Jan Scholten

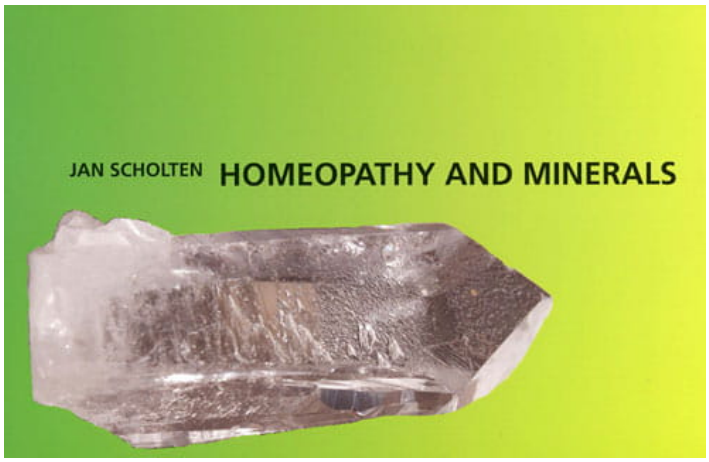
Homoeopathy and Minerals

Sample text

Homoeopathy and Minerals

from Jan Scholten

editor: Alonnissos Verlag



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Calcarea muriatica

Only *Clarke* (1985, part 1, page 357) briefly mentions Calcarea muriatica. It does not appear in Kents Repertory. It is quite likely that many Calc cases will turn out to be Calc-m in the future. The picture of Calc-m is similar to that of Calc, but it does have its own character. Calc-m appears to be a great children's remedy. Many cases in which I would previously have given Calc, with medium results, are now going much better with Calc-m.

Concepts

Calcarea	**Muriatica**
What do others think	Self-pity
Sensitive to criticism	Care
Insecurity	Nurturing
Shyness	Mother
Fears	Attention
Protection	Self-awareness
Withdrawal	

Group analysis

The theme of Calc-m, according to the group analysis, is the fear that others will see that they need a lot of care and attention. The first part of this theme corresponds with that of Calc: 'What will others think of me'. But in Calc-m this fear is mainly focused on care and attention. They are afraid to ask for too much attention, to appear too needy and to be criticised for that.
Another variation is that they are afraid to give either too much or too little attention, especially as a mother to her children. They are afraid to spoil,or to neglect, their children. And the fear is especially that, by doing so, they will be rejected by others.
It is a theme that can easily be passed on from mother to child. The mother is very uncertain about how to care for the child. The child does not get enough and starts to 'whine'. It wants more nurturing and attention. On the one hand the mother would like to give this, but on the other hand she is afraid to spoil the child. And 'What will the neighbours and others say?'. She gets angry with the child and sends it away: 'Don't whine so much!'. And so the child becomes very unsure about his feelings and his need for love and nurturing.

Case

A woman aged 50 comes with various complaints. Her first complaint is a skin rash from the sun on her chest and arms. She is especially sensitive to that in the spring. She gets little red itching lumps. She has had this complaint since the birth of her first child. A second complaint is a frontal headache, together with a cold. She feels pressure in her eyes, and has a watery discharge from the nose. Sometimes she has pain in the upper jaw, mostly left sided. These complaints started since her second pregnancy, when she suffered from sinusitis. It makes her very tired. She is also very moody and impatient. She cannot tolerate a lot from the children. She also feels dull, 'like a Zombie'. The complaints are worse in the winter, although the weather does not have a direct influence on them. A third complaint is itching of the vagina and labia. There is little discharge. This complaint is worse before menses.
A fourth complaint is constipation. Stools are hard, thick and dark. Stool is expelled with difficulty < 16 till 21 h. She sometimes gets stomach cramps, mostly in left abdomen. A fifth complaint is backache. She has had this for two years, starting two years after the birth of her second child. They were moving house and she did a lot of heavy carrying. She was exposed to a dry, cold wind. It started with sciatica, pain in the sacro-iliac joint and also in the coccyx. The pain extended to her right leg and calf. The pain is cramping and drawing, worst in the tendon in the hollow of the knee. She could only sit; lying made everything much worse. The modalities change sometimes: < in the morning, on getting up, sitting, stooping, standing still, bending the head forwards, lifting the legs, crossing the right leg over the left, > lying down, bending the leg, stretching the leg, changing position. 54 Sometimes with cramp in toes and soles of the feet.
She has a tendency to put on weight quickly.
She suffers from painful and sometimes swollen breasts. Sometimes before the menses, but also sometimes for a few weeks without any connection to the menses. Past history: severe mumps. Car sickness.

General characteristics:
Temperature: cold, cold hands and feet; cold feet make her knees ache.
cold weather makes her depressed.
Perspiration: often at night, on the back, chest and in axillae.
Time: < 3 pm; sometimes moody in the morning.
Desires: sweets (3), chocolate (3), grapes (3), coffee, smoking.
Aversion: cabbage, beans (2).
Menses: quite frequent, sometimes every 14 days, often copious, only during daytime; moody one day before menses.
Sleep: unrefreshing; lies on right side.
Mind: Quickly worried about husband and children. If her husband is late coming home, she gets very worried, so they have arranged that he will ring her if he is going to be late. She is afraid that the children will fall down the stairs. She also worries in her dreams. She dreams that she has to save her children from drowning.
She feels a great need for attention. Her parents, and especially her mother, had little time for the children, as they had a business. She feels that she missed out on attention. She often pities herself. Even now she has the feeling that her mother does not help her enough. Her mother is always ready to support her sisters when they are ill or when they are having a baby, but is never there for her. Everyone has always thought 'She will manage on her own', even when she was a child. She finds it difficult to ask for help, feels that she

should be able to manage by herself.
She can be very moody. Is short tempered with the children. She feels like crying, but doesn't want to, so she starts to sigh and swallow a lot instead.
She is afraid of insects and spiders. Also afraid to drive and have an accident.
She cannot stand criticism. She reacts with 'sort it out yourself then'.
She works hard, thinks that she has to.
Her marriage is good. There was a problem in the past that her husband worked too hard and too many hours. He was often busy at night and even at the weekends. She felt that she was only a housekeeper to her husband. That was again the old problem of not getting enough attention.

