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Spectrum of Homeopathy 2014-3, Insects

Sample text

Spectrum of Homeopathy 2014-3, Insects

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SPECTRUM OF HOMEOPATHY

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INSECTS

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EDITORIAL

Dear readers

Have you heard of Anax imperator or Schistocerca gregaria? The first one is the emperor dragonfly, a particularly magnificent specimen from the dragonfly group, which comprises a total of 5,680 species. Like all its fellow species, it has sophisticated abilities technically equivalent to a combat helicopter – despite its dazzling beauty, it uses its hooked feet to snatch its prey in mid-flight.

A young lad with a developmental disorder and severe restlessness could unknowingly draw this species, as it strongly resembles his favorite Star Wars character: a robot with two hooked talons and four green-blue illuminated laser swords. The striking similarity of the boy's robot sketches to Anax imperator led Markus Kuntosch to the potentized but so far unproved Dragonfly: the successful progress of the case indicated that his hunch was spot on.

What about Schistocerca gregaria, the desert locust, which can mutate from a strange loner to a swarm weighing several tons, able to strip whole landscapes bare? Only a few of you will have heard of this Insect remedy but it has been proved just as thoroughly as the related Schistocerca americana. Despite the solid homeopathic data, Jonathan Hardy and Heinz Wittwer additionally make use of Insect themes and the particularly "locust-like" nature of their patients when prescribing Schistocerca.

Themes and signatures in the sense of a species' biological peculiarities always play a key role in the homeopathic approach to this ancient and most species-rich class of animals. This is also true of such well-known remedies as Apis mellifica, Formica rufa, or Coccus cacti, as shown by the cases presented by Sigrid Lindemann, Rajan Sankaran, and Shekhar Algundgi. Ulrich Welte gives us a glimpse of the impetuous, erratic charisma of Cantharis vesicatoria, primarily known as a bladder remedy.

The work with themes and signatures also enables an initial homeopathic differentiation within the confusing kingdom of the insects. A fascinatingly original approach is taken by Peter Fraser with his contribution on the style of nutrition found in the insects. "You are what you eat" is his motto and, indeed, the differentiation between blood-sucking insects, cannibals, plant-eaters, coprophagous (feces-eating), and nectar-sucking insects is a rich vein of new homeopathic knowledge. The same is equally true of the question of parasitism, which Jörg Wichmann and Angelika Bolte address using Coccus cacti and Hirudo medicinalis, and Jean-Thierry Cambonie with Sarcoptes scabiei. Ulrich Welte supplements these observations with information on bugs, fleas, and other nuisances. The equally annoying housefly, Musca domestica, and the mosquito, Culex musca, are carefully analyzed in terms of their stress patterns by Andreas Richter.

Turning to the large crawling insects, we must not forget to examine the common cockroach, which is reputed to be so tough that it can even withstand a nuclear catastrophe. In her contribution on the Indian variant Blatta orientalis, Bhawisha Joshi first provides an overview of the general themes of Insects, seeking overlaps with other remedy groups, such as Spiders, Rodents, or the fourth series of the periodic table.

For an ardent illustrator, the insects are obviously a real godsend, if not always terribly appetizing – see Fraser's remarks on cannibalistic and coprophagous insects. Disgust is an important theme of these animals, as is beauty. When in doubt, we have chosen beauty for the illustrations! Accordingly, we chose a butterfly rather than a cockroach to grace the cover of this issue. Lepidoptera represent this theme for the entire class of Insects. Patricia Le Roux's book drew our attention to the use of Butterfly remedies for hyperactive children who lack a sense of orientation. With the contributions of Jonathan Hardy, Alize Timmerman, and Jenna Shamat, we can see how these remedies are also connected to adult themes, such as love and metamorphosis, death, and rebirth.

Even this multifarious issue with its wide range of example cases can come nowhere near representing the stupendous breadth of the insect spectrum. For the moment, we have to accept that this is still largely unmapped terrain for homeopathy, in which themes and signatures can play an important role in orientation, but without replacing the need for new remedy provings. With this issue of SPECTRUM, we would like to give you a feeling for the special energy of the Insects and encourage you to engage more closely with this intriguing kingdom.

