says is in 'shayari' form (shayari is an Urdu word for rhymes and verses). He generates laughter and he also laughs a lot himself. He is that enjoyable type who makes the atmosphere light. Such a constitution could be one from the rubric-

TALK EXTRAVAGANT: - Aethusa, Cannabis Indica, Lachesis, Nux Moschata, Plumbum Metallicum and Stramonium.

Out of these, if we combine the rubric 'makes verses' Cannabis Indica, Lachesis, and Stramonium will be common.

Stramonium is a timid personality.

Lachesis is a timid disposition advancing to being Dominating and Dictatorial and would try to assert his authority on others, but not fight physically.

Cannabis Indica is basically timid and will never suppress others by their domination. They just love fun and frolic and are full of enthusiasm.

For all practical purposes, his constitution could be either Lachesis or Cannabis Indica as we don't know the finer points of his history.

We therefore cannot zero-in on any one of the remedies.

Carbons

INTROVERTEDNESS DUE TO TIMIDITY AND ANTICIPATION

Slowness of activity, slowness after acute disease

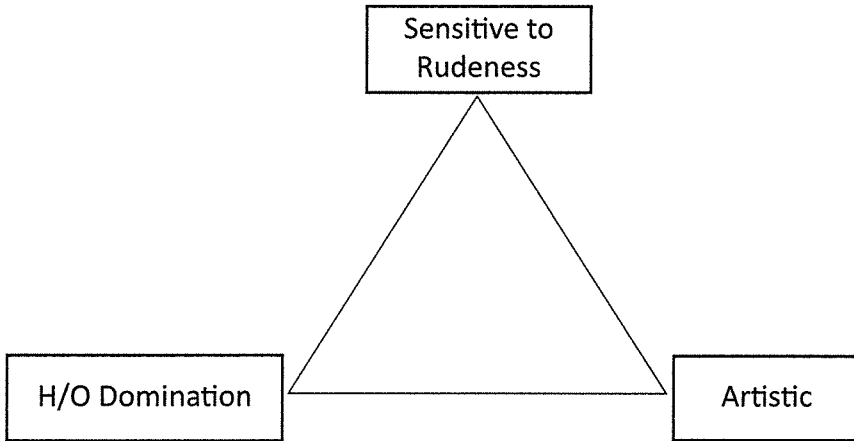
RIGHT SIDED
+
THIRSTY
+
CHILLY YET WANTS FANNING:
OPEN AIR

Money Minded

Sarcasm

CARBO VEGETABILIS	GRAPHITES	PETROLEUM
<ul style="list-style-type: none"> • Stasis: Circulatory system and G.I.T system which causes puffy swelling with liver affections to cause distension with offensiveness. • Perspiration increased. • Wants fanning all the time. • Unfortunate feeling with indifference to loved ones. 	<ul style="list-style-type: none"> • Left sided carbon. • Skin affections with gluey discharges. • Sad, morose with weeping tendency like Puls. • Constipations with rounded sticky stool. • Changeable. 	<ul style="list-style-type: none"> • Carbon having nausea from car riding. • G.I.T affections accompanied with Skin affections. • Cracks of skin. • Anticipation is marked. • Mannish habits of girls.

Carcinosin



POINTERS: -

- Loves Nature.
- Loves Pets.
- Loves Small gifts, show pieces.
- Loves Soft toys.
- Hot.
- Like pets, soft toys, nature, small gifts because they are sensitive to rudeness and don't want to get hurt and these things will not hurt them.
- Soberness is out of being moulded into a sober person by someone or guarded circumstances.

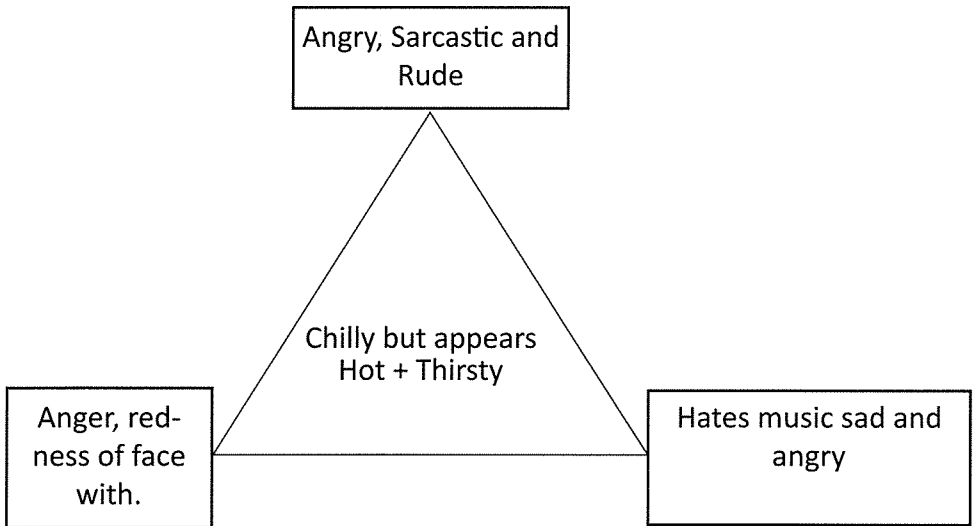
Causticum

The patient is chilly, thirstless, ardent, sympathetic with anarchist tendency, loves dry type of food (not curry), hates sunny clear fine weather and is ameliorated by cloudy weather. They get excited while talking

Cenchrus

- No interest in household work, neglects domestic duties.
- More sexually oriented with dreams of sex and being raped.
- Ladies who wear indecent dresses that expose shamelessly in name of fashion.
- Very selfish and Self-centred.

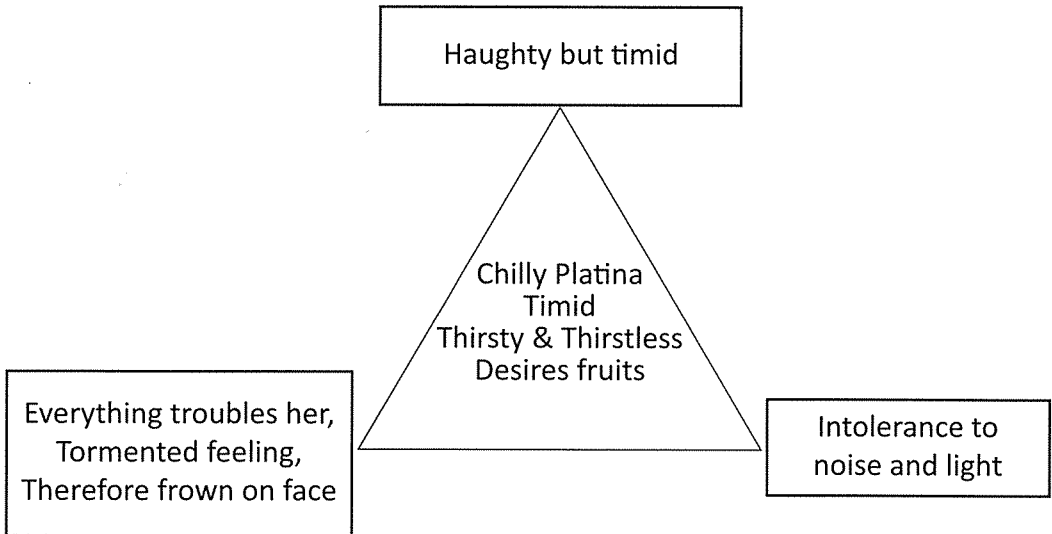
Chamomilla



POINTERS: -

- Easily angered, violent anger, sarcastic, rude and uncivilized behaviour.
- Anger causes redness of face, pain causes anger and impatience.
- Chamomilla hates music.
- Redness of earlobes and lower eyelid margin are characteristic of Chamomilla. One cheek red and other pale is also characteristic of Chamomilla.
- Children want to be carried and in adults they want continuous help.

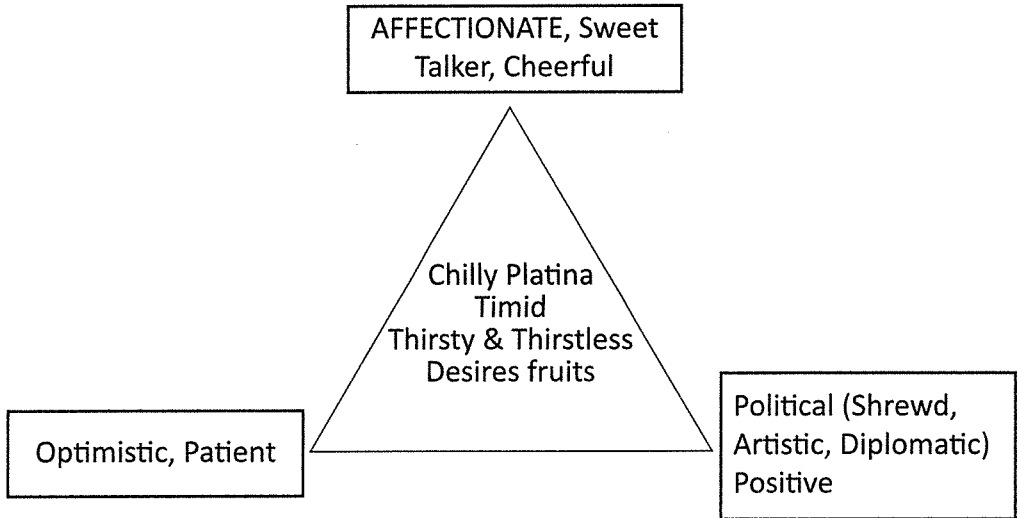
China



POINTERS: -

- They are like chilly Platina but they are too timid to express.
- They feel everything torments them.
- Fear of eating certain food, in fear of getting pain or diarrhea.
- Strictly follows stars and astrology, they feel stars torment them.
- Friends, father and mother everyone torments them.
- Sensitive to bright light and noise.
- Weakness after loss of fluids as in diarrhea or excess hemorrhage or menorrhagia.
- Hemorrhagic tendency.
- Affection of liver- tendency.
- Blackish discoloration- tendency.

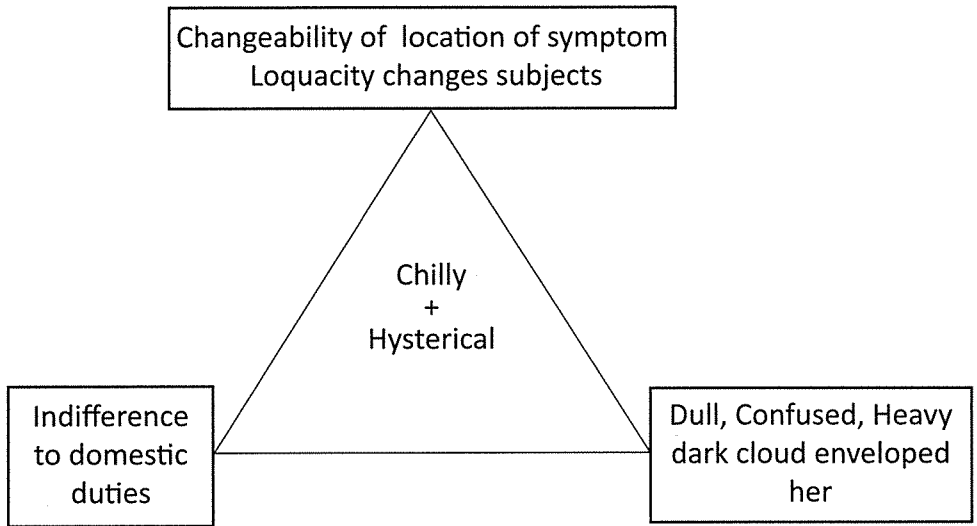
Chocolate



POINTERS: -

- Like a chocolate, these people are a Bitter-Sweet mixture like a politician.
- Sweet in looks, sweet to talk, sweet in nature, they are cheerful, helpful, frank and outspoken.
- They are:-
 - Positive
 - Patient
 - Optimistic
 - Political i.e. shrewd, tactical and diplomatic
- They love animals, especially dogs and cats.

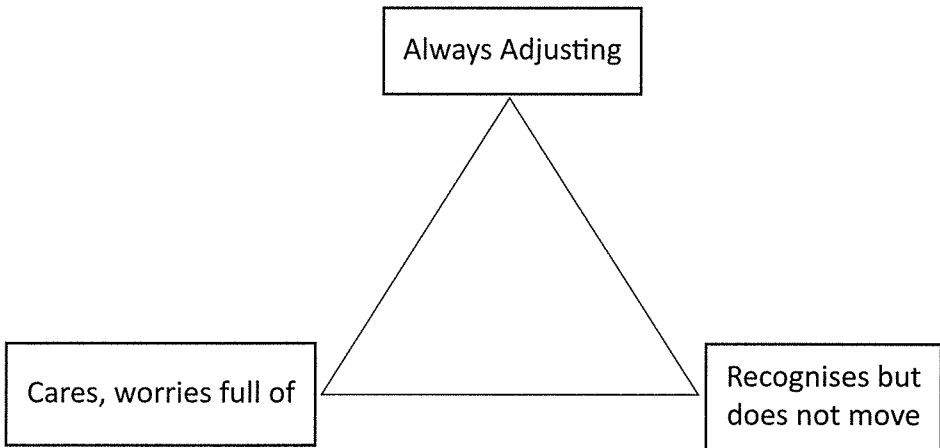
Cimicifuga



POINTERS: -

- Changeability of symptoms and changeability of location of symptoms.
- Loquacity- changes subjects, jumps from one topic to another.
- Indifference to domestic duties.
- Dull confused, as if heavy dark cloud enveloped her.
- Everything starts with rheumatism, changeable pains in joints.
- Manish habits of women.
- Loquacity, unimportant matters about.
- Sees rat passing on floor.

