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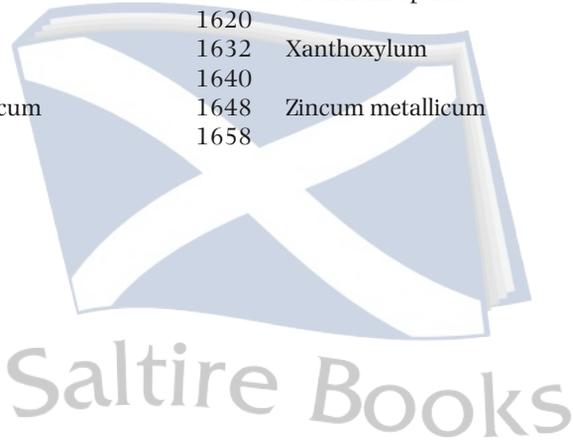
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IGNATIA AMARA

Strychnos ignatii. Syn. *Strychnos tieuté*. St. Ignatius bean.

Family Loganiaceae. Order Gentianales.

At 18 our convictions are hills from which we look; at 45 they are caves in which we hide. [F. Scott Fitzgerald]

We were so mutable, fluid with fear and desire, ideals and angles, changeable as water. [Janet Fitch]

I must uphold my ideals, for perhaps the time will come when I shall be able to carry them out. [Anne Frank]

Success has made failures of many men. [Cindy Adams]

CLASSIFICATION Loganiaceae is a diverse family of trees, shrubs and climbers. The family has 13 genera and some 420 species. *Strychnos* is by far the largest genus, with about 190 species. The family is found in both hemispheres and is widespread in tropics and subtropics, yet seldom abundant and never forming dense stands. It is usually found singly or in small groups. As a source of timber, ornamentals, and some lethal poisons, notably strychnine, the family is important to man. It is a very mixed family, probably containing several distinct groups that are no more related to each other than to parts of other families.

CHANGES Loganiaceae have been an artificial heterogeneous assemblage and therefore its status as a family has often been questioned. Ever since Bentham [1857] several taxa have been removed to other families or have been given family status of their own. For example, *Buddleja*, traditionally included in Loganiaceae, is now part of Scrophulariaceae. Another example is the altered position of the genus *Gelsemium*, which is now placed in a family of its own, Gelsemiaceae.

SPECIES *Strychnos ignatii*, more commonly known as *Ignatia*, is a *tendrill-climbing liana* to 35 m [115 ft] long, with stems to 5 cm [2 inch] in diameter and densely and finely lenticellate, brown or grey dark. The leaves are ovate or elliptic, 6–18 cm [2.4–7.1 inch] long, papery to leathery, glabrous and shiny. The white to yellowish, salver-shaped, jasmine-like *fragrant* flowers occur in axillary clusters of 10–20. There are long woolly hairs in the lower half of the corolla. The fruit is a hard, globose berry, 4–10 cm [1.6–3.9 inch] in diameter and orange when ripe. It is about 10-seeded. Its native range includes SE Asia, Philippines, Malaysia and Indonesia, where it grows in open woodlands on limestone, scrub, sometimes along riverbanks.

HISTORY "It is stated by Murray [1792] and later writers that this seed was introduced into Europe from the Philippines by the Jesuits, who, on account of its virtues, bestowed upon it the name of Ignatius, the founder of their order. However this may be, the earliest account of the drug appears to be that communicated by Camelli, Jesuit missionary at Manila, to Ray and Petiver, and by them laid before the Royal Society of London in 1699. Camelli proclaimed the seed to be the *Nux vomica legitima* of the Arabian physician Serapion, who flourished in the 9th century; but in our opinion there is no warrant whatever for supposing it to have been known at so remote a period. [The Philippines were unknown to the Europeans of the Middle Ages. They were discovered by Magellan in 1521, but their conquest by the Spaniards was not effectually commenced until 1565.]