Christa Gebhardt & Jürgen Hansel

Chief editors

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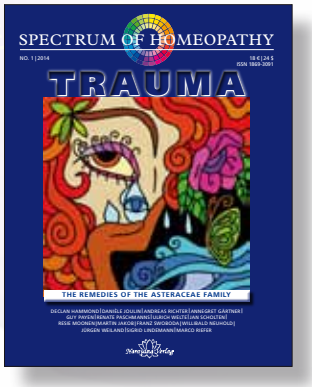

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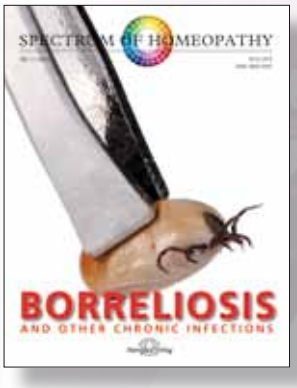

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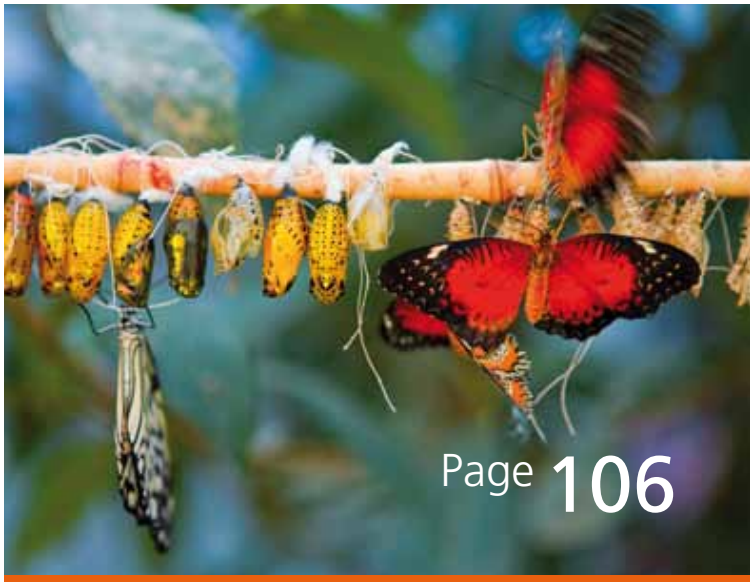
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Dangerous flying dragon: the monster in the young boy's pictures is strikingly similar to the large emperor dragonfly, Anax imperator