Cocculus Indicus



POINTERS:-

- Always adjusting. When emotionally hurt, they go on yielding, covering up, compromising and adjusting because of timidity.
- Timid, Anxiety anticipatory.
- Sensitive to rudeness.
- Sensitive to fast movements which leads to vertigo.(They accommodate and accommodate mentally but then the muscles of the eyes cannot adjust therefore they develop vertigo).
- Cannot sit in merry-go-rounds.
- Cares, worries full of- always nursing the sick and will even nurse people who have hurt them.
- Dullness of mind.

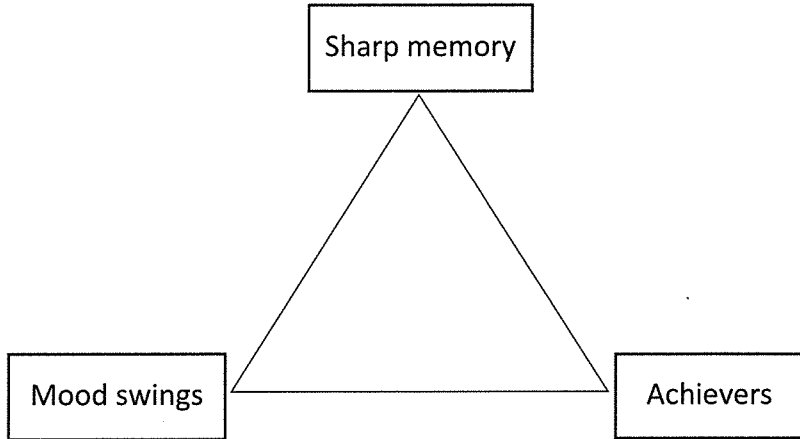
Mini Drug Pictures

- Recognizes but does not move.
- Contended- desires nothing.
- Discouraged easily.
- Discontented with self (in syphilis).
- Anxiety of conscience (in syphilis).

What is recognizes but does not move?

Here we see that in a patient, if he or she recognizes or realizes what he or she has to do, but does not work towards it, we can take this rubric.

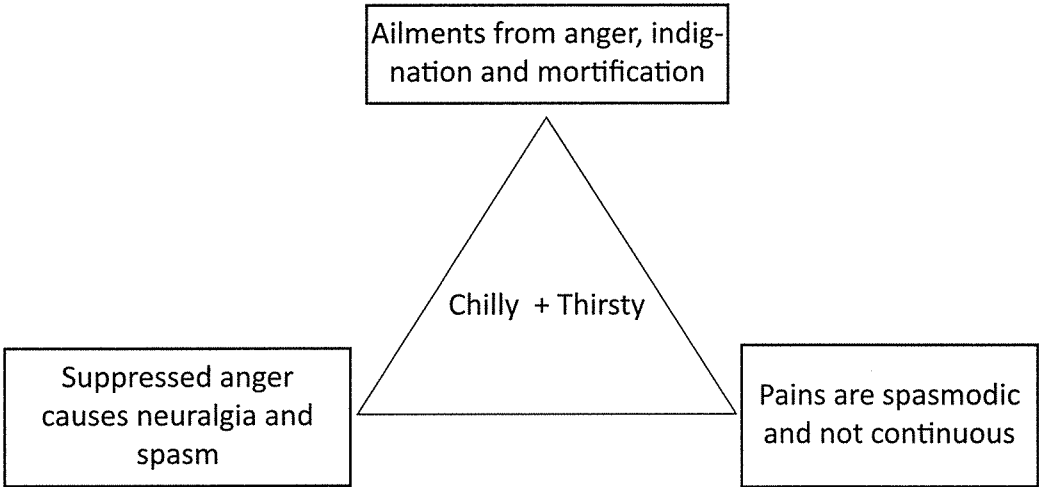
Coffea Cruda



POINTERS: -

- Lover of nature and fascinated by it.
- Can become extremely happy suddenly and extremely sad suddenly i.e. sudden mood swings.
- Joy, excitement can make them ill as also sympathy.
- Sensitive to:-
 - Pain
 - Slightest noise
 - Odours
 - Voices
 - Steps
- **TOO ACTIVE MIND, TOO ACTIVE MEMORY** - 'In sleep the mind is alert enough to know that someone has come in the room and picked up things from table' .

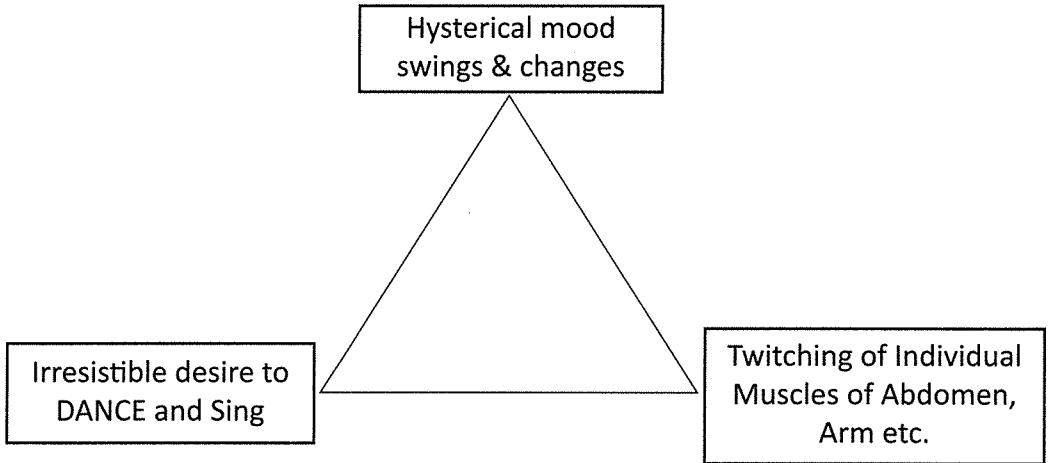
Colocynth



POINTERS: -

- Psoric anger: Colocynth anger never causes destruction or syphilitic diseases. It causes neuralgia or pain in the abdomen.
- All pains are better by pressure. Abdominal pains are better by bending double.
- Pains come in wave like form. The intensity increases and decreases but never disappears.
- They do not like the same question asked twice.
- Anger suppressed within can give rise to violent actions that are not directed towards people i.e. hitting fist on table or on wall or forcefully smashing of shuttle while playing badminton.

Crocus Sativus



POINTERS: -

- Loquacity with friendliness.
- Hysterical mood swings.
- Irresistible desire to Dance.
- Even individual muscles dance and twitch in the Abdomen, Arms etc. causing the sensation of some animal or frog jumping in the Arm or Abdomen.
- Music is so much embedded in body and mind that if they hear one or two words of a song, they start singing the whole song irresistibly.
- Ladies who have Black, Sticky menses.

Crotalus Cascavalla

(Both Sided)

- Snake characters with clairvoyance (like Lachesis).
- Fancies exaltation.
- Involuntary moaning.
- People who see ghosts, spirits or hear them.

Crotallus Horidus

(Right sided)

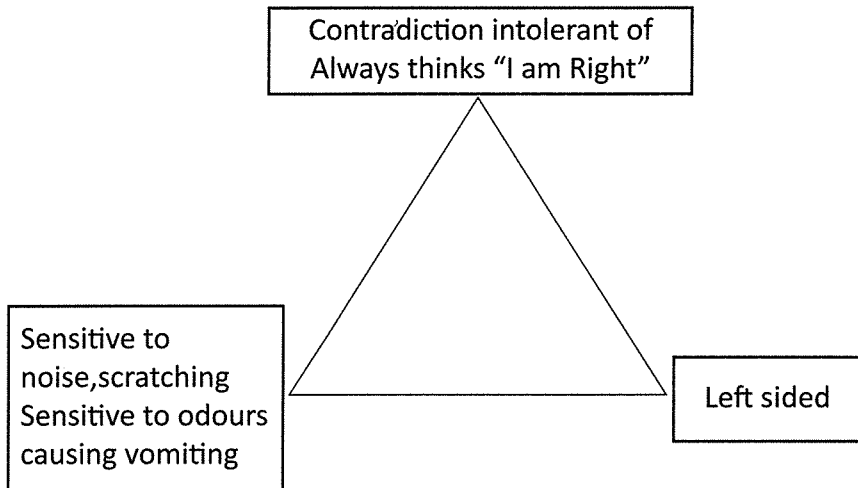
- Blackish skin of face.
- Easy anger with snappish answers; Obstinate, quarrelsome and scolding.
- Aversion to family.
- People with sharp business acumen, suspicious that he is surrounded by enemies.
- Blood is dark and fluid, Haemorrhage from all orifices.
- Weakness from slightest exertion.
- Hunger aggravates.
- Right sided Lachesis.

Elaps

(Both sided)

- Desires ice or icy cold things, Butter milk, milk.
- Bluish discolouration of skin.
- Loves nature, rain.
- Timid, anticipatory.
- Side - Left to Right.

Ferrum Metallicum



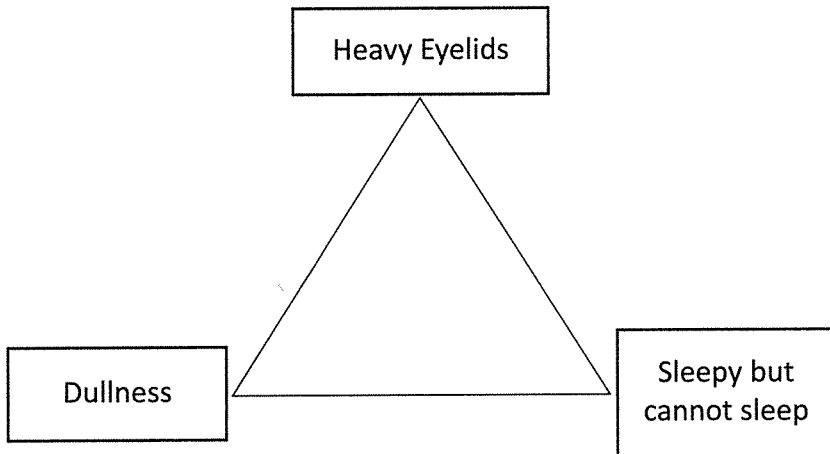
POINTERS: -

- Reddish discolouration of face.
- Don't get angry or don't quarrel- they stick to what they say.
- Disputatious, Dogmatic but not dictatorial.
- Pertinacity.
- Structure.
- Disciplined.
- Susceptible to gastric and bleeding problems.
- Chilly.
- Soberness is out of firmness and stability despite being sensitive.

What is the meaning of Structure?

By structure we mean that according to a Ferrum Met everything should be done in a systematic and orderly manner.

Gelsemium



POINTERS: -

- A Tremulous, Anticipatory patient
- Ailments from vexation
- Heaviness of upper eyelids
- Timid.
- Looseness, laxness and giddiness.

Granite

The Granite personality is Indolent, Haughty, Introverted (never communicates), very unemotional, not moved by any emotions.

The only emotion that it exhibits is Anger. It is perfectly 'Sycotic'. Sycotic excess or hyper Sycosis causes synthesis of extra fibrin that makes them tough and their parts hard. They are Hardhearted, Cruel, Unorthodox, Dominating and Dictatorial.

One sentence that sums up Granite is that 'nothing moves' and everything is hard. He is never moved to tears or joy by anything. Even the bowels do not move. There is severe constipation with hard stools.

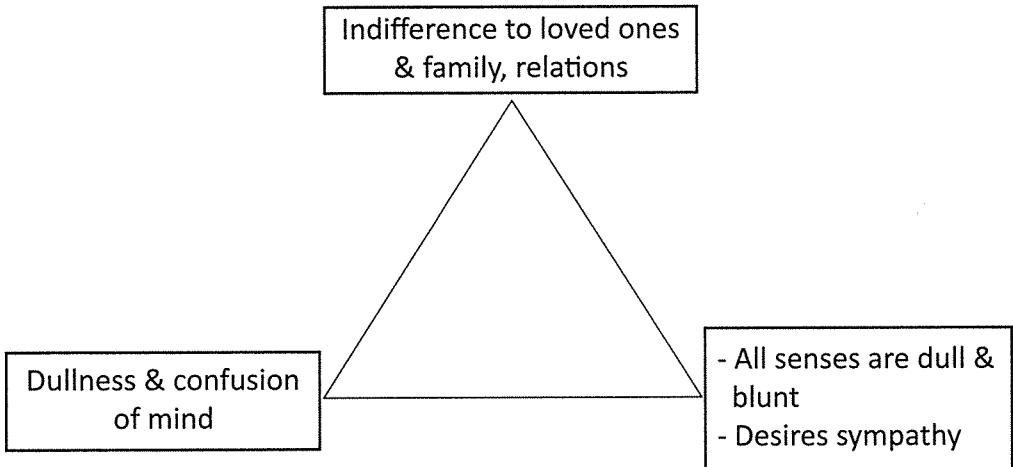
GENERALS

- Thermals are more or less Hot
- Thirst is good enough though not very marked to be called thirsty.