"Camelli states that the seed, which he calls *Nux Pepita seu Faba Sancti Ignatii*, is much esteemed as a remedy in various disorders, though he was well aware of its poisonous properties when too freely administered. In Germany, St. Ignatius' Bean was

made known about the same period by Bohn of Leipzig.” [Flückiger & Hanbury, Pharmacographia; 1879]

The authors of *El Archipiélago Filipino* in discussing Medicinal Plants give a prominent place to igasud as the St. Ignatius bean was called. “Among all the vines that are found in these islands, that called by the inhabitants igasud [*Strychnos ignatii* Berg.] . . . is most highly esteemed and valued. The Spaniards, following the name that the missionaries in the Visayas gave it, call it seed of St. Ignatius, because it grows only in the territory of which the Jesuits formerly had spiritual charge. The Portuguese and Dutch call it also bean of St. Ignatius. The fruit of this vine enjoys a great reputation everywhere.”

CONSTITUENTS The main constituents consist of *indole* alkaloids, chiefly *strychnine* and *brucine*, alias dimethyl strychnine, as well as low concentrations of several other strychnine derivatives such as 12-hydroxystrychnine, alpha-colubrine, icajine, novacine and vomicine. Strychnine is present in greater quantity than in *Nux vomica* by about a third. Brucine is in lower amounts than in *Nux vomica*. The bisindole alkaloids longicaudatine has spasmolytic and strong reserpine-like activity, linking *Ignatia* to members of the reserpine producing family Apocynaceae.

TOXICOLOGY *Ignatia* bean extracts cause a number of toxic effects, including anxiety, restlessness, enhanced reflexes, dizziness, drowsiness, delicate sense perception, excruciating seizures of the entire body, augmented muscle tension, breathing problems, renal failure as well as death.

FOLK MEDICINE In the Philippines the seeds and bark have been prescribed as stomachic, febrifuge, anti-choleric and tonic.

“Among all the trailing plants found in these islands that which is of greatest importance and most esteemed is called by the natives igasud [*Strychnos ignatii* Berg.], of the family Loganiaceae. The Spaniards, taking up the name that was given to it by the missionaries in the Visayan Islands, call it the pepita of San Ignacio. It abounds in all the mountain regions of Visayas, but is not found in Luzon. When full grown it is of considerable size, the fruit at times being as large as a pomegranate, though a little longer. It has a hard shell, within which is a yellowish or slightly reddish meat, and in this is found the seed so highly esteemed in all parts of the world.

“These seeds are grown principally near Cathalogan. They are used for persons who have eaten something poisonous, in which case a little piece is eaten and immediately followed by a drink of cold water, the poison thus being expelled. So, too, taking it in this manner it cures disturbances of the stomach or intestines. It is likewise useful for paralytics and for women during parturition. Grated or in the form of powder it is much used as styptic. Grated and given with water at the beginning of the chilly stage will often prevent an attack of malarial fever. It is also useful for the bite of the caterpillar called basut, when applied as a powder over the affected place. It is used also as an emetic. Held in the mouth and sucked, it is useful for rheumatism. So, too, it relieves indigestion. The oil remaining after pieces of this seed have been fried is useful for contractions of the nerves and pains in the body.” [Report of the Philippine Commission to the President; 1901]

In Thailand, the seeds, roots and wood are used as a stomachic, febrifuge and to treat malaria. Leaves are used to treat diabetes. In India, the seeds have been used to treat obstinate vomiting, cholera, asthma, dropsy and rheumatism, and as a tonic and vermifuge. The seeds are commercially traded as a source of strychnine. The bark and the seeds are used to treat stomach-ache in Vietnam.

The roots are used in Indonesia and Malaysia as arrow poison and sometimes as a fish poison. In addition, medications prepared with extracts of the *Ignatia* bean are

also beneficial for specific types of heart problems. Ignatius beans possess *tonic and stimulant* properties and work by invigorating the vascular and nervous systems.

MEDICINAL Medications prepared with Ignatius beans are prescribed for a variety of disorders and ailments, including hysteria, colicky uterine pains, sexual dysfunction or low libido, dragging pelvis pains, burning in the soles of feet, amenorrhoea, dysmenorrhoea as well as persistent coldness of legs and feet in women during the change of life. In addition, Ignatia is also recommended to treat cholera, twitching of the eyelids, consequences of fright, depressing foreboding or insomnia, and the consequences of common nervous debility. Sometimes, the medication is used to treat nervous weakness.