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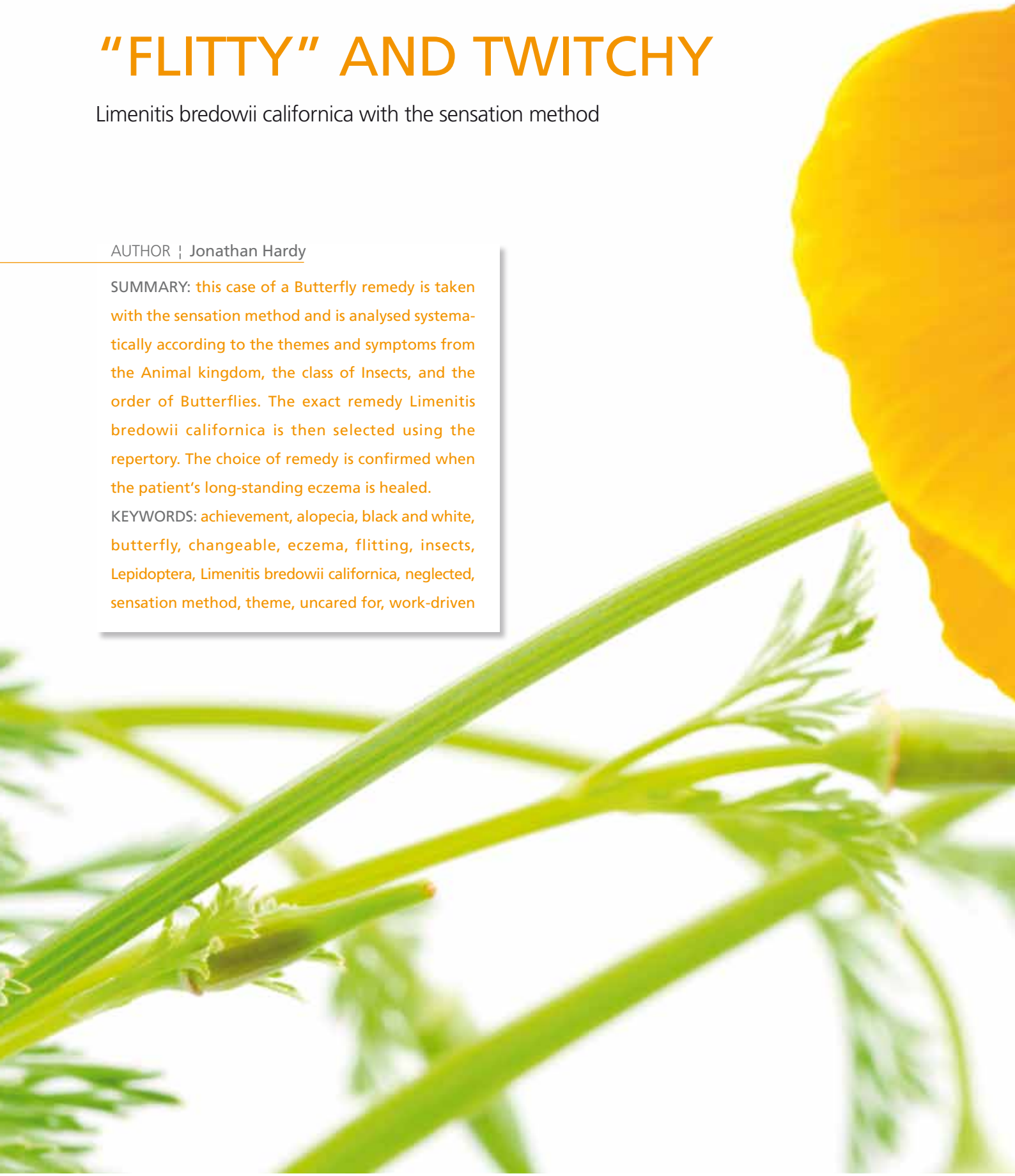
"FLITTY" AND TWITCHY

Limenitis bredowii californica with the sensation method

AUTHOR ¦ Jonathan Hardy

SUMMARY: this case of a Butterfly remedy is taken with the sensation method and is analysed systematically according to the themes and symptoms from the Animal kingdom, the class of Insects, and the order of Butterflies. The exact remedy Limenitis bredowii californica is then selected using the repertory. The choice of remedy is confirmed when the patient's long-standing eczema is healed.

KEYWORDS: achievement, alopecia, black and white, butterfly, changeable, eczema, flitting, insects, Lepidoptera, Limenitis bredowii californica, neglected, sensation method, theme, uncared for, work-driven



Limenitis bredowii californica – common name the California Sister, also known as Adelpha californica – belongs to the Nymphalidae family. The butterfly is native to the USA and is especially common in California. The photo shows Limenitis bredowii californica in an aesthetically appealing combination with a yellow poppy although it normally prefers oaks.

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CASE: twenty-six-year-old man, eczema; "my father never gave me guidance." A case of Limenitis bredowii californica (California sister)

Patient (P): "I have eczema. I literally woke up one day and it was just there for no apparent reason. It started ten years ago. I lived in Cornwall for two years and it was better, maybe because of the soft water or because I was surfing every day and had no worries. If I'm stressed it gets worse two days later."

Jonathan Hardy (JH): What is it like then?

P: "When it's bad, I feel helpless, stressed, and unable to control the effects. It's so debilitating. It's all over my body and it changes all the time in its ferocity. It's so changeable. I've had a stressful life in many ways. I'm a black-and-white person. It's everywhere – it moves around a lot. Visually, when I'm face to face with someone, it puts me in a spiral of unhappiness. I've done lots to try and get it fixed. I'm struggling with it. This is a last-ditch effort to do something about it. I've done things in the past I shouldn't have, and then I pull it around, I grow up."

JH: Say more about that.

P: "Well, alcohol, cigarettes, drugs. I can be a bit manic."

JH: Say a bit more.