PHYSICAL ATTRIBUTES

This is one remedy for Hardness or Swelling of glands like Calcarea-Fluor, Baryta-Mur, Conium or even Tarentula-Cubensis.

Helleborus



POINTERS: -

- Dullness of mind :-
 - Slow in comprehending
 - Slow in reactions
 - Slow in answering
- Answers slowly, thinks for a long time before answering; answers confusedly.
- All senses are blunted.
- Compassion or sympathy desires but consolation, friendly advice aggravates.

Hyoscyamus Niger

It is the first remedy that should come to our mind when we see a person who looks friendly, talks like a friend, talks loudly, is extroverted and has a naughty smile on the face. The question that can lead to enter Hyoscyamus is- "Were you in childhood always trying to pull someone's leg or play pranks and laugh at others or you don't like to play mischief?" If he is a Hyoscyamus, the spouse or the relative will say "Why in childhood, even now he does the same!" They have a sharp mind. They have a mind that can play tricks, crack jokes, make you laugh and make the atmosphere light. They have a child like mind (not childish). A child is a child; it does not take things seriously. In childhood, one does not worry or brood over things. A child always wants to make fun. The fun can be by pulling someone's leg. He wants everybody to laugh, even if it is at the cost of others or self. This is how a Hyoscyamus adult also behaves. It seems he does not grow to seriousness.

He laughs off serious things. He will want everyone to look at what he is doing. He will try to attract attention of others towards him. If someone in the group cracks a joke on him, he will answer it with such a quick wit that the last word is always his. With all this fun and frolic in his nature you will see hidden behind it is a plain, simple person who is naive. Whether out of naiveness or foolishness, he speaks the plain truth, therefore, he reveals secrets to everyone. "I'll tell you a top secret, don't tell this to anyone". With this, he will shamelessly tell a stranger all that is not supposed to be told to strangers. Hyoscyamus has what is called 'open hearted loquacity'.

All the same, the quick brain makes him a hard nut to crack. He is very argumentative and can therefore, be very quarrelsome. Hyoscyamus constitutions can give their history even in front of many assistant doctors. The crowd or encroachment on their privacy is not a deterrent to them. This is the exposing or becoming naked, very often their talks having double meaning. Sexual, lewd talk is common with Hyoscyamus. The key attitude for them is 'the more, the merrier'.

Some examples of Hyoscyamus:

A patient who comes to the clinic with eruptions in the groin. If the eruptions are not very severe they just tend to show the place where the itching is more. But, when the patient immediately lowers his pants without inhibition and without asking for privacy, we should strongly think in terms of Hyoscyamus (if other symptoms

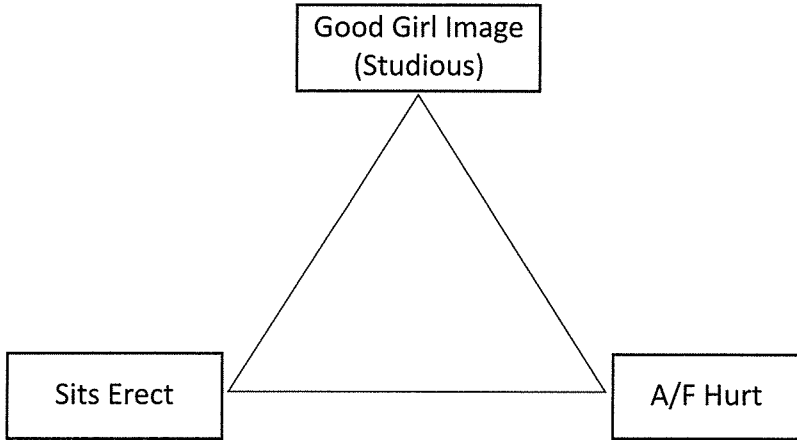
Mini Drug Pictures

of Hyoscyamus are present).

A person, who talks about his past sexual affairs and flirtations without any inhibition in front of his/ her spouse or even strangers could be a Hyoscyamus constitution.

People who laugh loudly and frequently, so much so that you start feeling embarrassed and are compelled to think what people sitting outside your cabin must be thinking, then that person is Hyoscyamus.

Ignatia



POINTERS: -

- Lean, thin, long faced.
- A/F loss of position.
- Emotional, sad type.
- Angry.
- Studious, sits without support (sits erect).
- Contradiction<.
- Consolation<.
- Soberness comes out of diligence/ esteem.
- Anxiety comes on suddenly at night between 2 am and 5 am.
- Desires hot food, which ameliorates.
- Raw food ameliorates.
- Hungry after fever.

What do we mean by A/F hurt or A/F loss of position?

This means that fever or diarrhoea comes up in a person after being upset e.g. on losing the 1st rank, getting less marks than her/ his friends (which is her /his

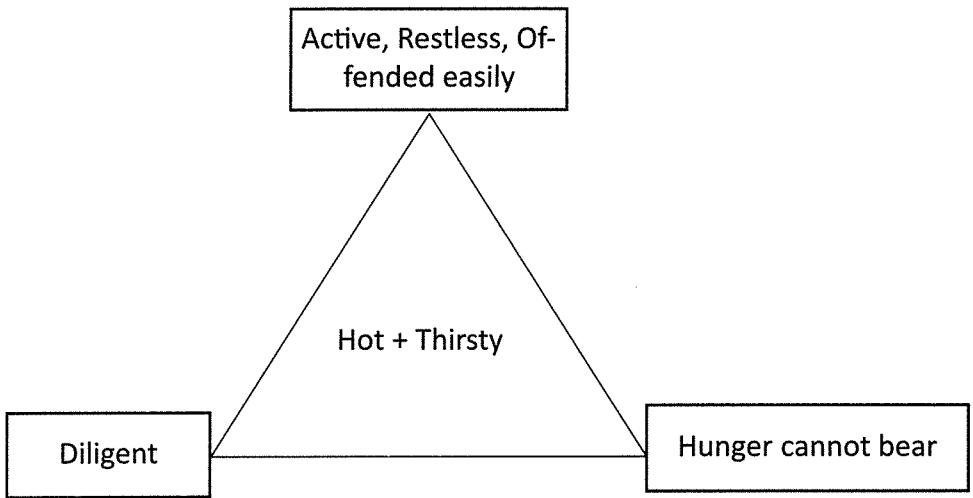
Mini Drug Pictures

position), from being scolded or punished.

Who is a girl/boy with an image of being "Good Girl or Good Boy?"

Children who are obedient or have interest in studies .They are well behaved and well-mannered children.

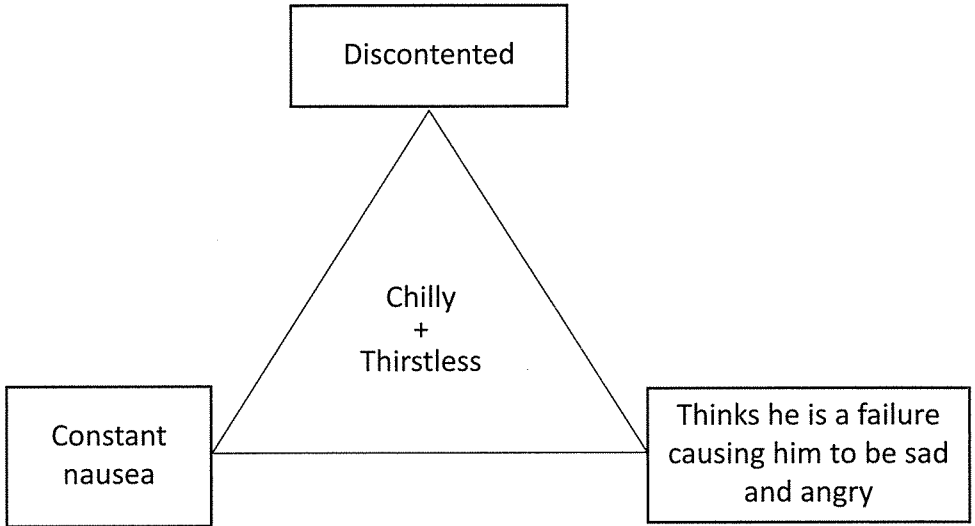
Iodum



POINTERS: -

- These are mostly thin people with long neck.
- They are very active and restless.
- They cannot bear hunger. Hunger aggravates their complaints.
- They are sensitive to rudeness and offended easily.
- They are diligent and conscientious.
- They are very anxious about everything, especially their health. But basically they are timid constitutions.
- They have tremendous heat in their body.

Ipecac



POINTERS: -

- Contemptuous of everything.
- Haughty.
- Discontented .
- Censorious and critical.
- Indefinite desires.
- Nausea at slightest smell of food.
- Bleeding/Hemorrhagic tendency.
- CHILLY + THIRSTLESS with clean tongue.
- Severe nausea- which is not relieved by vomiting.

Kali Iodatum

It is a Kali that is Syphilitic, with all the qualities of Kalis like startling and touch aggravation but is very unfeeling and hardhearted towards family and children.

ONE MAY THINK OF KALI-IOD WHEN THERE ARE

- Violent pains which make him shriek. The pains may be in the head or knee.
- Has more action on bones, nerves and glands.
 - In the bones it causes decay.
 - In the nerves it causes spasm, convulsions, jerks.
 - In the glands it causes atrophy (mammary and testes).
- Has specific action on the tongue. The tongue gets pulled inside the throat with severe stinging pain causing the person to suffocate as he is falling asleep.
 - Syphilitic affections of tongue and throat.
- Discharges bloody green or greenish black.
- Like any other Kali, aggravated by mental work.
- Sadness of health leads to cruelty, harsh, rough, malicious, irritable, hatred to children, abusive insulting to family and children, aversion towards own children. When she is well she is very loquacious and jesting.
- Cannot support injustice.
- 5 a.m. aggravation.
- HOT 3- > Cold; > Walking in open air
- Very good remedy for eyes- paralytic conditions
- Paralysis of lateral recti leading to internal squint

Kali Muriaticum

It is a slow Kali.

It is an indifferent Kali.

The picture is more or less like "Sepia".

The patient is Indifferent, Indolent, and sits Quiet and Stiff, not interacting with people. The person has no interest in work, no interest in doing important things. He neglects important things. They sit in one place occasionally humming a song to themselves and the song too is sad, slow and melancholic. He talks less, but when he talks he gets excited and the speed and pitch of speech becomes faster and higher respectively.

The only thing about Kalis in Kali-Mur is startling tendency. He is startled easily from sleep by the slightest noise.

One thing marked is "Water can take the place of food". If the patient is hungry and he drinks water the appetite disappears. Cannot tolerate rich food and pastries which easily upset the stomach and hence they develop an aversion to it.

At the physical level Kali-Mur exhibits only superficial inflammation of throat with cheesy lumps being hawked out.

Even in the eyes there will be superficial inflammation in the cornea causing keratitis.

Inflammation occurs in blood vessels giving rise to blanching effect that is whiteness of parts otherwise red. In Sycosis inflammation turns into indurations and arteries can get thrombosed - giving rise to "heavy leg" sensation.

Chronic inflammation can cause chronic nephritis or chronic renal failure.

In the breast there may be painful nodules but when Sycosis and Syphilis combine they may go into cancer mammae.

Inflammation in tongue turns into tumour of tongue.

Kali Phosphoricum

This is a Chilly, Thirsty and Left sided Kali.

It has all the characteristics of 'Kali' like Timidity; Easy Startling from Touch, noise; Frightened easily and Shrieking easily.

Important points to note are: -

MENTAL EXERTION AGGRAVATES

The Kalis' weakness is due to excess use of energy to operate the Sodium-Potassium pump that sends the K⁺ ions back into the cell. This weakness is exhibited in different tissues depending on the affinity and constitutional type.

The excessive activity of 'Kali' i.e. excessive excitement or excessive use of cells will give rise to phosphorus type of weakness in brain and nerve cells.

The brain and nerve cells are so weak that it cannot bear any exertion.

Thus a Kali-Phos can fall ill when it exerts its mind.

Ailments From- Grief, Anger, Disappointment in Love, Shock etc.

CONSOLATION AGGRAVATION

The brain has taken such a beating that it refuses to think. The Kali-Phos patient is so averse to thinking, whether good or bad, that any consolation is also a pain for her. Kali-Phos gets angry at consolation because consolation is going to make her think and that she can't afford. Kali-Phos is so mentally tired that it has no capacity to think anything good or bad if any consolation is given to her. Even to think of that consolation she has to use her brain, which she cannot do since using her brain leads to brain fag.

OFFENSIVENESS OF ALL DISCHARGES

- Haemorrhage tendency or actual blood offensive
- Expectoration odour offensive
- MENSES OFFENSIVE
- LOCHIA OFFENSIVE, FETID
- LEUCORRHOEAS OFFENSIVE PUTRID
- Urine odour offensive
- STOOL ODOUR OFFENSIVE
- EAR DISCHARGES GENERAL OFFENSIVE PUTRID MEAT, LIKE

Lachesis

They are actually not the people who will straight away initiate a conversation. The snake group can very well find their way in secondary extroverts but the reason they get preference here is because once they have known you, then they are perfect extroverts.

