

In orthodox Medicine there is a tendency to think of an individual's medical history in a linear fashion. That is, as a list of past burned out ailments stretching from Point A to point B (representing the present time).

In Homeopathy we think of this process in a more 3-d manner. Imagine each episode of illness being like a walled off layer in a developing onion. To this model we now add 'dynamism', in that these walls are not solid or static, but are like force-fields forever vibrating. Thus, although each of the layers are separate, each is in contact with the whole of the structure. Not only that, but it can affect the whole, just as the whole can affect it.

TWO METHODS OF TREATMENT

In looking at an individual the constitutional type may become apparent. This means that looking at everything about them – taking an overview – one can see a remedy that fits everything. One could then treat them with the constitutional remedy in high potency, for a short time – no longer than three days, as mentioned earlier.

By using a constitutional remedy one would be aiming at treating their very core. This would cause a rebalancing or reharmonising effect to spread outwards as each layer of the body reverberated and interacted with the layer above it. The outermost layer would be likely to flare-up transiently, then be dispersed, followed by the appearance of old symptoms from underlying layers. The process would possibly continue for a long time until the dynamic reverberations died down. Think of it like the ripples of a stone dropped in a pond.

In this example of constitutional prescribing we see examples of the Law of Cure. Effectively, we are here using deep-acting remedies to start working from within outwards, to disperse outer layers – the most recent ones first.

The other method of treatment is to use superficially acting local remedies. These are more appropriate where there has been much tissue damage, as in chronic arthritis etc., and where a constitutional type is not immediately apparent. Here one really focuses upon the outer layer and uses a low potency remedy for as long as it takes to produce an improvement. Think of this remedy action to peel away from the outer layer in order to uncover the next picture. This sort of prescribing is less liable to provoke flare-ups of chronic conditions.



TUTOR TALK: The following remedies are well-recognised constitutional remedies. There are many more, so even after one has learned these it is important not to fall into the trap of making people's symptoms slot into a particular remedy. In other words, guard against fooling yourself. These are commonly used constitutional remedies. Listed below are a further listing of constitutional remedies, which the student may wish to look up.

Argentum Nitricum	Lachesis
Causticum	Lycopodium
Gelsemium	Mercurius Solubilis
Graphites	Phosphoris
Hepar Sulph	Pulsatilla
Ignatia	Sepia
Kali Phosphoricum	Silica



TUTOR TALK: Acute and chronic conditions will be looked at in one of the following assignments. In the next assignment we shall look at Miasms, Nosides and Toxins.

We shall conclude this assignment by looking at some constitutional remedies. Again, look at the discussion on the symptom profile as covered in the beginning of this assignment.

There is a marked slowness about everything. This includes their speed at getting things done, the way that they talk, the way that their bowels function. They are prone to all sorts of congestion. There is also a suggestion of physical softness.

Mentals

Melancholia is common. They are fearful of all sorts of things and may become jealous of the ability of others. They fear for their health and they fear for their lives. Confusion and poor memory function is common. They dwell on problems. Talking about their problems makes them weepy.

Modalities

Worse for exertion, be it mental or physical. Worse for the cold, damp and standing. Worse during the full moon. Better for dry, warm weather. If they have a pain, they are better for lying down.

Likes and dislikes

Likes eggs, salty foods and sweet things. Dislikes meat and coffee. Craves eggs.

Physical Features

Tend to be overweight. The handshake is soft, floppy and hands may seem to have dimples, rather than knuckles. Tendency to sweat on the hand and chest. There is a soft, 'doughy' appearance.

Disease Tendencies

Catarrh, congestion of all sorts, including constipation. Nasal polyps and warts. Backache.

Emotional Tendencies

Fears, chronic fatigue, premenstrual syndrome.

Any pains tend to be hammering, pounding or throbbing. Ailments may start after grief or loss.

Mentals

Touchiness or depressive nature, when they are feeling low they tend to weep – only, however, if there is no one around. They tend to harbour grudges for very long periods of time. They can be resentful, irritable and moody. They have a fear of being burgled.

Modalities

Worse in the mornings, in the sun and by the sea. They hate storms.

Likes and Dislikes

Crave salt and salty food.

Physical Features

Often have cracked lower lips and patterned tongue. The skin and hair may be oily or greasy.

Disease Tendencies

Cold sores, mouth ulcers, respiratory infections. Depression is common after bereavement. Migraine and palpitations.

Emotional Tendencies

Agoraphobia, anger, hate, premenstrual syndrome

Predominantly a male remedy. There is a need to use stimulants. Pains tend to be cutting or bursting.

Mentals

Irritability and fiery nature. They are quarrelsome, critical and dislike contradiction. They are generally high-achievers, but tend to be over-sensitive.

Modalities

Worse in the mornings, a couple of hours after food, in the open air and in the sun. Better for sleep and for applying pressure to affected parts.

Likes and dislikes

Likes fat, rich food and alcohol

Physical Features

Thin build. Always rushed

Disease tendencies

Recurrent migraine, stomach problems, back pains. A classic remedy for the irritability and dyspepsia type of hangover after overindulgence

Emotional tendencies

Short temper, jealousy, insomnia and dependency problems.