“Used for its direct influence on the cerebrospinal axis, whose irritability is diminished by small and increased by large doses of the drug. It is a remedy in many derangements of the digestive and nervous system, esp. those arising from emotional disturbances, as fright or grief. Hence it is found useful in sleeplessness, epileptiform and convulsive diseases of women and children; hysteria with mental excitement or depression, acute pain in the head and pressure in the medulla, globus hystericus, hiccough, flatulent distension, and general hyperaesthesia of all the tissues; also indigestion with weak feeling at the epigastrium, flatulence with great nervous depression, and in convulsions of children from intestinal irritation, in the absence of cerebral irritation. The remedy strongly resembles Nux vomica, but for some unexplained reason seems more especially to influence the medulla and upper part of the cord. The mental depression is prominent in cases most benefited by this drug. In all the above conditions the small dose is required.” [A. Merrell, *A Digest of Materia Medica and Pharmacy*; 1883]

CLINICAL Noack and Trinks offer the following clinical remarks on Ignatia: “Intermittent type [of fever] particularly among females: the paroxysm sets in suddenly, the fever commences in the afternoon and continues through the night, the patient is unable to give a clear description of her sufferings, is beside herself, impatient, despairing, calls for help, is liable to start, thinks that this or that might hurt her, feels as if she were balanced in a cradle or on a swing, the pains are increased by every noise or jar. Consequences of deeply-rooted emotions, esp. grief. Melancholy and fixed mania occasioned by fright, anguish, grief, despairs of her salvation, imagines she has been faithless to her husband, weeping, amenorrhoea, tenseness of abdomen, cold hands and feet, constipation, the paroxysms being preceded by spasms, and accompanied by redness of face, uneasiness, running head against the wall, etc. Nightly fits of anguish.” [cited in *Jahr's New Manual*, 1848]

UPAS TIEUTÉ Allen gives *Strychnos tieuté* as the Latin name for *Upas tieuté*. Clarke states that “The *Upas* of homeopathy is obtained from a *Strychnos* and must not be confounded with *Antiaris toxicaria*, the concocted juice of which forms the ‘*Upas antiar*’ poison of the Javanese. *S. tieuté* is a climbing shrub.” Boericke calls it the “*Upas-tree*” and misspells the specific epithet as “*tiente*”. The modern spelling of the name is *Strychnos tieuté* Lesch., the author citation standing for Leschenault de la Tour [1773–1826], the French botanist who gave the plant its name in 1810.

Naming *Upas tieuté* by the correct and complete name – *Strychnos tieuté* Leschenault – the American Homeopathic Pharmacopoeia, of 1890, has this to say about the remedy: “*Upas* is a term used in the Malay tongue for arrow poison. In the Celebes and Borneo the word *ipo* is employed with the same meaning. Commonly, however, the term ‘*Upas*’ is applied to two special arrow poisons used in the East Indies, viz., *Upas Antiar*, and *Upas Radja* or *Upas Tieuté*. *Upas Antiar* is prepared from the milky juice of *Antiaris toxicaria*, the poison tree of Macassar. *Upas Radja*, or *Upas*

Tieuté, also called Upas Tjettik, and far in the interior of India Sung-sig [dagger-poison], is prepared from the younger roots and the bark of the older roots of *Strychnos tieuté*, a climbing woody plant growing in Java. The parts named are boiled for an hour with the addition of various non-essential ingredients as garlic, pepper, etc. The substance so obtained is evaporated to a viscid mass. It is brownish-black in the fresh state, but when dry resembles opium in appearance. Its taste is bitter, it is in great part soluble in alcohol, and its poisonous constituents are, according to Pelletier and Caventou, strychnine and brucine." The listing of India as a habitat of the plant should of course have been East Indies, Dutch East India or Indies, the old name for Indonesia.

Dr. Thomas Horsfield [1773–1859] performed numerous experiments with *S. tieuté* Lesch. on animals in Java in 1812. Describing it as a "large winding shrub," he called the plant *tshittik* or *tshettik*, writing: "In large individuals it has a diameter of 2 or 3 inches; it is covered with a reddish brown bark, containing a juice of the same colour, of a peculiar pungent, and somewhat nauseous odour. From this bark the poison is prepared. The stem, which in general is shrubby, sometimes acquires the size of a small tree; it is very irregular in its ascent and distribution; having made several large bends near the surface of the earth it divides [at long intervals] into numerous branches, which attach themselves to the neighbouring objects and pursue a winding course, at no great distance from the ground and nearly parallel to it. In some instances the stem rises and ascends to the top of large trees; its form is completely cylindrical, and its is covered with a grey spotted bark. . . .