As we know, 'snakes' are timid animals. Snakes are more afraid of man than we being afraid of them. They are on the lookout whether someone is around who can be dangerous to them. Once they know that their environment is free of any enemies and anything that could be dangerous to them, then they become the 'king of all they survey'.

Thus the snakes become bold, but they are not initially bold. The loquacity is always with known people.

The 'sycotic' character of 'Lachesis' makes them talk and talk and become 'communicative expansive.'

If a patient wants to tell the doctor that certain Mr.Creado has referred him, he will in probability start with how he met Mr.Creado and how Mr.Creado told him that he was suffering from asthmatic attacks that did not allow him to sleep and how he himself has a similar problem and that you as a doctor has been of great help and therefore he has been advised by Mr. Creado to come here.

Thus a 1 minute short message takes about 10-15 minutes.

SYPHILITIC Character produces loquacity in Lachesis that does not have 'control'. Syphilitic Lachesis jumps from one topic to another, one subject to another without realising it. This is because of it's fast and quick thought process.

Common qualities that indicate LACHESIS or any another snake:

- Intolerance to tight clothes especially around the throat.
- Quick, sharp, witty mind.
- Selfish, self-centred.
- Love for exterior decoration i.e. wearing gold, silver, platinum rings,

Frequent Encounters

bangles, ear- rings, necklaces in women and wearing golden and silver chains, bracelets and rings in males. If asked, then they will tell you that they hate to wear it at night because they cannot tolerate the tightness. They wear ornaments only when meeting someone otherwise they like to be free of them.

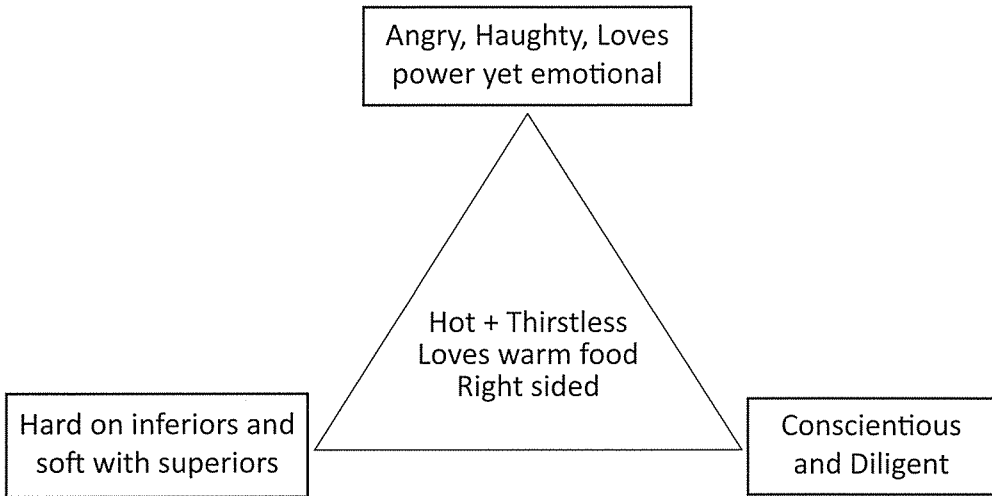
- Blackish discolouration of skin.
- Bleeding tendency.
- Sleep aggravates and menstrual flow ameliorates.
- They are hard on inferiors and soft with superiors.
- In Syphilis, they can be prophetic and clairvoyant.

Lachnanthes Tinctoria

- Eloquent speech
- Delirium loquacious in fevers

There was a 12 year old boy who had 104°F fever. The mother said, “He is talking and talking but not answering my questions well”. When asked what he is talking about, she said, “He is talking all irrelevant things, he is telling me to buy a fruit juice maker and go to the moon, after you reach there, take out sweet lime juice and bring it”. In this case the boy is delirious; he does not understand what he is saying. Whatever he says also does not make sense, yet he is talking too much. This is delirium, loquacious and that too heat with. The remedy is Lachnanthes. Here the intellect is out of control. This is syphilo-syphilis i.e. out of control type of loquacity.

Lycopodium

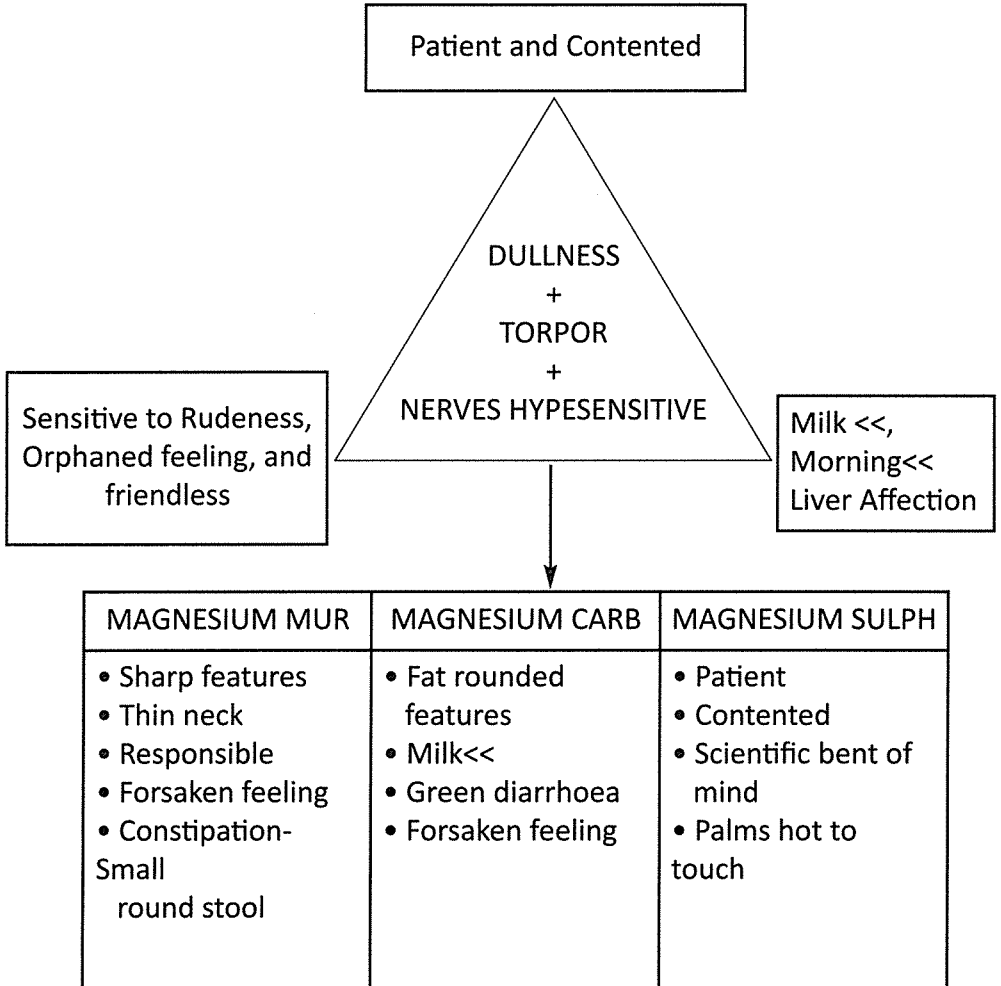


POINTERS: -

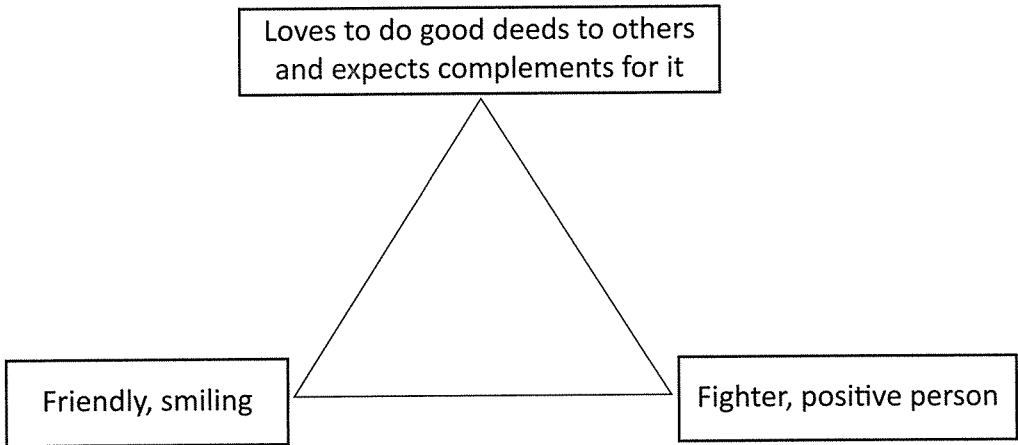
- Angry, Haughty people who love power in hand, who like to lead and boss over others.
- In spite of hard that is stiff pretentious appearance they are emotional and can give away everything when they are flattered. If someone thanks them for the help which that they have given, they become emotional and start weeping.
- They are hard on inferiors and soft with superiors. They boss over subordinates or people at home, but if they meet a stronger person they become timid and mild. They are mild with strangers and outsiders but very rough with their staff.
- They are diligent and conscientious in Psora but lose this conscientiousness in Sycosis an Syphilis.
- They are money minded and miserly.
- Hot + Thirstless, loves warm food.
- They have Right sided complaints or complaints go from Right to Left.

Magnesiums

INTROVERTEDNESS DUE TO INERTNESS



Manganum



POINTERS: -

HELPFUL + BENEVOLENT + POSITIVE

- STRETCHING – People who like to stretch.
- SALIVATION – Profuse and bitter with paralysis, headache etc.
- LARYNX AFECTION – Recurrent hoarseness of voice.
- BRAIN AND NERVE AFFECTIONS.
- CHANGEABILITY OF SYMPTOMS: -
 - Symptoms change
 - Sides change
 - Moods change
 - Writing changes; becomes smaller, especially in Parkinson's disease, Motor Neuron Disease, Astrocytoma i.e. degenerative affections of brain and nerves.

Marble

POINTERS:-

- Delusion , he is a king
- Desires more riches or luxuries, at the cost of others
- Capricious
- Introverted and Haughty
- Exclusive
- Communicative Expansive
- Anticipatuon
- Likes caresses

Medorrhinum

Patient is sensitive to criticism, has despair from criticism, is impatient, hurried, anticipating, loves cold refreshing juices and fruits and sleeps on abdomen; has fear of ghosts, dark and the unknown; always feels that there is someone behind him; loves sour-sweet food (like pani-puri)

Mercurius Solubilis

POINTERS:-

- Disobedient, rough behaviour
- Rebellious, anarchist
- Revolting against whatever is told
- Precicious, intelligent but not at all studious
- Excessive salivation and perspiration
- Obese but active
- Hurry, hasty
- Thirsty
- Ambi-thermal– Mercurius Solubilis

Morphinum

Morphinum talk also as if excited. They literally shout when talking. Being a close associate of Belladonna, it has a lot of power that is expressed in laughing and talking.

Morphinum like Belladonna have dark red face. They are liars and don't have any morals. They have no feelings and are hard hearted. They may have criminal disposition. They are syphilitic and have premature old looks.

Moschus

There are times when you meet persons who talk as if they are excited. Their voice is loud. Their voice is cracked and harsh. There is no sweetness. If they laugh, it is abnormally loud and forceful and when someone points out about it they will bashfully bend down and the voice goes into whispers.

Talk seems to represent excited talk. Right from the word 'go' the voice is loud and shows excitement. Such constitutions are Hyoscyamus, Moschus, Morphinum, Nux Vomica, Sulphur, Natrum Carb, Graphite and Alumina. The last three are uncommon but Hyoscyamus, Moschus, Morphinum, Nux Vomica and Sulphur have been frequently seen to have excited talk.

Moschus is a hysterical personality. It is a motor boat full of power and energy but without rudder to control directions. The power is seen in the force of talk. The power is seen in the force of laughter.

The reaction to anything is too much and too forceful. A normal question asked will draw such a loud, funny, laughing response that we get embarrassed. Laughter starts with a blow of air from the mouth. This laugh has no control. Hyoscyamus can control the laughter but does not want to or rather does not bother to (Sycosis). Moschus is unable to control her laughter because controlling her laughter is not in her hands (Syphilitic). This is what repertory defines as Laughing immoderately.

Frequent Encounters

Overall Moschus personality over-reacts to all situations:-

- Anger can make them blue in the lips and cause fainting
- Little excitement and the pitch and tone of the voice becomes loud
- Slight noise and they startle as if a bomb explosion has taken place
- Slight draft of air and they will start shuddering as if they have had an attack of malaria
- Slight hurt and they cry loudly

Every stimulus has a response that is out of proportion to the stimulus.

These are pampered children who have been spoiled by parents or grandparents.