P: "My Mum's been ill. My Dad's been ill. My brother's ill. My sister's depressed. My parents are separated. Is it a way for me to say 'I'm not OK either!'? My brother got MS when he was young. Is it a way of me saying 'I need help'?"

JH: Tell me about seeing things in black and white.

P: "I'm dyslexic. I struggle with writing. I'm OK with the spoken word. Cornwall was so good. I often dream of living a more simplistic life, being a beach bum, having no worries of life.

"I feel guilty about what I've done in the past, even though it hasn't been that bad, just what every teenager does, but I feel guilty.

"I have a successful career – I have a dual life – I live a funny existence in my work world – irregular times.

"I feel I don't fit in, in many ways. I want to live a normal balanced life. I see things in black and white. I feel guilty for doing selfish things – not really selfish, just playing golf at the weekend, for example."

He is very restless. He fidgets a lot and moves his feet.

"I'm quite frantic. I don't like sitting still. I always want to do things. My sister says that I'm definitely manic. My girlfriend calls me 'Peter Pan'. I fidget a lot. I bounce my feet. It really upsets my girlfriend. I've always been very fidgety. If there's something there, I fiddle with it and break it and then, I try to fix it. I have a deep feeling of not knowing what to do with myself."

JH: What is the worst thing about your eczema?

P: "Its visual appearance, especially on my face. It came out of nowhere at an odd age. If I knew the cause, I'd cancel it out – that's me being black and white again. I have to cope with it every day, bleeding on the bed sheets."

JH: What's it like at its worst?

P: "It's hot, itchy, sore, it hurts like hell and it cracks. Central heating stresses me out – I have to sleep with the window open regardless of the temperature. It's weepy. In the past, half my face would be falling off. My scalp has a weepy discharge. I feel it's constantly moving to try to outwit me."

JH: say more about that.

P: "You control one area and then, it breaks out somewhere else. It's a battle to make it appear less aggressive than it is. I don't like battling this. It's like somebody poking you in the eye all the time. It gets worse when things aren't going well with my Dad."

JH: Say more about that.

P: "It's always been a stressful family life – my parents splitting up. I don't want to have 'victim thinking' but my Dad is so work-obsessed. I was told in childhood I'd amount to nothing. We always said he cared more about the kids he taught at school than us."

JH: Say more about that.

P: "He doesn't listen. He doesn't take anything on board that we say."

JH: Go on.

P: "It pisses me off. I'm sorry for swearing. Achievement is the only thing he pays attention to – I'd hold on to that. It's a lost relationship. It frustrates the hell out of me. It makes me angry."

JH: Say more about that.

P: "I feel not cared about. I feel left alone. No role model. I've sought others for that role. I've needed someone to teach me stuff."

JH: What has that been like?

P: "I'm angry, disappointed, upset. I have to just fight my own corner and get on with my life on my own."

JH: Say more about this.

P: "When there's something serious to talk about, he won't sit and listen (he starts crying). Other things stress me too. I feel I haven't got to where I should have in my career."

JH: Say more about your father.

P: "I feel not cared about on a deep level."

JH: Say more about no role model.

P: "I put myself in places where people have taught me all sorts of things. I've learned things from lots of different people. I like to do things off the cuff – sporadic – manic – I turn up with no plan."

JH: Say more about yourself, please.

P: "I've always been flippant about women until my current partner. Now, I hope I can provide her with what I haven't had in my own life."

JH: What do you want to provide?

P: "Just treat them in the way I'd like to be treated – financially, emotionally, loving, caring, supporting, supported, understood,