"Towards their extremity the shoots produce cirrhi or tendrils, which appear without any regular distribution opposite to the leaflets; and some branches are entirely without them; they are about an inch long, slender, compressed, and spirally turned back [recurvati]."

Leschenault de La Tour was chief botanist on Nicolas Baudin's expedition to Australia between 1800 and 1803. In April 1803 he was so ill that he had to be put ashore at Timor. Forced to spend the next 3 years on Java he used the time to make the first thorough botanical investigation of the island, which had not previously been visited by naturalists except briefly by Carl Peter Thunberg. He arrived back in France in July 1807 with a large collection of plants and birds. In 1810, Leschenault published his 'Mémoire sur le *Strychnos tieute* et l'*Antiaris toxicaria*, plantes vénéneuses de l'île de Java', based on his own observations of the two plants in eastern Java and on experiments he had made with the poisons.

Leschenault had given the botanical extracts of the plants to two young researchers – François Magendie and Alire Raffeneau-Delile – both of which were puzzled with the speed with which the tieuté poison worked. This poison, identified in 1818 as strychnine by Pelletier and Caventou, when placed on a sliver of wood and inserted into the leg of a dog, produced a series of convulsions that ended in the animal's death. Dr. Horsfield would observe exactly the same effects some years later.

EFFECTS ON ANIMALS "The Upas tieuté brought from Java by Leschenault is nothing else than the extractive juice of a plant of the vine kind of the family or genus of the *Strychnos*," French toxicologist Orfilia declared. Like Magendie and Horsfield, he performed experiments on animals, of which the following is a synopsis:

"When small pieces of wood, of the size and form of an ordinary quill, are covered with the Upas tieuté, and the extract is left to dry upon their surface; and these are forced into the muscles of the thigh of a dog, it is observed that at the end of 2 or 3 minutes, the animal experiences a general uneasiness, and seeks the corners of the room; almost immediately after, all the muscles of the body contract, the vertebral column straightens itself, and the anterior feet for a moment quit the ground. This

contraction is only momentary, the animal becomes quiet for a few seconds; then a second general contraction takes place; this is more decided than the first, and of longer duration; the straightening of the vertebral column is more sensible; the breathing accelerated.

“These symptoms cease on a sudden, the breathing becomes slower, the animal appears as if astonished. To this calm, which scarcely lasts a minute, succeeds again a strong general contraction; the anterior limbs, which are stiff, and closed together, are directed backwards, the breathing is considerably accelerated, the vertebral column straightened, and the head strongly elevated, and bent backwards on the neck. The breast being no longer supported, the animal, threatened by a fall, runs rapidly upon his hind legs, whilst a more intense contraction manifests itself; the muscles of the spine elevate the breast and head, the posterior limbs become stiff and motionless, the animal falls, first on the lower jaw, and soon after on the side.

“He then exhibits a complete tetanus, with immobility of the thorax, and cessation of respiration; the tongue and gums, which are of a violet colour, announce a state of asphyxia. This state continues about a minute, than the tetanus disappears on a sudden, and the asphyxia a little at a time, in proportion as the breathing is restored. During this paroxysm, the animal preserves the use of his senses, and of the functions of the brain; it is not till the asphyxia is carried to the highest degree that the action of these organs begins to weaken. At the end of another minute, fresh general contractions, so intense that the floor experiences an evident trembling. The touching of any part of the body whatever, produces easily this general tetanic stiffness; the animal dies 5, 6, 7, or 8 minutes after the first attack.” [Orfilia, Action of *Upas tieuté* on the Animal Economy; 1821]

SYNONYM In conclusion, *S. tieuté* is a large vine with tendrils, contains strychnine, has deadly convulsive effects, and is found on Java, where it is known by the name *cetek* [‘tshettik’]. Since these are the exact characteristics by which *Strychnos ignatii* is recognised, *S. tieuté* Lesch. is now deemed a synonym of *Strychnos ignatii* Bergius.

Regarding the consistent mentioning of ‘*Upas antiaris*’ in concert with ‘*Upas tieuté*’ we are informed that, “In Javanese tradition, *Antiaris toxicaria* is used with *Strychnos ignatii*. The latex of *Antiaris toxicaria* contains intensely toxic cardenolides, in particular a cardiac glycoside named antiarin. The arrow poison is called upas, which in Javanese means ‘poison’, though, like many Javanese words, it also has a number of figurative meanings, such as ‘watchman’, ‘messenger’ and ‘courier’.” [Wikipedia]

The International Poisonous Plants Checklist: An Evidence-Based Reference, by D. Jesse Wagstaff [2008], provides *Strychnos ignatii* P.J. Bergius with the common names “false upas tree; Ignatius bean; ipoh akar; upas radja; upa teute [*sic*].”