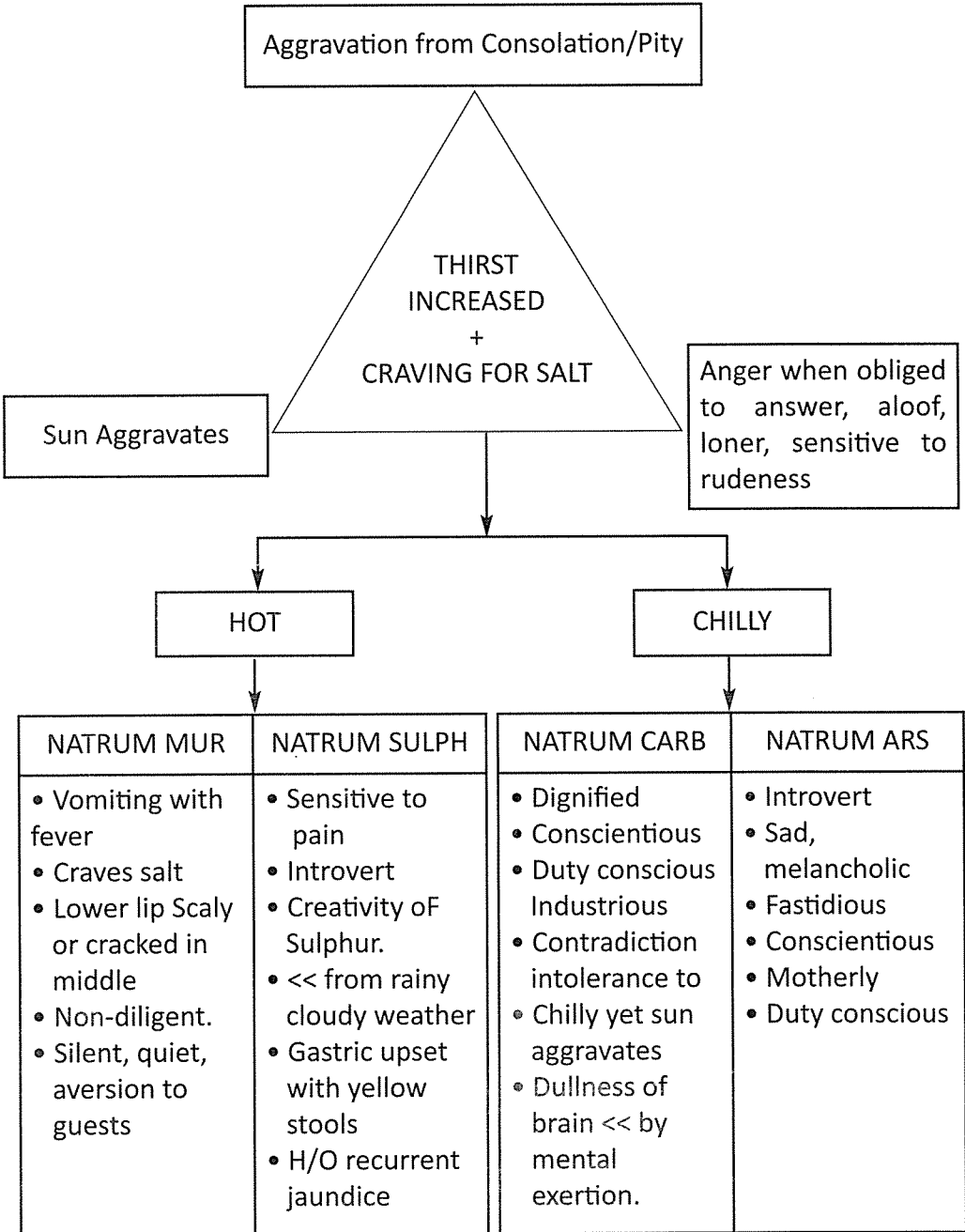
Naja Tripudians

(Left sided)

- Anxious
- Anxiety conscience of
- Neglected feeling, feels neglected but does not talk to anyone, only broods
- Nervous system especially cerebellum and balance system involvement

Natrums

INTROVERTEDNESS DUE TO OVER SENSITIVENESS

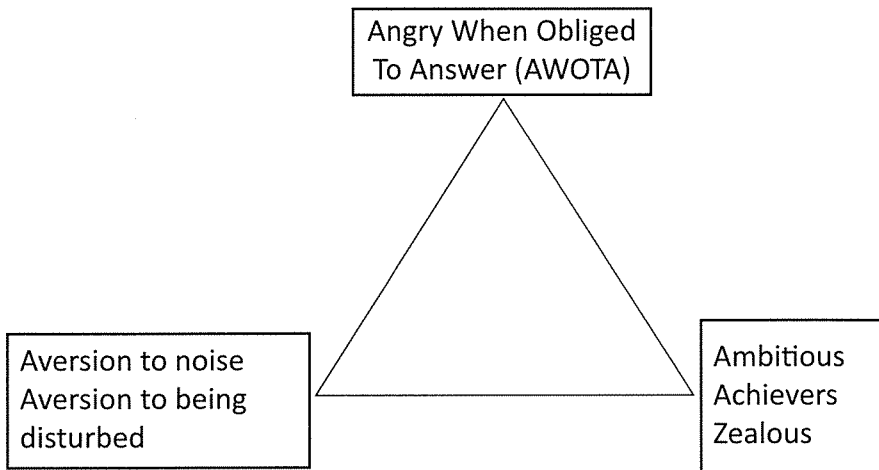


Nitric Acid

POINTERS:-

- People who are unmoved by apologies
- Hatred for the person who has offended
- Revengeful
- Riding in a carriage ameliorates

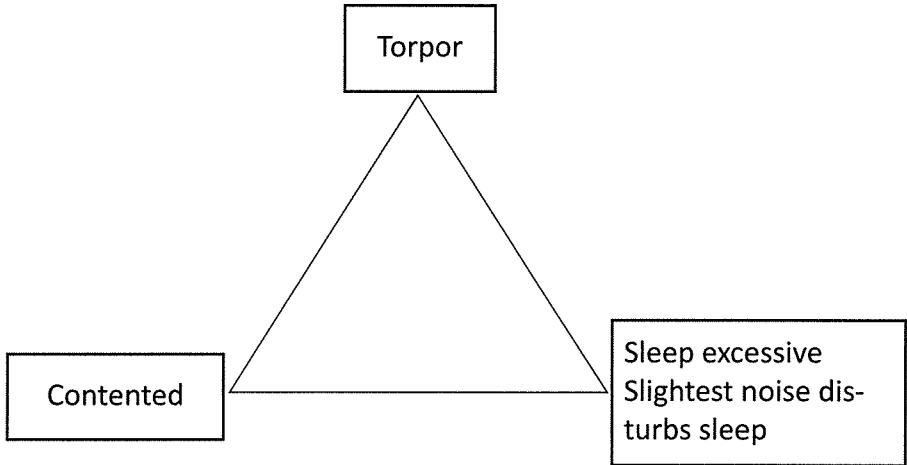
Nux Vomica



POINTERS: -

- Lover of nature and fascinated by it.
- Introvert- Morose- AWOTA.
- Aversion to slightest noise, cannot bear to be interrupted or disturbed.
- Ambitious, Achiever, Zealous, Angry and Ardent.
- Desires spicy food, stimulants and alcohol.
- Ineffectual urge for stools.
- Chronic gastric problem.
- Right sided complaints.

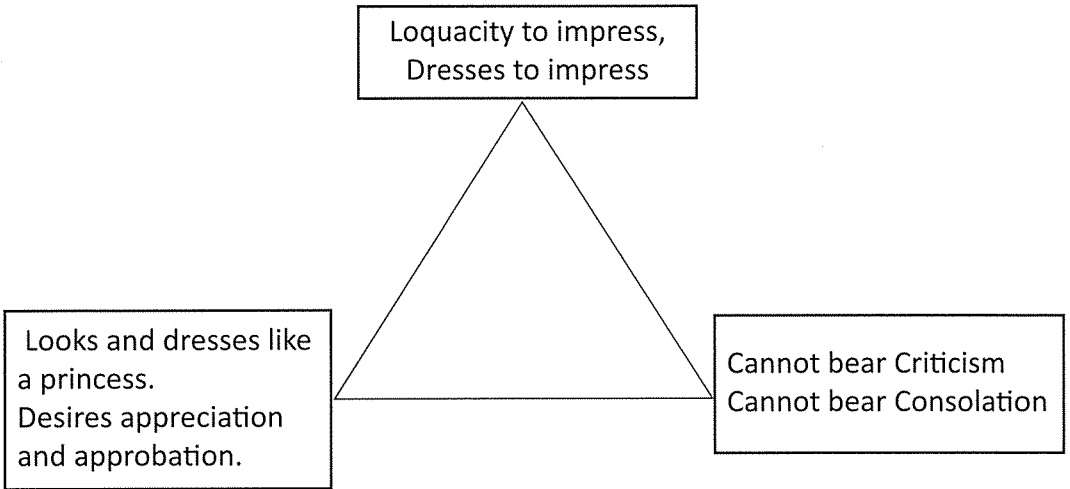
Opium



POINTERS:-

- Cool, contented, never anxious about his condition.
- Sluggishness of body with sharpness of mind.
- Activity with alertness of mind.
- Senses alert.
- Sleep excessive or slightest noise disturbs sleep.
- Never complains.
- Quick, fast alert mind.
- Good talkers (Eloquent).
- Constipated.
- Hot.
- Thirsty (in acute can be thirstless)

Palladium



POINTERS: -

POSITIVITY OF METALS

(Ladies who are good looking, pleasant looking with pleasant behaviour)

- Looks like a princess, wants to be considered as a princess and projects herself like a princess.
- Her efforts are always to get maximum appreciation which is her 'need'. To hell with my disease, people should appreciate me or rather my 'looks'.
- She can't bear criticism, even the slightest. Does not mind not getting well, not feeling well. "Sir, never mind if I don't get back my eyesight after this accident but my face and eye should not look distorted".

Frequent Encounters
Paris Quadrifolia

Paris Quadrifolia also likes to talk about themselves but there is a foolish trait in the whole conversation. The stories they tell are unrealistic and at times not appealing to rational minds.

Paris-Quadrifolia has self satisfied loquacity. He talks about his dreams but is very much satisfied with his dreams. His dreams are highly ambitious but foolish. The talks of Paris are vivacious but ridiculous. When you feel that a person is talking to you but is not making any sense and the person seems to think that what he is saying means a lot.

Case: A homoeopath who was suffering from depression was tormented by the fact that his dream could not be fulfilled. His dream was to make a temple of Hahnemann and project him as God. He went from one homoeopath to another to collect funds for this noble idea. For this he spent a lot of time, sacrificed his practice but nobody responded. He then started asking for funds from his patients and to create a good impression started treating them for free. He also started trying to make us understand why we should have a temple of Hahnemann, because he was such a great man.

He continued, "I want to have a big fish-tank and I am going to put a fish like Sepia in it and mate it with another fish to have a different species so that we can make a drug out of it."

"Imagine!" he exclaimed. "If we mate Sepia with Sword-fish. Sword-fish is so active and Sepia is so dull..."

Paris-Quadrifolia has self satisfied loquacity. He talks about his dreams but is very much satisfied with his dreams. His dreams are highly ambitious but foolish.

The talks of Paris are Vivacious but Ridiculous. When you feel that a person is talking to you but it is not making any sense but the person seems to think that what he is saying means a lot. They talk big, highly ambitious, haughty, very loquacious talks but with no substance, very foolish talks. They keep prattling with Vivacity.

They are discontented with their surroundings so they aim high. But they are basically affectionate and loving people.

Mini Drug Pictures
Phosphoric Acid

POINTERS:-

- Thirstless but loves fruit juice and refreshing things. E.g. Lemonades
- Angry when obliged to answer
- Sad and indifferent
- Homesick
- Desires to be alone
- Ailments from grief, anger, mortification
- Mental weakness followed by physical weakness
- Resignation
- Aversion to dry food. E.g. Bread, biscuits

Phosphorus

Smiling-sweet, redness of face and sharpness of features.

They give love and take love.

These people are fair complexioned, sharp nose, long face, no rounded features and have long eye lashes. The beauty is radiant as if a sculptor has carved a statue with care.

Eyes are quick, sharp and observing everything that is happening in the clinic. If there are many case papers lying on your table and you start searching for the patient's papers, a Phosphorus patient will quickly point out, "I saw your assistant carrying out my case paper by mistake". Their observation is sharp. They are friendly, like to touch others frequently. If a fair complexioned lady with sharp features and radiant face enters the clinic don't forget to ask this question, "Do you hold the hands of your friends or husband while talking? Do you like your husband to take you by the hand or physically be in touch more often? Do you like to hug and kiss your loved one often, whether it is your mother, father, son, daughter or husband?" If she is Phosphorus, she will say "Yes". If she says "No I hate anyone touching me even if she or he is close to me. I want to be independent". "I don't like caressing" etc., she can never be PHOSPHORUS.

Frequent Encounters

(NB: Phosphorus that don't like consolation are Kali Phos and Calcarea Phos. Other constitutions that are pleasing like Phosphorus but do not like consolation are Carcinosis, Silicea, Palladium and Stannum Met.)

When phosphorus is being suspected, one needs to ask another imperative question "Can you sleep alone in a dark room or can you go into a dark room?" If she is Phosphorus, she will say "Oh my God! Never" There is always a difference in the intensity of a symptom conveyed when one just says "No" and when one elaborates "Oh my God! Never" or "Forget it, I can never step into a dark room all alone. I don't mind you laughing at me or calling me a kid". All these latter sentences emphasize the fear or fright that the patient has when she goes into a dark room. Next question should be-"Why?" "Why are you so much afraid of a dark room?" And the answer will be "I am afraid of someone or something hiding behind the cupboard or corner and I always feel something will pop out from there".