helping them grow up to be a good person. My mother gave us a good work ethic and we worked hard to get what we wanted."
JH: Say more about that.
P: "My mother was fantastically work-driven. Both my parents have been fantastically hard workers – it's not to say we were neglected – but we had nannies and after-school clubs."
JH: Say more about that.
P: "You'd be waiting a long time to be picked up. You'd be the last one."
JH: Say more about that.
P: "Again, feeling not cared about. Not as important as ..."
JH: Go on.
P: "Not as important as a meeting or the business. You always felt on the back burner."
JH: Say more about this.
P: "At school, you'd be sitting on the step and the teacher would say 'Is your mother coming? Do you need a lift home?'"
JH: How would that feel?
P: "Not forgotten about, but just not a priority, not the most important thing. Forgotten about."
JH: At its most, how would it feel?
P: "Having to deal with it on your own – from a young age I've always felt ‚you've got to sort this out on your own.'"
JH: Go on.
P: "Not that no one else is going to help you, but it's easier to do it on your own."
JH: Go on.
P: "Everyone else took priority."
JH: Go on.
P: "My brother was ill. My sister was depressed. I felt last in the line to get support, help. I never liked taking financial handouts from my parents – I worked seven days a week for four years. I've been fiercely independent. I very rarely ask for help."
JH: Go on.
P: "I don't want to be seen as weak. I want to be seen as a strong individual, capable of doing it on my own."
JH: Say more about this.
P: "If you don't need anyone else's help, and you can do it on your own, then you have value. It adds worth to me because I'm able to achieve."
JH: Do you have any other problems?
P: "Alopecia. Hair loss in patches. Again, it moves around."
JH: Can you describe yourself to me, please?"
P: "I'm caring. I care a lot about other people's well-being. I'm manic. I'm all over the place sometimes. I'm idealistic. I'm black and white."
JH: Say more about that.
P: "When I was younger, there was no mid-point, for example, if someone cheated on you you'd leave. An eye for an eye. If someone was in my face, I'd do the same to them. I'd get angry and physical.
"I'm black and white. For example, I can be very matter of fact, no emotion, and then think: 'No, I should be aware of other people's feelings!' But then, I am."
JH: Say about being manic.
P: "I walk in the room and I might make noises, jump around, fidget. I'm very energetic – flitty – I make noises, pick people up, I don't like sitting still. I'm a child in that respect."
JH: Say more about that.
P: "I don't like to deal with big responsibilities. I'd like to build a tree house and walk in the woods."
JH: Say more about being like a child.
P: "Free to do what I want to do. Build a tree house and live in it, free of trappings of the modern world, being cast away."
JH: How does the modern world feel to you?
P: "Heavy and cluttered".
JH: Say more about that, please.
P: "I cycled 2000 miles just having one bag with everything I needed. It was so liberating."
JH: Describe that more.
P: "Free. Not have to worry about anyone else. Cast away."
JH: Describe that more.
P: "No unneeded weight".
JH: Say more about the tree house.
P: "I've always wanted to build a tree house and live in it."
JH: What would that be like?
P: "No trappings of the modern world. Just living on what you need; a basic existence."
JH: Describe it more.
P: "Not having to deal with responsibility."
JH: Say more about "flitting".
P: "I flit about. Jump from one thing to another. Not too much time on one thing."
JH: What kind of clothes do you like?
P: "I don't like to lounge around. I wear quite formal clothes. I like to be presented well. Old school style. Nothing over the top to be totally noticed, but natural colours. I had massive issues as a child about what I would wear, but I would change from day to day."
JH: Any other health problems in the past?
P: "I don't do ill."
JH: Say more about that.
P: "I don't want to be seen as vulnerable or weak."
JH: Say more about that.
P: "I don't want to be seen as unskilled – I try my hardest until I can do something. I don't want to fail. I try my hardest to succeed."
JH: Say about not being seen as being unskilled.
P: "I grew up in a very competitive group of friends. I liked it, it pushed me to do better. Being able to beat people six years older than me really made me happy. Being able to beat people in a constructive, competitive environment – I like winning."
JH: What were you like as a child?
P: "When I was excited, I'd feel carefree and then, I could be quite selfish – meaning just doing things I enjoyed."

ANALYSIS

Animal themes: competition; winning; pushed to do better; sense of duality; clothes to be totally noticed; fiercely independent – "doing it on my own"; don't want to be seen as weak; a strong individual; it's constantly trying to outwit me; a battle to appear less aggressive than it is; less attention than the others; an eye for an eye; someone in your face; get angry and physical; if someone cheated on you.

Insect themes: frantically hardworking; dual existence; fantastically work-driven; work ethic; adding worth; validation; validation through achievement; growing up; manic; matter of fact, no emotion; hot, itchy, burning; hair problems, alopecia.

Butterfly themes: lack of guidance; no role model; left to do it on your own; feeling abandoned; aversion to responsibility; desire for freedom; "nothing heavy and cluttered"; changeable; "change from day to day"; flitting, jumping; Peter Pan; "I have to grow up"; "I'm a child"; fidgeting, restless; black and white (symbolic of changing from one thing to another); skin problems.

