

Aqua: Water Remedies in Homeopathy

By Raymond Sevar, Published by Saltire Books, Glasgow Scotland 2022

Reviewed by Francis Treuherz

What a beautiful idea and very well implemented. This is a thoughtful compilation of diverse material about some 30 water remedies based on provings, erudite case studies and clinical experience. We might recognise those who need these remedies by their use of 'water words' of which 111 examples are listed. Be careful when studying this book not to get distracted: I looked at a materia medica called Waterworld but it was Bodrogi's book all about fish remedies!

There are salt waters including the Dead Sea known by its Hebrew name, Yam Ha-Malech, proved in Durban for a student project for an MTech degree. There are hot springs, warm springs, cold springs, a lake spring, distilled water, and river water – 'desires potatoes' appeared in the proving of the Irish river Aqua Taosca. Included early on in the preparation for the book there is even a proving of the Roman pool waters of Bath – Aqua Sulis, presented at a Faculty Conference appropriately taking place in Bath city in 2000. I was touched by a dream symptom – sitting on a water lily with my son!

There are interesting overlaps, for example Aqua Sanicula and Sepia overlap in chloasma and in uterine prolapse. Aqua destillata shares with Oncorhynchus tshawytscha (salmon) and Oxalic acid a desire to beget children and raise a family. Many have been proved and for the unproven ones such as spa waters there are clinical signs.

Dr Sevar collaborated with the late David Warkentin to have the remedies included in MacRepertory. He suggests that all repertory abbreviations carry Aq- as a prefix so that they can be located in matrix charts and rubrics. Since waters have mineral ingredients they are often related to mineral remedies.

There is a short chapter on miasms looking at clinical rubric clusters that relate to the miasms. There are plenty of case studies; my prize would be awarded for a case of glue ear helped by Aqua Sanicula.

Not in the book are Chalice Well Water from a holy well in Glastonbury and Winchelsea Sea Salt and Water from the South coast, probably influenced by a nuclear reactor at Dungeness.

This is a new adventure bringing together existing and new remedies into an exciting new family which will need some hours of enjoyable and fulfilling study. Don't get wet feet.