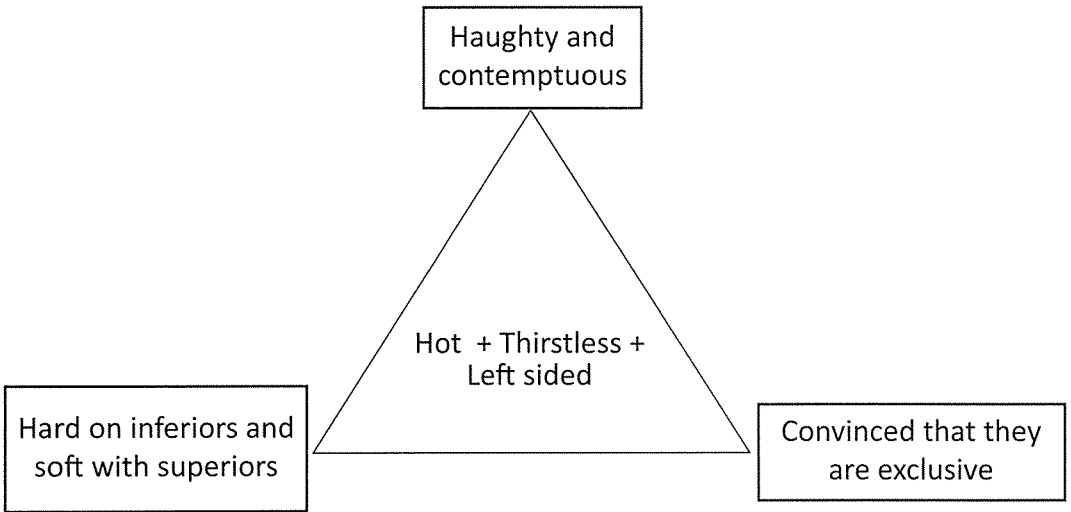
Doctor- "Is it ghosts you are afraid of?"

Answer- "I don't know, may be."- This is the answer of Phosphorus.

Always confirm Phosphorus with desire for ice cold things like cold drinks or ice cream.

They love art, colours especially and love painting rather than drawing. Phosphorus loves bright colours and can never tolerate dull colours.

Platina



POINTERS: -

- Haughty and contemptuous, looks down upon others, they are convinced that they are exclusive.
- Hard on inferiors and soft with superiors.
- Left sided affections.
- Cannot tolerate contradiction, if anyone does not agree with their views they cut off relations.
- Does not like to have long conversations.
- Does not like to do anything that will lower their position.
- They can fall ill if their position is lowered in the eyes of public.
- They can fall ill if they are excessively happy.
- Hot + Thirstless + Left sided.

Plumbum Metallicum

POINTERS:-

- Anticipation with pain in the abdomen
- Marked leanness
- Affection of nerves, constipation
- Metallic positivity with timidity
- Overpowering sleep when working;

Pulsatilla

POINTERS:-

- Changeable modalities and symptoms, even thermals and thirst. E.g. felt chilly yesterday, hot today or thirsty in the morning and thirstless in the evening
- Desires Consolation
- MILD, MEEK, WEEPING, child wants mother near
- Diarrhoea from rich food, heavy, fried food

RULE OUT

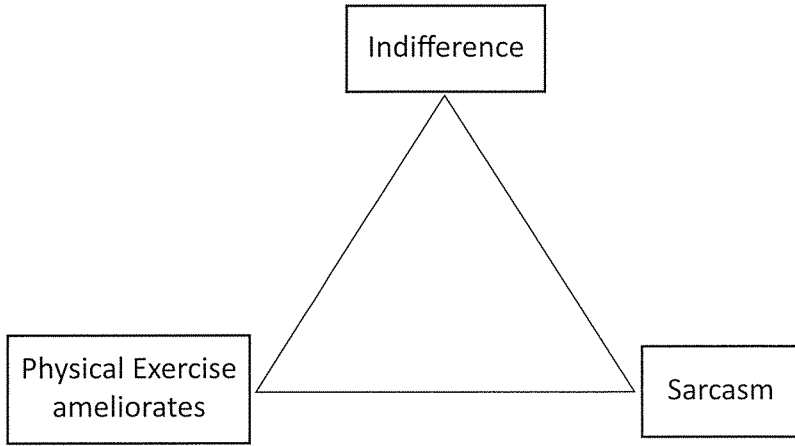
If there is desire for warm food and drinks

Rhus Toxicodendron

POINTERS:-

- Obsequious, offers seat to others and pays excessive undue respect to others, as if he is willing to go out of the way to give you anything.
- Mild
- Physical restless without mental anxiety
- Better by motion
- Superstitious

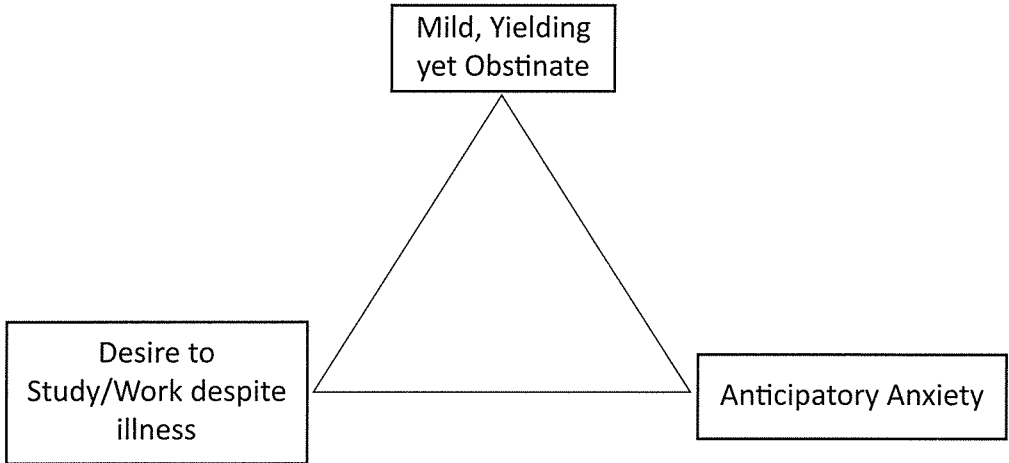
Sepia



POINTERS:-

- Consolation aggravates
- Negatively Positive
- In physical appearance, they have broad pelvis.
- Indifference to loved ones and family, but anxiety for children.
- Anxiety for health
- When patient becomes dull or when new symptoms develop after wrong Homeopathic drugs, also indicated for bad effects of exposure to strong vibrations or energy. E.g. Electric shock, sonography, X-ray, MRI etc.

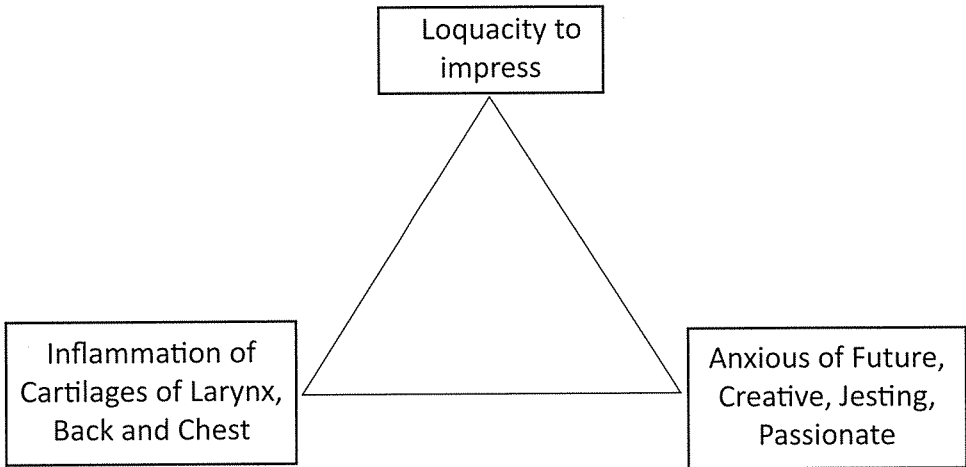
Silicea



POINTERS: -

- Anticipatory anxiety is when appearing in public, but not anxious in acute illness.
- Sensitive.
- Red, bloated face.
- Heat in head with coldness of palms and soles (though chilly).
- Desires raw vegetables.
- Aversion cooked food and milk.
- Chilly.
- Thirsty.
- Soberness out of humility.

Stannum Metallicum

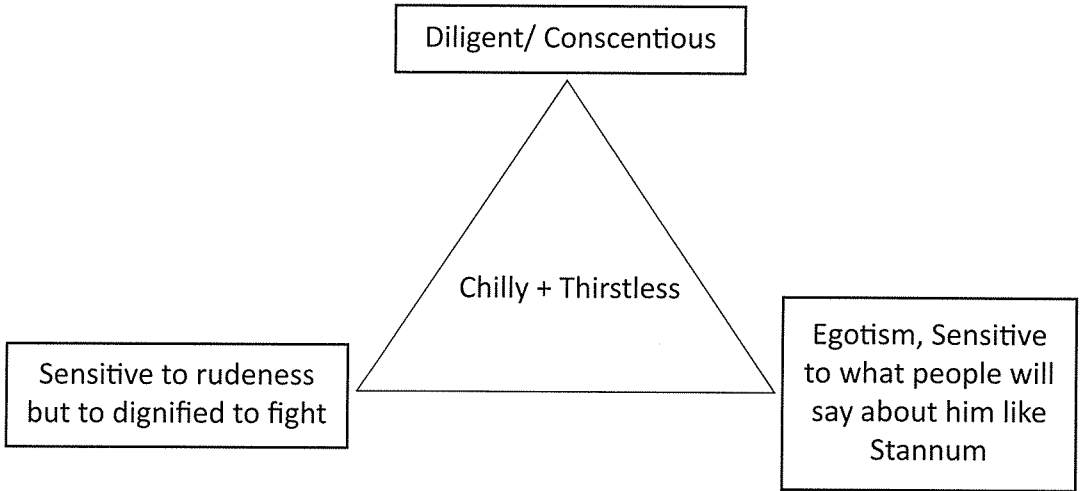


POINTERS: -

POSITIVITY OF METALS

- Anxious people who are passionate to reach the top. They talk about themselves in company, to project themselves as a good, efficient and successful; and are very sensitive to what people have to say about them.
- Creative people, jesting people, insecure about future especially financially Ailments from financial loss.
- People whose cartilages are weak and get inflamed recurrently causing laryngeal hoarseness, HAWKING (like Manganum) with neck pains and back pains.
- WEAK VOICE due to WEAK CHEST.
- Consolation aggravates.

Staphisagria



POINTERS: -

- Conscientious and Diligent
- Too dignified to fight
- Sensitive to criticism and rudeness
- Wants people to have good opinion about them.
- Talks about themselves in company
- Angry but cannot express it at work or any senior people as a result they come home and hence express it on inanimate objects.

Stramonium

The fourth remedy we think of when we see loud talking people is Stramonium.

They also have a tendency to talk loudly, they too are full of life, chirpy, but what distinguishes them from Belladonna is that Stramonium is 'Frightened Easily' and 'Panicky'.

They cannot bear darkness at all. Sudden switching off of lights can throw them into a panic.

What does one mean by Panic?

Panic is when fear overwhelms a person or when a frightened person is not able to control himself, he does not know what to do, where to run, where to escape. His mind does not work. He can go and cling for life to anyone or anything.

This is syphilitic in miasm where the sycotic fear goes out of control.

It all starts with 'Psoric' anticipation in the dark, proceeds to 'sycotic' fear of dark to the extent that the patient will tell you "I have to have a small light at night when going to bed. I cannot go to sleep." But, when the 'syphilitic' gear switches on, this fear is converted to 'panic'. PANIC is the keyword for Stramonium. A person who is never panicky in fearful situations can never respond favourably to Stramonium.

This panic can be from narrow places. "Doctor, I am afraid of elevators. If I am alone in an elevator, and if it stops and the lights go off – I feel I am dead. I start shouting, screaming- help, help; I cling to the door or fan or whatever I can get my hands on." This is Stramonium.

If a doctor goes to examine an adult patient and he starts shivering out of fear or fright, he shrieks or he tries to run away, he could be a Stramonium.

Stramonium can also be found to be making 'verses' or 'poems'. The poems are generally on 'love' and 'death'.

Frequent Encounters

Stramonium has more ability to make jokes than Belladonna and Hyoscyamus.

Stramonium is more loquacious (like Hyoscyamus) than Belladonna and Opium.

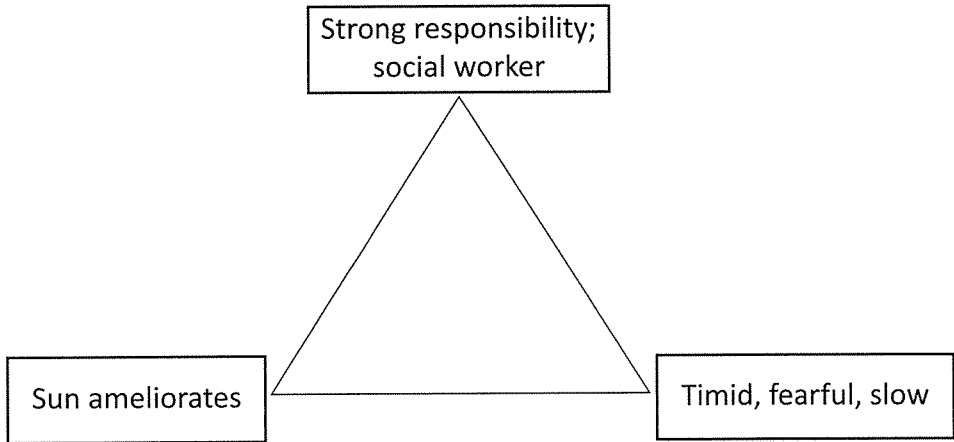
Stramonium is not as quarrelsome as Hyoscyamus.