SOME RUBRICS OF LIMENITIS BREDOWII CALIFORNICA

Antagonism: himself, with
Business, averse to
Cheerfulness, gaiety, happiness: general: lightness, feeling of
Dreams: adolescence, of
Dreams: beach, of
Dreams: child, children: about: unprotected by parents, adults
Dreams: forest, of a
Dreams: guidance or advice, seeking
Dreams: responsibility, of: children, for: adults overwhelmed by
Extroverted
Helplessness, feeling of
Love, family, for
Magnetised: desires to be
Play: desire to, playful
Positiveness
Responsibility: aversion to
Sensitive, over-sensitive: general: pain, to: emotional, of others

Comments: these rubrics all relate to his case and beautifully correspond to his nature, which is a feeling of not having been properly guided, not properly cared for, not properly nurtured. His own nature is one of wanting freedom to return to life on a beach and not carry any heavy weight, but he flits from one thing to another: he feels guilty about being selfish and the first thing he said about himself is that he is caring and he does care very deeply about his friends and family.

The proving of Limenitis Bredowii Californica, the California Sister, was done by Nancy Herrick. The significant difference between the Sister and most other adult butterflies is that they are seldom found among flowers. They prefer to fly around oak trees. The highly territorial males perch on high branches in sunlit gaps along the edges of the forest. Could this be why our patient loves to walk in the forest and dreams of living in a tree house? Probably this is a significant pointer to the remedy source, but in any case there are plenty of very specific rubrics which point to this particular Butterfly.

Prescription: *Limenitis bredowii californica* 200C

Eyespots are eye-like markings on the body surfaces of animals – not just butterflies and other insects but also fish, birds, and mammals. The function of these markings varies. They have developed in various taxa independently. They are often designed to repel predators. The photo shows the eyespots of the butterfly Morpho peleides.

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FOLLOW-UP

At four weeks:

P: "It did get fantastically bad for four days but since then, it's better. It's a lot less aggressive, a lot less pronounced. It's

smoothed out. It's as if it's been forced out. I haven't used any steroid creams; nothing since my last appointment."

JH: How often were you using them?

P: "I was applying steroid cream twice a day. For years!

"It's a lot less itchy. I'm a lot less aware of it. My scalp isn't weeping any more, it used to be all stuck together in the morning. It used to be viscous on my body – it's all smoothed off now. The sore patches on my face have gone. People are saying 'Wow! Your skin's a lot better!'"

JH: Anything else to mention?

P: "I'm feeling calmer."

JH: Say more about that.

P: "I feel more in control. It's interesting. I breathe more slowly. It's as if I have more time to think about situations. I have calmer thought patterns. I'm deciding: 'What do I really want to do?' I've stepped back a bit. For example, my Dad rang and I didn't answer and I didn't feel guilty about it! And, for example, with my work, I can stay even though I despise it."

JH: Anything else?

P: "My girlfriend says that I'm talking a lot more to her. She says I'm calmer and less fidgety, and she likes that I'm talking more, and more positive. I've had this for ten years. It feels such a relief."

Follow-up has continued for over one year and he continues to do very well on all levels.

You can read Jonathan Hardy's résumé at the end of his article "Buzzing Right Through the Body" on Schistocera gregaria and americana in this issue of *Spectrum*.

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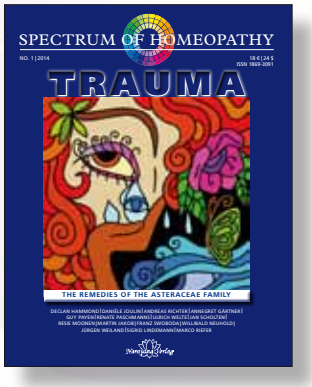

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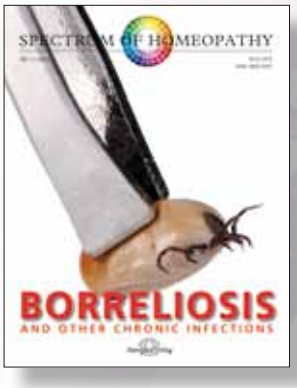

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