

Ian Watson

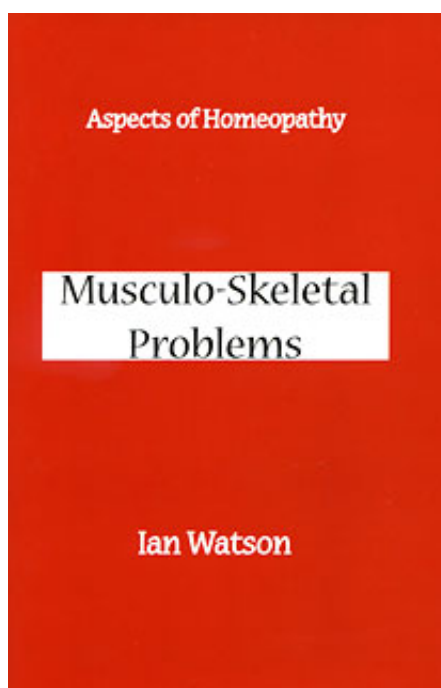
Aspects of Homeopathy

Reading excerpt

[Aspects of Homeopathy](#)

of [Ian Watson](#)

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glass cut, a severed tendon, and that whole part of my hand started hurting just like it did when the tendon was cut. It hurt for hours.

Ian: There you go - a return of old symptoms. And then did it heal?

Audience: Yes. It was fine.

Ian: It brought out an old site. A good sign. You get that on a remedy, it's a good sign. I've seen that sometimes, someone has an ankle sprain, you give them *Arnica* for this, and as that heals, they come up with an old shoulder injury, or an old hip injury, within a few days. It's a good sign. They hadn't even thought to mention it. It was twenty years ago. So that remedy has gone deep.

Audience: Yes - this was an old ankle injury which turned up in the same twenty-four hours.

Ian: That usually shows that the remedy has gone deep. The person needed it for years for other things.

Audience: I had a lady. She came to me. She jammed her finger, and the pain and everything, I gave her *Hypericum* for it. She called up the next day, and she said, "I don't know whether to come over and kiss you or give you a big smack. "My finger is wonderful, but my knee is horrible" - and what was dramatic about this, this was a 30C out of my beginner's kit, and that knee had been totally nerve dead for fourteen years! She could kneel on a toy and bleed that whole area, she didn't even know. She woke up and it's completely normal. This is years down the road, and it's still normal.

Ian: That's pretty good!

Audience: Amazing! I mean it's just amazing!

Ian: I had a similar thing, someone who'd had a nerve cut, in the wrist - I think maybe they'd had carpal tunnel. This person had a nerve cut, and they had deadness in the fingers ever since and they had an injury, and they took *Hyperietan* for it, and this all came back within a few days. All the sensation came back. Incredible, isn't it? But it's classic, injury to nerves, that's *Hypericum*. And yet, people are told that these things can't grow back, so we don't even think to treat them. I've had people ask me in the past, "Can nerves grow back? Can homeopathy do that?" And I've said, "No, I don't think so." But we don't know what's possible, do we? It's worth a try.

Joint Problems

I want to talk a few minutes about a few little remedies with strong joint affinities. Some of these will be more chronic joint problems, where it's not so much a first-aid situation, but it's not necessarily a constitutional problem either, where they just happen to have a chief complaint that's affecting the joints primarily. So there's a group of

remedies to look at here. The first one is a relatively small remedy called *Benzoic-acid*.

It's an interesting little one. It's got a strong affinity with the kidneys and the urinary system as well as the joints. Often you'll see those two things together in the same patient. One of its best keynote is very, very strong smelling, dark urine. Often poor elimination by the kidneys is part of the picture. It's one of the best remedies for gout. Gouty deposits. One of its best keynote is cracking in the joints, the technical term for which is crepitation. It's when you get cracking, and you can hear it.

The other thing that I've seen *Benzoic-acid* help is bunions. Bunions, especially on the big toe. These can be very, very painful. Again, people often end up having surgery, and then they have a recurrence, and then they have more surgery. It's not a nice operation. It often takes them a long time to recovery.

Audience: Would you use high potency for that?

Ian: No, I would tend to use this in low potency, repeated. I think I only used to have it in 6X and I would give that three times a day, for a period of weeks and sometimes months. Remember it as a remedy for gout, cracking joints, especially the knees, and bunions affecting the big toe. *Lithium-carb.* is another one for cracking joints.

Anybody use that one much - *Benzoic-acid*? Anyone have any cases with it at all? It's one of those little ones that get lost so much; it's probably a polychrest, really! (Laughter.) I like the little ones.

This is a bigger one. Jane always asks the question. I always talk about *Kali-carb.* I'll take any opportunity to talk about *Kali-carb.* *Kali-carb.* is a constitutional remedy, in other words, it can affect the whole person, mentals and everything, but it's got a very, very strong affinity with the skeleton, with the whole skeletal structure, and particularly with the pelvis and the back, the sciatic nerve and the hips. So it's like the weight-bearing area of the body. It's a major remedy following pregnancy and childbirth. All kinds of structural misalignment problems, especially if they're following childbirth. Sciatica since childbirth, it would be a number one remedy. *Hypericum* would be a close competitor. Also think of it where a woman had a difficult labour, and ever since then, she's had a backache which typically will reoccur every time she has her period. So backache with the menstrual cycle, which was triggered by a difficult childbirth, usually a prolonged labour where the child got stuck, something like that.