Stramonium is not as obscene or lewd in talks as Hyoscyamus.

It also loves Lemonades like Belladonna for the same reason.

Thermals are not marked as it is a thoroughly hysterical remedy.

Strontium Carbonicum



POINTERS: -

- Slow like Carbon.
- Right sided Carbon.
- Timid metal; wants to work, wants to take responsibilities of society, at the same time wants people to know that he is a famous social worker doing a great job.
- Sun ameliorates; Sun is recharger of his energy.

Sulphur

He could be a friendly neighbourhood taxi driver or a friendly neighbourly milkman or even a pan vendor (shop man who sells beetle nuts). He presents himself in front of you as a Simple-Simon, dressed in traditional Indian dress like in a khadi. On his shoulder is a bag made out of rough cloth which shows he deserts 'plastic' and 'synthetic' material and he is very eco-friendly. Such a Simple-Simon character is not only found in India but even abroad. That carry bag of his will have all his belongings from needles, thread, scissors, a Bible or some prayer book and more rags that he considers as riches.

His face has a bright red discolouration and chest that is seen through his open half bush shirt is also diffusedly hyperaemic and red. His palms and soles are red hot.

His talk may start with today's deteriorating standards of youth. 'How the youth is careless'. 'How they don't care for the adults'. 'How they don't care for their country, discipline, their own health, religion etc.' 'How people subvert law to their own advantage.' He can talk on any subject on the earth. He talks on law and order, politics, to global warming, disappearing ozone layer, disappearing ice in Iceland, reduction of trees which are being felled to make paper etc. He talks on God and is of the firm opinion that God is ONE. He visits Churches, Temples, Gurudwaras (Sikh temple), and Masjids with the same faith. He is not a one faith man. He will be above all these religions. He is convinced that God is a supernatural power that rules the earth. He will relate God to science and vice-versa.

His knowledge is borrowed. His knowledge is a combination of all the bits and pieces of the knowledge that he gathers from his discussions with various people. He always tries to give advice whether you want it or not. He is a braggart who wants to show his contacts. On the other hand he might try to tell you how much big a scientist he is, but when you try to confirm you will find no truth.

He mixes with old people and young people with ridiculous ease, as a sycotic, he loves changes in decor. He or she will constantly think of changing places of sofa, chairs, tables and show-pieces etc.

She/he undertakes many things with enthusiasm but leaves all work undone like drawing or portraits, weaving of a shawl or sweater or writing of a book.

So when we see a talkative person who is trying to give advice, find out whether

Mini Drug Pictures

palms are warmer than the body, ask them “How many friends of yours have told you that your palms are icy cold during shaking hands?” “On the contrary, many of them say I have fever, even my wife says so” will be the answer.

Whether you can be friendlier with little children or adults? And the answer will be, “I can gel and mix with everyone. Both young and old like my company”

Do you like to have no change in furniture, fixtures and decors or do you want a change? The answer will be “My mind is constantly trying to imagine how this sofa will look if it is kept in the opposite corner and how beautiful will this flower pot look when placed in another place than where it is now. I need a constant change.”

Do you go only to one temple and believe in one religion..? The answer will be “No! No! I go to all worship places irrespective of religion.”

This generally confirms sulphur personality.

P.S. Handshake at the end of the interview will be a loose one as if he offers you only his few fingers that to you have to grasp and shake if you so desire.

A loose handshake with fingers can be seen in Calcarea Sulph, Magnesium Sulph, and Sulphuric Acid.

Once, we have ascertained the “Sulphur” element in the patient we should proceed to find out if he is Sulphuric Acid, Sulphur Iod or Calcarea Sulph.

If the Sulphur is chilly, he could be Sulphuric Acid.

If hot, then Sulphur Iod or Calcarea Sulph.

Sulphuric Acid

These are hasty, chilly Sulphurs. Hurry in walking, talking, eating, occupation is the hallmark of Sulphuric Acid. You should ask the spouse of the patient- “When you go out for a walk can you keep pace with your spouse?” The answer will be “never”. Some questions that are asked directly are just to confirm a trait. These questions may remind the patient or his relatives to highlight certain traits that they have

Frequent Encounters

forgotten to mention. Then the spouse will go on her own to explain how quick or hurried the husband is in various aspects. This will confirm the hurriedness and hastiness.

Another point that confirms a Sulphuric Acid prescription is desire for fruits, and that too sour fruits like oranges and lemons.

A third point of Sulphuric Acid is, though it doesn't mind fruits and juices, it is basically thirstless.

A fourth point is that symptoms change their position like Pulsatilla.

It is also a constitution that can have bad effects of injury leading to ecchymosis.

Sulphur Iodatum

This Hot Sulphur variant will draw attention by its extraordinary lean structure. Tall, lean with long neck and not much of a stoop like Sulphur will differentiate it from Sulphur itself.

Sulphur is sluggish, slow and not very lean. Sulphur Iod will be lean, thin and fast and hurried in activity. Iodum element makes them very sensitive to hurt, anxious and restless.

This is an extremely 'Timid' Sulphur with constant fear that 'something may happen' and therefore is 'frightened easily'. Unlike Sulphur Iod and Sulphuric Acid, Sulphur itself never shows that it is frightened though it is fearful. The ego of Sulphur prevents him from showing that he or she is timid or that he is frightened of anything. Bold statements made by 'Sulphur' can fall apart when put to test. This is done due to pseudoism in Sulphur, e.g. "I am in touch with the chief minister of this state, and I have day to day contacts with the Government officials too. They need me more than me needing them." This is the way a Sulphur 'Brag' and 'Boast'. Then you ask him for a favour- "See, I want to build a Homoeopathic hospital, please can you use your influence to get a good Government place at a cheaper rate?"

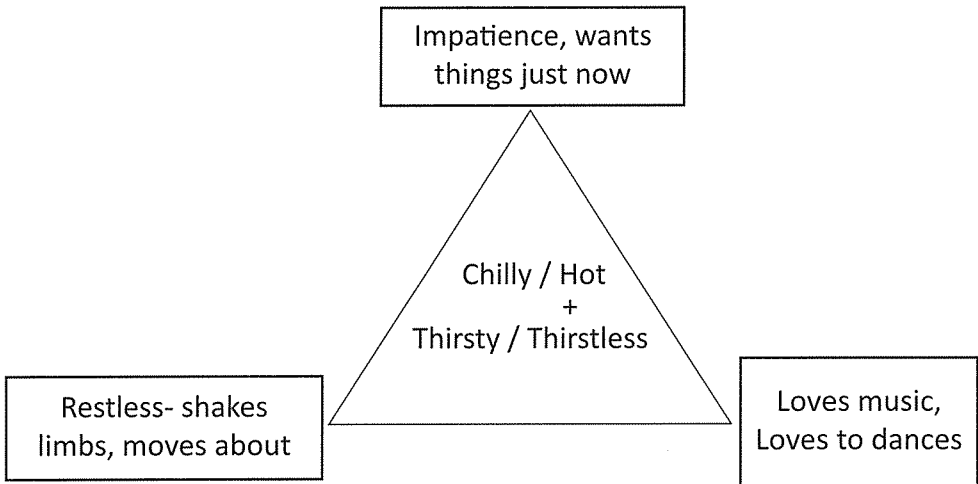
He will always answer, "Why not!" But as days go by, we will realise that he knows no one up there in the Government and is thoroughly incapable of doing anything. The most important point of Sulphur Iod is that he / she HATES HOUSEHOLD DU-

Mini Drug Pictures

TIES. A Sulphur Iod lady, like Cenchris, will never like to do work in a kitchen or do daily household chores but would love to do some artistic or creative job outside the home. She might like to be a painter and take part in competition to show her art.

Sulphur Iod loves sour pickles, lemonades and anything refreshing that stimulates him.

Tarentula Hispanica



POINTERS: -

- Impatience: They want everything immediately. They want to hurry and want others to be quick as them. If not, they get wild. If they ask for something they want it just now.
- Legs shake out of restlessness, moves about from one place to another, cannot sit in one place.
- These people love music and they also love to dance.
- Children who put their collars in mouth, or chew a towel constantly could be a Tarantula.
- They are basically timid but because of Syphilis they do not know the consequences and hence become restless, heedless and fearless.

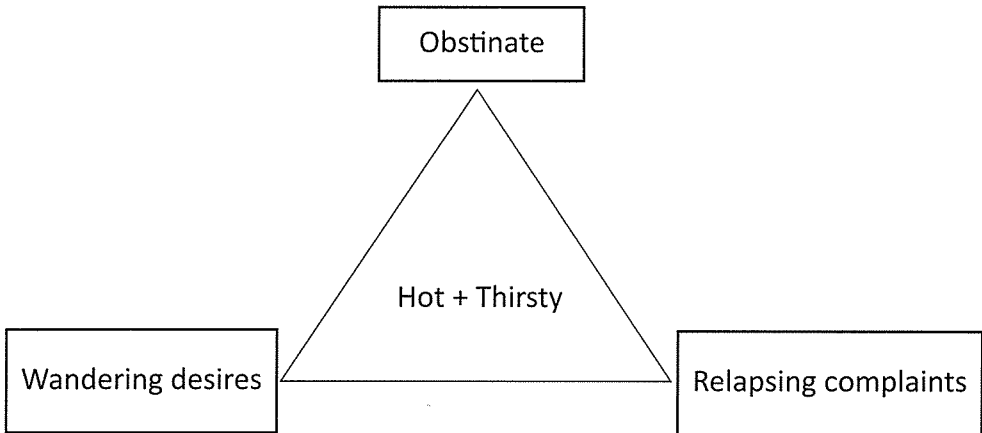
Tarentula Cubensis: They are Hot, loves slow music and they are more compassionate.

Thuja Occidentalis

POINTERS:-

- Delicate but fat, stout children
- Angry, throws tantrums, becomes cranky
- Fear of his body being fragile. Hence, becomes cautious
- 4a.m. to 6a.m. aggravation
- Diligent

Tuberculinum



POINTERS: -

- Tuberculinum constitution has sharp features.
- They will have relapsing complaints.
- They are very obstinate.
- Wandering desire.
- Loves to drink milk.
- Fear of dogs.

Veratrum Album

Veratrum Albums can be identified by their 'show off' personality trait.

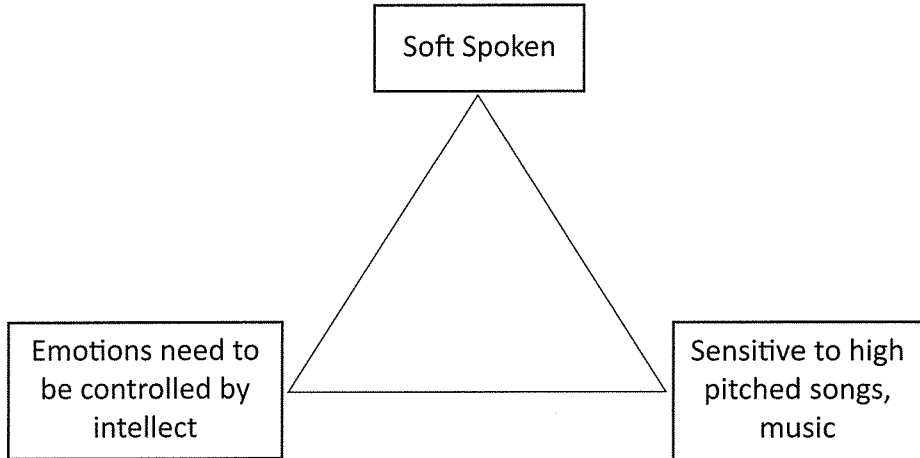
The 'show off' will be seen in their

- talks and language
- dressing up
- habits
- high living

They want to be considered as high society and esteemed persons. They talk big. Their language has a foreign accent. They use big words. Their ideas are grand. They love grandeur, posh homes, posh hotels and big impressive expensive cars. They only like to wear branded products.

This makes them haughty and egoistic. Money and position may go in their heads and they start looking down upon others. They can be really censorious, critical and slandering. They want to be in power. They want to be powered hence love refreshing drinks and aerated water and that too iced. They crave for sour fruits and stimulants.