RELATIONSHIPS See *Nux vomica* or *Strychninum*, Relationships.

SOURCES Provings by Hahnemann [H] on self, his son Friedrich, Gross, and one [?] female; no further details; by Jörg [Germany] with tincture and triturated seeds on 11 male provers in 1822; and by Pitet [France] on self and his daughter with tincture, 1x, 2x, 3x and 15x in ca. 1853 [this proving is recorded under the name *Upas tieuté*, a synonym for *Strychnos ignatii*]. Self-experimentation by Wiener [USA] with 3x, 6x and 12x in ca. 1853 [under the name *Upas*]. Symptoms marked • from Degroote’s Dream Repertory. Symptoms marked ° from Synthesis Repertory. Symptoms marked * listed under *Upas tieuté*, the synonym name of *Strychnos ignatia*.

SYMPTOMS

M After a mental exertion, esp. in morning, his desire exceeds his capacity; he is unable to speak, write, or do anything else as fast as he would like; this induces an

- anxious demeanour, wrong talking, writing, awkwardness of proceeding, requiring constant correction. Excessive and anxious desire to do now this, now that. Hurried, & blood rushing to face. [H]
- M** Ailments from anger, anger with silent grief, disappointment, disappointed love, fright, reproaches, and shame.
- M** High ideals and expectations. Strong drive to realise them, being critical and intolerant of contradiction. Expects others, esp. partner, to be perfect. No one can do anything right. Strong sense of [inner] duty. Competence, quickness and refinement used to achieve goals in outer world. Conflicts with inner state.
- M** Internal conflicts – feeling having committed a crime, being criticised, being doomed, having neglected duty, having done wrong. Self-reproach; self-condemnation.
- M** Disappointments excite inner sensitiveness, but tries to keep it in. Silent grief and brooding. Contradictory and alternating states.
- M** Secretive, passive; sighing and sobbing; rejects consolation.
- M** Emotional outbursts very quickly controlled: only tears in eyes, short sobs, sighing, constant swallowing, twitching around mouth, biting inside of cheek, etc.
- M** Tendency to eat away stresses – esp. anger and grief. May become obese; or have ravenous appetite [bulimia] # anorexia. Empty sinking in stomach not relieved by eating.
- M** Bitterness.
- M** Exaggeration. Dramatising, magnifying, blowing out of proportion.
- M** Slight censure or contradiction irritates him even unto quarrelling, which makes him feel angry with himself. The slightest contradiction irritates him, or causes him to blush. [H]
- M** Fear of riding. Fear arising from stomach. •
- M** Complete loss of concentration when being interrupted. •
- M** Aversion to being laughed at. •
- M** Aversion to kissing or being kissed by parents. • Aversion to being embraced, hugged. *
- M** Affectionate; kisses and caresses children. °
- M** Ailments from: being criticised; deceived friendship; loss of job; loss of position; punishment; reprimands. °
- M** Anger, from hearing reproaches to others. °
- M** Biting nails. *
- M** Biting people, attacking from behind. °
- M** Colours, > black; > light blue; > navy blue; aversion to dark brown; > green; > olive green; > red; > deep red; desire for lemon yellow. °
- M** Irritability, evening in bed. *
- M** Jealousy, in children, when the newborn gets all the attention. °
- M** Sensitive to moral impressions. * Unfeeling, hard-hearted, with family, friends. *
- M** Dreams: Coronation. * Cruelty. Deliberations. Being drowned. Excelling in mental work.
- G** Spasmodic and erratic symptoms. Pains in small spots
- G** Pains cramping; constricting; pressing.
- G** Changeable appetite. Internal state affecting stomach, digestion and appetite.
- G** Appetite wanting from vexation. •
- G** Loathing of tobacco smoke. Anti-smoking crusader.
- G** Physical exertion >. Running >. Walking fast >.
- G** Menstrual period <.

