

# George Vithoukas

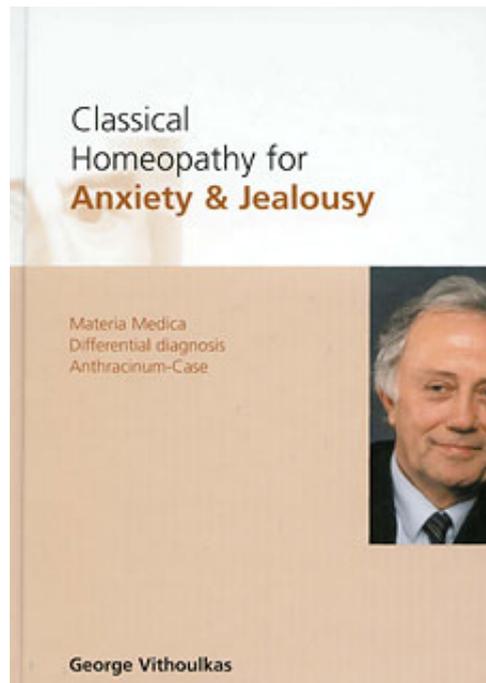
## Classical Homeopathy for Anxiety & Jealousy

Reading excerpt

[Classical Homeopathy for Anxiety & Jealousy](#)

of [George Vithoukas](#)

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## STRAMONIUM

Thorn Apple

### MENTAL/ EMOTIONAL SYMPTOMS:

- Delirium - loquacious, sings, makes verses, raves.
- **Desire LIGHT and COMPANY**
- Imagines all sorts of things, thinks she is double.
- Out of control, destructive even malicious behaviour.
- **Striking, biting, tearing, shrieking, cursing, smashing things.**
- **FEARS:**
  - Darkness**
  - Water**
  - Animals**
  - Violence**
  - TUNNELS**
  - Death**
  - Being alone**
- Strong fears at night, wake with terror, wild look in the eyes.
- **Stammers.**

## Anxiety

### PHYSICAL SYMPTOMS:

- Vomiting as soon as he rises from the pillow.
- Congestion of head.
- Eyes wide open, prominent, brilliant, pupils widely dilated.
- **Face hot and red with COLD hands and feet,** blood rushes to face.

### GENERALITIES:

- Painlessness.
- Suppressed secretions.
- **TWITCHING** of single muscles or groups of muscles, especially of upper part of body.
- Cough: barking, deep, loud.

### MODALITIES:

- Amelioration:  
**Bright light, company,** warmth.
- Aggravation:  
**Darkness, when alone,** looking at bright shiny objects, after school, on attempting to swallow, water.

G.V.: This is an interesting remedy, and I want to give you the general make-up, through which you will understand where the panics come from. This is a remedy that harbours a lot of aggression, a lot of violence in the subconscious mind. This is the dark side, something they themselves are afraid of. If it comes out, it will be uncontrollable.

Sometimes there is a connection between the subconscious fears and the subconscious violence. You have to fight the fear. You have to fight the dog. You are afraid. For

them the dog is a symbol of something that can devour you. *Stramonium* has a striking delusion of being attacked by dogs, a fear of dogs that might attack.

**Fear and delusion  
of being attacked  
by dogs**

And whatever reminds them of darkness and closedness is a stimulus for a reaction in *Stramonium*. The darkness seems to bring up the darkness inside them. And they are lost in that darkness. "If I wake up in the middle of the night and I have no light, I don't know where I am." You see, immediately the fear overwhelms them and they think they are lost. Because in darkness, you don't know where to go, right? In total darkness you are lost.

**Fear of dark,  
need light to sleep**

This is the feeling of *Stramonium* in the darkness. Darkness as a symbolic idea. Darkness comes from the subconscious; it terrifies the person and can throw him or her into a state of panic. You discover that he has been urgently insisting that the light be left on at night, and anxiously desiring company at all times.

## 2. Chapter Jealousy

G.V.: We will speak about jealousy and the differential diagnosis. But before we speak about jealousy, I want to ask whether you think jealousy is pathology. Is jealousy, the feeling of jealousy, pathology or a natural feeling? *(audience is silent)*

The answer is difficult. We cannot say it exactly. So therefore we have to find out what we mean when we say we treat jealousy. Because if we say every person who feels jealous is in a pathological situation, it would be a mistake in my opinion. It is within human nature to feel that whatever is ours is ours. And we don't like to share it with others. So, within some limits, this is a natural phenomenon.

Let us go to the idea of jealousy within a relationship, between two people who love each other and who feel jealous. We have to admit that if we don't feel jealous, there are two possibilities... *(audience laughs)*.

You know the first one: it's not really love. But in case we say we really love, but we don't care, we aren't jealous - then we need a remedy, *(audience laughs)*

Because indifference in that situation is also pathology if you are in a relationship, especially an erotic relationship. Why do I say "Erotic"? Because eroticism contains the idea of desire for each other. The sexual desire. What is Eros? Eros is the desire to have something that does not really belong to you. *(giggling in the audience)*

You are in a situation where you really desire that this particular person will become yours.