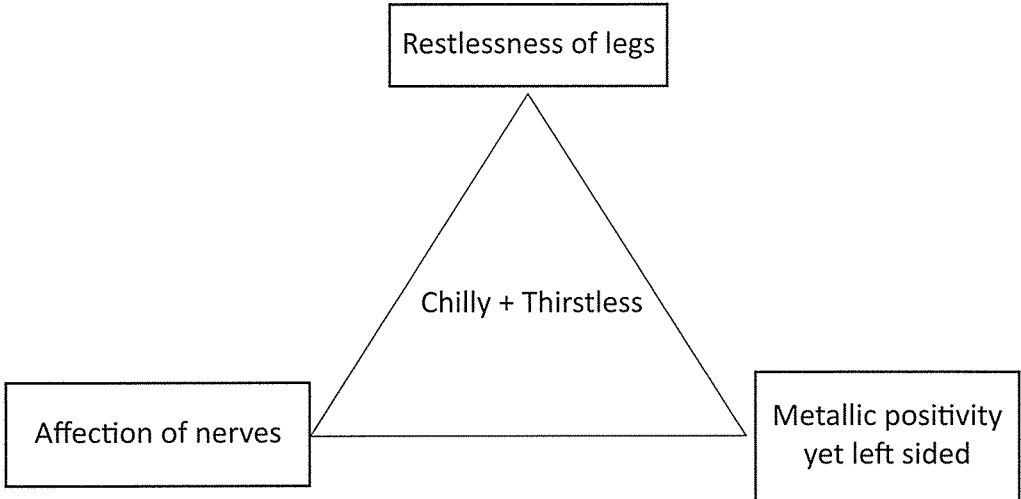
Viola Odorata



POINTERS:-

- Soft spoken. When hurt, they become sad, melancholic but their intellect overpowers the emotions and they appear very calm, cool, contented, placid and sweet and react as if nothing has happened.
- Voice is very soft and low, but hurt and wound inside opens up when they hear very shrill, high pitched songs, music like violin, sitar.
- They cannot tolerate bright, sharp, high frequency lights which are harsh.
- Can be Hot or Chilly (not to be ruled out because of thermals).

Zincum Metallicum



POINTERS: -

- It is a metal though not as strong as Ferrum or Cuprum.
- It is timid, sensitive and therefore left sided.
- Being a timid metal it has lot of irritability.
- Irritability alternates with restlessness.
- Legs move constantly and the patient himself is very restless.
- Nerve affection and brain affection is predominant.
- Because of the weak nerves there is constant trembling of legs.
- Patient repeats the same sentences said to him.
- Very hurried in eating.
- Changeable mood.
- Religious

Chapter-4



How to elicit different rubrics in practice

How to elicit different rubrics in practice

SENSITIVE TO CRITICISM VIS-A- VIS SENSITIVE TO RUDENESS

Many ladies complain that, “My husband has a very bad habit of highlighting my mistakes or scolding me in front of guests or outsiders. I really feel bad”. What is the rubric that we can consider here. Is she sensitive to rudeness or is she sensitive to criticism?

In Sensitive to Criticism the esteem or respect of an individual is important.

In Sensitive to Rudeness patient need’s love. They are very sensitive to being spoken loudly roughly with.

I really don’t mind if he has to criticize me in private or at home but showing my mistakes in public is too embarrassing and highly insulting I am affected by this habit of my husband” Here the rubric sensitive to criticism will have to be taken. The remedies with high esteem, like Arsenic, Ignatia, Medorrinum, Calc carb, Natrum muriaticum, Carcinosin, Marble, Natrum sulph, Cina etc. will be indicated.

Some patients say “I do not mind if my husband points out my mistake but he should do it in a soft tone”. I don’t like anyone shouting at me or talking roughly to me. It really hurts” this is Sensitive to Rudeness: Here what patient needs is love. They are timid. They want the world to be smooth and harmonious. They do not like roughness and rudeness.

Hence the rubric sensitive to rudeness would have remedies needing love at the base, like Calcarea Carb, Baryta mur, Carcinocin, Pulsatilla, Staphysagria etc.

LOQUACITY OPEN HEARTED

This trait of an individual can be elicited during history taking by the physician himself. There are no moral, social or cultural inhibitions in his talks. Here we would

that, "Why in childhood even now he does the same and embarrass us in front of all." It is expressed as playing a trick or making a joke and laughing at the cost of others. Hyoscyamus is the first remedy to be thought of, in cases where the patient exhibits such character.

REBELLIOUS

Here the patient will always defy the set norms and would always swim against the tide. Mother would come to the clinic and say "Doctor, I don't know what to do with my son, he doesn't listen to me at all. If someone tries to take anything out of his hand then he would threaten the opposite person, hit him or be very rude to him."

Here I remember of a man who had a heart attack and was admitted in hospital. On gaining consciousness he became very violent on the family member and the hospital authority and removed all his intra venous tubes. He exclaimed with a lot of defiance that about 100 people die each day of heart attack under allopathic treatment let me be the one to die under Homoeopathy. I interpreted this as defiance and rebellious and prescribed Mercurious Solubilis and the patient improved miraculously. Also I am remember, one of my old friends who would always take side of the weaker person in fight and help him win, this is also a type of rebellious.

DILIGENT

DILIGENT means that a person is hard working, showing care and steady effort.

IN INFANTS – A child or an infant interested in going after a book or a magazine or paper and pen, trying to write with a pen or pencil in a paper is taken as CONSCIENTIOUS-DILIGENT.

IN CHILDREN -- A young boy or a teenager is considered DILIGENT if and only if, he or she has NEVER to be forced or even asked to study. He/she performs her duty and studies on his own. He/she never takes a leave or bunks her school. Wanting to go to school, despite high fever is also diligently-conscientious. Here we have to rule out diligence in a child who insists on going to school for fear of being punished or because of other vested interests.

IN ADULTS -- A middle aged man who has never taken a leave from his office or service in last 20 years; or a man who insists on going to office, not from avarice of

How to elicit different rubrics in practice

observe that the patient goes on talking continuously without hesitation. No shame inhibits him; no amount of discipline or sense of respect or seniority inhibits him. Remedies like Bovista, Hyocyamus, Veratrum Album, Baryta, Chocolate, Alumina exhibit Loquacity open hearted.

Bovista is a very courageous remedy, here open hearted Loquacity is resulting from lot of courage and not shamelessness.

Hyocyamus personalities talk open heartedly more out of shamelessness.

Veratrum Album thinks that he is the authority and no one can question him, hence here the open hearted loquacity is because he thinks that he is too big.

Barytas exhibit open hearted Loquacity out of indiscretion and hence would say continuously without much understanding.

Chocolate exhibits open hearted loquacity which is out of political motive. They are very sweet talker and most of their talks are with a motive to get their work done. They do not make enemies nor anyone is their fast friend.

Alumina exhibits open hearted loquacity as the patient loses its inhibition because of confusion. I remember a case of an old man who would come to my clinic. One fine day his son told me "Doctor it seems he does not understand what not to say. Yesterday our neighbour came home. Usually we refer to by her nick name which she does not like. He, without any inhibition addressed her by her nick name which became too embarrassing for us. When we asked him why he did so he remarked that he was confused as to what was her original name and her nick name."

AWKWARDNESS

This can be observed in the way, the patient sits and stands up in the clinic, while walking he knocks his head or hand against the wall. Patient complains that in spite of all the care he spills the ice cream on the clothes or spoils the dining table while having a meal.

INCITING

The child who is very mischievous and witty is constantly on the look out for opportunity to play pranks on younger sister and friends. In case of an adult, ask whether he was a prankster as a kid and the accompanying relative would reply

Frequent Encounters

getting money and not from fear of boss, is a diligent person.

IN WORKING LADIES – A lady who works for the family, cooking and doing daily chores despite having pains or suffering from fever can be safely taken as ‘Diligent’ provided she’s not doing it because she says “who else will do it?” or “I’ll get scolding from my in-laws or husband.”

Their whole aim is to collect the knowledge and apply it to grow further with sincere efforts.

A NON-DILIGENT person on the other hand has to be told to study or do his homework all the time. Someone always has to be after him and take up his work and make him study, he will never do it on his own.

LITIGIOUS

A person, who is always fighting all the time. It could be fighting in the sense of verbally or even in the sense of law suits.

This person will always be fighting for small small things and will send lawful notices to people for petty issues which are settle able outside the court.

IMPULSIVE

This is a quality wherein the patient would have a sudden urge/ desire to do something without giving much thought to the action.

The doctor can ask, “How do you take your decisions?”

An impulsive person will say that he never gives any thought to his actions or decisions, but just does it even if he has to repent for it later.

NAIVE

Is a person who is simple, down to earth and non manipulative .These people can never or will never hurt or harm anyone.

They are like small children so very clean and good at heart and soul.

EMOTIONALLY VULNERABLE

Is a person who is easily affected emotionally(sad, anger , grief etc) very easily.

EXCLUSIVE TOO MUCH

When a person says that he is very choosy about things, people or anything in life, we can think of this rubric.

He says, “ Doctor I always want to be different from others that is why I buy the best, eat the best , wear the best and go to the best of places.”

A Calcarea is exclusive out of insecurity

A Natrum is exclusive out of introvertedness and fear of being hurt emotionally,

A Platina is exclusive out of haughtiness and high standards.

ANXIETY CONSCIENCE OF

This is a futuristic rubric. Here the patient develops anxiety that if I fall ill then my husband may have to bunk his office and his schedule will be disturbed. Also she may feel anxious if I am ill then my mother in law will have to over work, my sister in law may have to bunk her job and hence her pay may be deducted etc. Some patients come in our cabin and display real haste saying doctor if I spend more time in the cabin those waiting out may have to sit for longer period with suffering.

REPROACHES HIMSELF

This is a retrospective rubric. Here the patient usually is blaming himself even if it is not directly her fault. “I hate myself for the trouble that my family had to undergo because of my illness.” It is always “my mistake”.

REMORSE

Here a display of certain element of guilt is displayed when the patient feels that

Frequent Encounters

“had I taken my mother to this doctor she would have survived”. It is more of sadness from decision in the past. It is a more of syco- syphilitic rubric.

POLITICAL

Such are always smiling people. They are very sweet talkers and would talk nicely to their friends and enemies both. Their sole aim is to get their work. Here friendship and animosity is a matter of time where for individual benefits they will forget all the differences and talk to all.

PATIENCE

These people are really at ease. They can wait for any number of hours to get their work done without any sign of irritability and restlessness. There are people who can wait for years and years together for a small project approval or some permission in court without much irritation and agitation.

It is very important not to make any inference from single episode.

HARD ON INFERIOR AND SOFT WITH SUPERIORS

INFERIOR means anybody who can be dominated easily.

SUPERIOR means is the one who is very strong and cannot be dominated at all.

This can be very easily elicited by asking the mother whether the child hits the mother if she is irritated by a stranger. In case if the child is going to the school she would be very obedient in the school but at home she is very naughty. In case of adults they boss over subordinates or people at home, but if they meet a stronger person they become timid and mild. They are mild with strangers and outsiders but very rough with their staff.

Lycopodium, Lachesis, Platina and Veratrum album are the remedy.

Refer the chart in Drug Picture Section.

CONTENTED

These are people who do not want anything and are satisfied with what with what-

ever they get and have achieved. A businessman would not do much to expand his business he is always contented. Contented ladies would never demand of jewellery or clothes from his husband. Some children are so contented that they are not much bothered about their marks and put no extra efforts to improve the score.

INDIFFERENCE TO LOVED ONES

Indifference = no emotions

This is a syphilitic condition where one does not take note of or is not much bothered of the suffering or does not show much concern to the suffering of others or loved ones.

A physician needs to be really very precise in framing a question to elicit indifference as no individual would explain that he is not attached or close to the family. We need to frame our questions as such, "When your family member is not well do you get upset or panicky? Are you strong enough not to be affected by it?"

A syphilitic person does not admit that he has no attachment to family members. He will always show that he cares. But when the question is asked in a different manner so as to doubt his inner strength he will be proud enough to admit that I don't get disturbed by such small things which actually reflects that a family member's illness is of very less consequence for him. This shows indifference to loved ones.

Aversion to certain persons: - This is a psoric phenomenon. It is opposite of Liking. Here there is an emotional aspect associated where the patient does not like some one.

HATRED FOR A PERSON: - This is a syphilitic phenomenon where the patient reacts negatively and is repulsed by the person. He develops even revengeful attitude and detestation for the person.

Aversion = dislike;

Indifference = no emotional attraction;

Hatred = Detestation.

MOCKING AND SARCASM

Frequent Encounters

MOCKING has something to do with 'putting down' or 'humiliating' a person. The constitutional types that do so have to be egoistic and haughty. Most of the remedies will be 'who hold themselves in high esteem'.

Out of Haughtiness -Veratrum-album, Platina, Ipecac, China, Lachesis, Nux-vomica, Arsenic, Stannum, Ignatia.

Or, foolish ego - Hyoscyamus, Paris Quadrifolia

Or out of mischief - Hyoscyamus, Tarentula, Lachesis (Jesting making fun)

Or, truth - Chocolate, Alumina

SARCASM will have three mark timid constitution like 'Carbons', the charcoal or carbon hardly sets a blaze, it has fire that simmers, lingers but rarely erupt into flames, thus those constitutions can rarely show outrage due to inhibition and timidity but nevertheless, gives the touching hand heat impression. The constitution that can be sarcastic are Timid

Carbons: - Carbo-veg³, Graphites³

Animal :- Lachesis, Tarentula

Esteem remedies :- Arsenic, Ignatia, Lycopodium, Palladium, Paris Quadrifolia

Positive remedies: - Bryonia, Cannabis-indica, Causticum, Chamomila, Chocolate, Nitric-acid, Nux-vomica, Sepia

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