- G** Overpowering sleepiness, morning.*
G Sleeplessness, after fright in pregnancy.^o
G Ailments from sexual excess.* Awkwardness, during coition.* Restlessness, during coition.* Weakness eyes, morning; after sexual excesses.* Sexual desire diminished [in males], < sexual excesses or masturbation.* Aversion to coition [in females].*
S Vertigo as if falling from a height.* Vertigo < rising from stooping.*
S Head as if empty, hollow, < stooping.
S Something hard pressing on vertex.
S Occiput as if pressed inward.
S Occiput so heavy that head would sink backward.
S Left eye as if pressed inward. Right eye as if protruding from socket.
S Front half of tongue as if numb when talking, as if burnt when eating.
S Lump in throat. Jaws as if dislocated. Teeth as if crushed.
S Lump in oesophagus, preventing swallowing.*
S Stitching throat pain as from splinters, < swallowing.*
S Choking from pressure on throat.* Suffocated feeling, on pressing left side of throat; from pulsation in throat.* Oesophagus as if distended.*
S Stomach alternately as if full and empty, the latter accompanied by bulimia.
S Stomach as if hanging by a thread.
S Constriction abdomen as from an iron band, preventing respiration.*
S Knife or poker in rectum.
S Chest as if too small.
S Right shoulder as if paralysed, right arm as if not belonging to her.
S Joints as if dislocated – shoulders, wrists, thumbs, hips, knees, ankles.
L Headache from talking much or listening attentively to a speech, as if head would burst, > reading and writing quietly.
L Headache from too eager attention; increasing gradually but ceasing suddenly; from strong odours; > profuse urination.^o
L Pressing pain, after vertigo.* Pressing inward pain, occiput.*
L Pressing pain, morning on waking; evening after going to bed; < opening eyes.*
L Headache ends in yawning and vomiting.
L Heaviness eyelids in morning.* Loss of vision during menses; < stooping.*
L Blocked nose, alternating sides every few minutes, preventing sleep.
L Twitching around mouth. Distortion face when speaking.
L Nausea, from thought of eggs; thought of food; thought of meat.*
L Pain abdomen after brandy; after sugar.^o
L Involuntary urination during anger.*
L Difficult respiration > eructations.* Difficult respiration from pressure on throat.*
L Oppression chest from grief.* Palpitation on going to bed.*
L Dull backache, as after excessive coition.*
L Cramps legs during sexual intercourse.* Pain calves, > warmth of bed.*

CHARACTERISTIC CASE

M.M. Frye, Hysteria; Hahnemannian Monthly, Vol. XII, No. 12, July, 1877.

The following case of hysteria has been the cause of much anxiety on the part of parents and friends, and has been some trouble to physicians: Miss X, aged 18 years, has had hysterical convulsions about 4 years. The paroxysms appeared soon after menstruation, which commenced at the age of 14. She is a tall, slender girl, of fair complexion, light-brown hair, and blue eyes. In childhood had delicate health, and at

this time had some swelling of the lymphatic glands of the neck. On account of the delicate health was petted a good deal and accustomed to having her own way.

I saw her Nov. 27, 1876. In appearance and actions she seemed idiotic. She had been nearly unconscious for one week, having from 2 to 5 convulsions a day of from 1 to 5 hours each in duration. During the convulsion she would throw herself wildly about, doing things that she could not when out of the paroxysm. She would bite and tear her clothing, bite herself, and pull out her hair, and seemed unconscious of pain. During the paroxysm she would busy 2 persons in keeping her on a bed and from injuring herself and clothing. On coming out of the paroxysm she did not return to full consciousness, but was in an indifferent, apathetic condition. At times she would walk slowly about the room limping, from the partly paralyzed condition of the left leg, sometimes rubbing the forehead in a confused way, as if trying to recollect and understand what was taking place about her.

Again she would become wild in actions, running, jumping, and screaming, and perhaps end with a paroxysm. A peculiar pain, seeming to cause much distress, changing from the jaws to the left knee, back and forth, quicker than she could follow it with her hands, was the usual forerunner of a paroxysm. I learned that, when in a more conscious state, and when she could make herself somewhat understood, she complained of a good deal of pain in the forehead, and heavy aching in the back of the head. Sometimes there was considerable flushing of the face and heat in the head. There was a continual roaring in the head, which caused her much annoyance. She complained of the light hurting her eyes. She had almost constant weakness and faintness at the pit of the stomach, which was not relieved by eating.