And then you feel that now this person has become yours. Once you feel that, Eros is gone, is finished, (*audience giggles*) I'm not sure - can you follow my thinking...? (*laughter in the audience*) Oh, I feel, more or less you understand...

In order to be happy I need to feel that the object of my desire eventually has become mine. Now: this process is a slow process. It happens within the relationship of two people. It seems or it appears that it is fulfilled in a relationship when we have the sexual encounter, one entering the other (in the sexual matter).

So, this whole process begins with a flirt, and then the erotic desire increases more and more, until you finally reach a peak, the fulfilment of the desire, which lies in the sexual act. This is what we feel as human beings. These are basic feelings everybody has.

Now, within this process, which lasts from a few months to a few years, the feelings of jealousy within this context are necessary and not pathological. During this period you feel that you want the other person to be exclusively yours. And therefore the least deviation from this idea makes you upset, gives you ill feelings, grief and whatever. So, the feelings of jealousy are a normal phenomenon within human relationships.

Those who do not feel jealous in this context have a problem. The problem is that their emotions have been hurt and have been damaged, have been numbed, silenced. You have become all brain and no heart. That is not good. It's not a good balance, (*silence in the audience*)

Am I bringing you some problems? (*audience giggles*) I can see the eyes wondering: is he right? Is he wrong? What about me?

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- **Fear of:**
  - Dark**
  - Water**
  - Animals**
  - Violence**
  - TUNNELS**
  - Death**
  - Being alone.**
- Strong fears at night, wake with terror, wild look in the eyes.
- Stammering.

PHYSICAL SYMPTOMS:

- Vomiting as soon as he rises from the pillow.
- Congestion of head.
- Eyes wide open, prominent, brilliant, pupils widely dilated.
- **Face hot and red with COLD hands and feet.**  
Blood rushes to face.

GENERALITIES:

- Painlessness.
- Secretions are suppressed.
- **TWITCHING** of single muscles or groups of muscles, especially upper part of body.
- Cough: barking, deep, loud.

MODALITIES:

- Amelioration:  
**Bright light, company** and warmth.
- Aggravation:  
**Dark, when alone**, looking at bright shiny objects, after school, attempting to swallow, water.

G.V.: Another remedy which is really violent in its behaviour in jealousy is *Stramonium*. The primary process in *Stramonium* is an uncontrolled eruption of the unconscious, leading to violent, aggressive behaviour. In the normal

person, the contents of the unconscious - evolutionarily, the animal instinctual level - are kept under tight control by the higher cerebral functions, the conscience, societal and cultural influences, and moral and religious values.

**Violent, uncontrolled explosion when jealous**

In the *Stramonium* state, the unconscious instincts erupt with awesome suddenness and violence and there appears to be no chance for the normal mechanisms to establish any degree of control.

**Most violent aggression, may even kill**

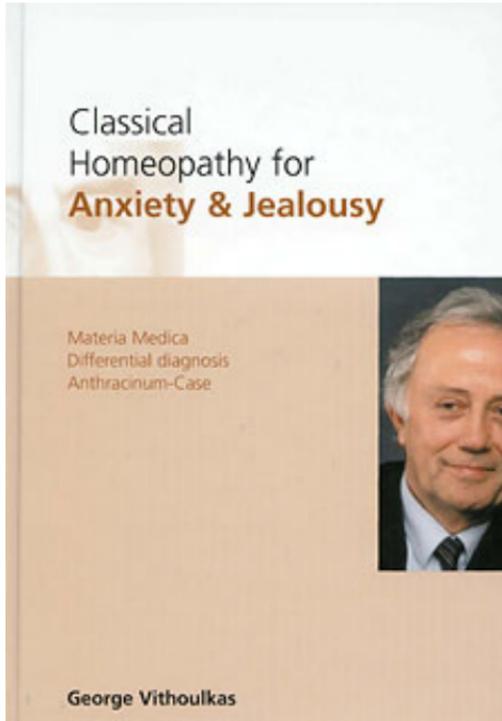
*Stramonium* will not have desire to kill, it will kill. This is the difference between *Stramonium* and *Hyoscyamus*. *Stramonium* really means to kill.

*Hyoscyamus* has a desire to kill. *Stramonium* is really violent.

In comparison with the other remedies, the point to emphasise is the malicious, violent, aggressive, uncontrolled eruption of the unconscious, particularly in chronic and sustained manias. *Stramonium* is the most violent, then *Belladonna* and finally *Hyoscyamus*.

The *Belladonna* violence is mostly in acute states. During the *Belladonna* delirium we see that the patient wants to climb up the walls of the room.

He gets up from bed with a very high fever and you see him struggling to climb up the walls in a wild state.



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