Audience: And is the pain during the period?

Ian: It can be before, and/or during.

Audience: Ian, I had one woman who had like the symphysis pubis separated, and always felt like it never quite got back together again.

Ian: Right.

Audience: Is that more *Kali-carb*, or I was wondering if *Bellis-perennis*...

Ian: I would think of *Bellis* first. And I'd also consider *Caulophyllum*. Another thing to look for with *Kali-carb*. is a person who has lumbar back problems and what they want to do is support the back. They want to sit with a cushion in the chair so that there's something firm up against their back. Or they'll say it's O.K. if they're lying on a hard surface or a nice, firm mattress. They don't like it to be too soft. Anything that gives it too much space and flexibility will aggravate.

It's also a major remedy for hip problems, and especially the right hip. So it's got a particularly strong affinity with the right hip. If you don't know what to do, someone with right hip problems, or you've tried the constitutional, or you can't find it, I found that *Kali-carb*, has a very, very strong affinity with the right side, and it's particularly good if you've got things going from the hip down to the knee. So if you have pain which is extending from the right hip down to the right knee, that's a very strong indication for *Kali-carb*. **Audience:** What kind of potency with that?

Ian: Whatever, really - 30, 200. It's one I would tend to give as a single dose, see how they respond. And repeat it, if you need to. The exception to that is someone who's got chronic arthritis, in which case I would probably start low, 6c's daily, and work your way up.

Audience: Now *Kali-carb*. is the one I remember from Kent's being the big lecture on what not to do. It scared me to death, and I had a call from another homeopath who had given it to someone who died, and she was scared she had killed him, and it was like - can you talk about that, whether there's a specific case to avoid? **Ian:** Right. I think he was right in identifying it as a deep-acting remedy, which means to me that it has an affinity with deep organs and tissues. Not just tissues, but organs. So it has a deep affinity with the liver, a strong affinity with the lungs, a fairly strong affinity with the kidneys, and an affinity with the spine and with the gall bladder. I think what Kent observed was using it in things like tuberculosis, where the patient was heading deathwards anyway, and he gave a high potency usually, Kent being Kent, of a remedy that had a strong affinity with their weakest organ, and it was enough to tip them over the edge. They were headed that way anyway. It's not like

the remedy killed them, but it kind of exacerbated where they were already going. I think partly due to the potency and partly because he was treating too deep, too soon. He should have probably been using organ remedies rather than constitutional remedies.

My own experience has been, outside of something like T.B., which it's unlikely that you'll get to treat much of, that you can use *Kali-carb.* like any other remedy. I've used it really a lot in arthritis, sciatica, hip-joint problems, backache, in pregnancy, during and after childbirth, and menstrual and hormonal problems and thyroid problems. It's just such a polychrest, I wouldn't hesitate to give it to someone where it's indicated. I honestly can't say I've seen it cause more aggravations or worse aggravations than any other remedy.

Audience: It made an impression on Kent.....

Ian: Yes. He probably had one bad experience with it, you know? Someone threatened to sue him after (laughter)..... He got a bit scared about it. I don't know what.

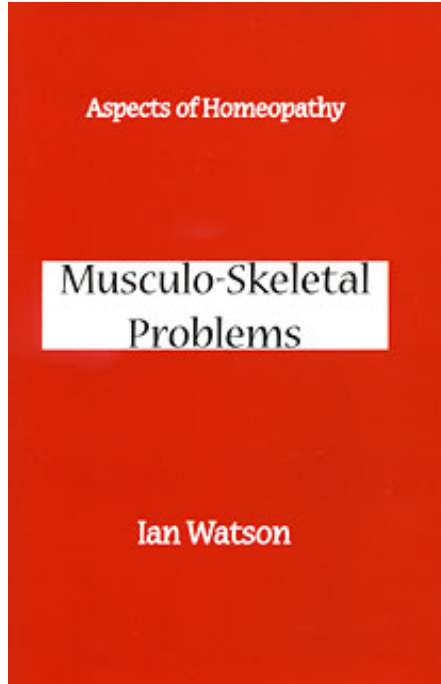
It's really good if a woman's had a bad childbirth and what she's said is, "All the labour pains were in the back." If you ever hear that, even if it's years later now, she describes the pregnancy, and you say, was there anything particularly strong about the pregnancy, and she says, "Well, no, but during the labour it was all in my back. My back was killing me". If you ever hear that, *Kali-carb.* will probably be what she needs, even years later. And the chances are that woman will have on-going backache. She'll have a weak back. It's a great remedy.

Audience: Would you go for a low potency some years later from the birth?

Ian: No. If it's a clear never-well-since, I'd tend to give it higher. I only would start lower if it's a degenerative pathology, like they've got osteoarthritis or something like that. Then I would start chipping away with a 6C.

Another thing *Kali-carb.* has a lot of is oedema. A tendency to fluid retention. They have it locally. The fingers can get puffy and so on, but especially in the face, where you see that in the face, puffy around the eyes is a good little clue, the kidney weakness. What would you think of for oedema around the ankles and the feet? What would be your top remedy? **Audience:** *Medorrhinum.*

Ian: Yes. *Medorrhinum* would be my number one, if you don't know what to do, and that's the chief complaint, the tendency to accumulate fluid in the ankles and the feet. **Audience:** Even in a cat? **Ian:** Yes, why not?



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