Along the spine, more esp. between the shoulders, there was great tenderness. A touch here would throw her into a paroxysm. Noise of a door shutting or anything falling would generally throw her into a paroxysm, but she could often make as much noise herself without being affected. When well she was right-handed, but now became left-handed. She had forgotten her name, and, if well enough to understand anything, and make an attempt at talking, she assumed a new name for herself, and all objects were likewise misnamed. She disliked being in a warm room, and felt better when out in the air. She had little appetite, and that variable. She had been accustomed to call for food and to receive it at any time of day or night. The bowels were irregular and constipated.

She generally slept late in the morning, or part of the forenoon. At times in the night she would fall into a condition of trembling and muttering, which disappeared on being awakened. The menstrual periods were regular, and nothing appeared wrong with them, unless the flow was a little scanty.

Her strength had been growing less, and there was some emaciation. She received a good deal of attention and sympathy from the family, which was often carried to an excess. She would not be crossed in her wishes without a storm, which perhaps ended in a paroxysm. Her general condition was such that little hope of a recovery was expressed by three physicians who saw her about this time. It was thought best, in order to give her proper treatment and care, to send her to an insane asylum, but to this the family were decidedly opposed.

I did not get all the conditions and symptoms at first, and prescribed several remedies, Nux vomica and Pulsatilla being the chief ones, which perhaps did not do much good nor much harm to the case. After a few days she became more conscious, and would notice people and things a little, but still was in a sort of idiotic condition. I commenced, as necessary to treatment, ordering her meals at a regular time, and plain, simple food. Her sleep also was brought to some regularity. She was still having

from 2 to 5 convulsions a day. Having studied the patient and her symptoms, I found that *Ignatia* corresponded best with her condition, and by the use of this remedy her general condition gradually began to improve. Improvement continued, and as she became more rational.

I had her commence to walk a little out of doors every day, which she enjoyed. The convulsions diminished in number and in duration, until they came only when startled by noise or fright, or at the period. The remedy was continued at irregular intervals, more frequently when she appeared excitable, or at an appearance of a convulsion. There has been a gradual improvement in the case, the last paroxysm being at the period, but less severe than formerly. She has now passed over one period without a paroxysm. She takes a walk every morning, which gives much pleasure, is becoming able to do some housework, reads, sews, and is becoming interested in the usual household affairs. [Reprinted from Vista Vintage]

IODUM

Iodine. Element 53. Group or Column 17 of Periodic Table.

Act quickly, think slowly. [Greek proverb]

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy. [Dale Carnegie]

This is the cult of busy. That simply by always seeming to have something to do, we all assume you must be important or successful. [Scott Berkun]

The hunger for love is much more difficult to remove than the hunger for bread. [Mother Teresa]

CLASSIFICATION Iodine is a member of the halogen group of elements, along with fluorine, chlorine, bromine, and astatine. Iodine is a bluish-black, shiny, non-metallic solid that volatilises at ordinary temperatures into a *blue-violet*, corrosive gas. It forms compounds with many elements, but is less active than the other halogens. Iodine stains a starch solution deep blue, which is characteristic of the free element of iodine. It stains the skin an intense yellowish-brown.

The element was named 'iode' by Gay-Lussac in 1814 after the Greek word *iodes*, meaning violet, for the colour of iodine vapour.

HALOGENS The halogens form diatomic molecules that are gasses at normal temperatures and pressures and therefore are mobile and play significant roles in the atmosphere, hydrosphere, and biosphere. Most of the halogens are found in relatively small amounts in the Earth's crust, with the exception of astatine, which does not occur naturally because it consists exclusively of short-lived radioactive isotopes.

The halogens, particularly fluorine, are highly reactive, so that they never occur uncombined in nature. They were given the name halogen from the Greek *hals*, salt, and *gen*, to produce, because they all produce sodium salts of similar properties, the best known being sodium chloride, table salt. The halogens also *combine readily* with potassium. Each halogen atom carries 7 electrons in its outermost orbitals and needs an electron to complete its octet. Potentially, the halogen atoms can hold one additional electron; in acquiring such an electron the atom acts as an oxidising agent and in the process assumes an electrical charge and becomes an ion.

"Halogen elements exist in their salts as halide ions, which are very stable. Of the halogen elements, fluorine is prepared in the free state with the greatest difficulty and