Analysis
It took me three years to come to the conclusion that this woman needed Calc-m. During these three years she was given: Lye, Sep, Tub, Lac-c, Cimic, Graph, Calc, Calc-s, Am-m. These remedies worked only temporarily or not at all.
Only Graphites had a positive and lasting effect. She became more stable. After that her complaints were sometimes more left sided, but nothing else changed. So Graphites took off one layer, but there had to be another remedy. The fact that Graphites is complementary to many remedies has already been discussed in a previous chapter.

Reaction
After Calc-m 1M she first got a heavy cold with yellow-green and brown mucus. Then her headache disappeared. Following that, all her old complaints started to come back one by one, and also went away again: the swollen breasts, the backache, the constipation. After two months she felt her old self again, at ease with herself. She lost her excess weight, without much difficulty. After three months Calc-m was repeated for a return of the tiredness after a busy spell.

The picture of Calcarea muriatica

Essence: the idea and the fear that others will think it strange that you need care and nurturing.
Mind: They have a great need of attention, care, nurturing and help. But on the other side, they are afraid to ask for it. That is because of the fear that others will think it strange.
They have the delusion that you have to be able to manage without the help of others. In the past there was often a lack of attention, especially from the mother.
The attention that others ask for can also become too much. Then they will become irritated and grumpy. Their own children in particular can become too much of a burden.
Also, because they are very unsure about their own motherhood, they are afraid that others will think them a bad mother, a mother who gives her children too little attention, or who spoils her children too much. Problems are therefore often connected to the menses or to pregnancy.
They like company, are quite open and like talking a lot. They are not as open to strangers as Phos. They are the fat and happy type.
They have a fear of accidents, driving, and causing accidents.
Anxiety about others, the husband, the children.
General characteristics:

Location:	left.
Physique:	overweight.
Temperature:	cold; gloomy in gloomy weather.
Time:	< 3 pm.
Desires:	sweet (3), chocolate (2).
Menses:	frequent, copious, daytime; moody before menses; painful and swollen breasts before menses.
Sleep:	on right side or stomach.

Carsickness.
Headache with cold. Watery nasal discharge, left sided sinusitis. Mumps (the case makes us suspect that Calc-m. could be an important remedy for mumps).
Rheumatic pains.
DD: Calc, Calc-s, Muriaticums, Phos, Sep.
DD Calc: The difference is mainly that Calc-m claims the attention of the mother much more. There is a greater need for care and attention from the mother, than in Calc. In Calc there is also more shyness, and another difference is that Calc is a bit more right sided, and Calc-m a bit more left sided.
DD Calc-p: The dissatisfaction and the complaining behaviour are the same. Calc-m seeks more nurturing from the mother; Calc-p does not seek the mother so much, but rather needs new and interesting things. Calc-p is more restless and goes out a lot, whilst Calc-m would rather stay at home.

Baryta fluorata

Concepts

Baryta	Fluorata
Ridiculed	Glamour, glitter
Small, futile	Money, cars, clothes
Retarded	Sex
Shyness	Hard, fast, hurried
	Psychopathic
	Superficial contacts

Group analysis

The group analysis gives us a nice theme for Bar-f: the idea that they will be ridiculed because of their sexuality or their money. They have a strong desire to 'belong', to be counted as a full member of society. But they fear that this is impossible for them, because they feel so ridiculous. They have the delusion that nobody takes them seriously,that nobody would want to start a business with them. They feel socially very inferior.
This fear can also be expressed in the area of sexuality. They feel that their penis is too small, or that their body is unattractive and silly, and that nobody would be interested in them.
A variation on this theme is that they may be very childish in the way they deal with money. Although they have a great desire to glitter and show that they have a lot of money, they do this in such a childish way that they soon lose everything. And this looks even more ridiculous. A typical example would be that of a gambler. He thinks that by gambling he is showing everyone how clever he is to earn a lot in a very short time, and in reality he is losing nearly all the time and his debts are mounting.

Case

(taken by Rienk Stuut)
A man, aged 30, came because of swollen glands in his neck. He was afraid that he had cancer, because a friend of his had also had this and he later proved to have cancer of the testes. Before he had these swollen glands, he did have pain in the testes for a while. He is also afraid of aids, because he has had many casual sexual relationships. His glands are hard and painful.
He is allergic to house dust and mite. This makes his eyes burn, with itching at the back of the throat. It also makes him aggressive: he gets attacks of anger and he smashes and throws things around. His complaints are worse when he is busy or when he is being hurt. This makes him angry, but he says: 'I ignore my feeling of being hurt[1]. Temperature: cold.
Childhood: he was a quiet and timid child who could spend all day playing with coca-cola bottle tops. Later on the other side of his nature came to the foreground. He could be very aggressive and impulsive. The aggression was often directed against himself: he would walk into a glass door, or he would cut his wrists. He took a lot of drugs: hash, cocaine, opium, alcohol. He likes taking risks: once he tried what would happen if he took off the handbrake while his car was standing on a steep hill.
His parents come from different social backgrounds. His mother ran away from home to marry his father. They were poor, but 'the outside world didn't have to see that'. This has made him very class-conscious. He believes that 'once a beggar, always a beggar[1]. His parents' house was full of 'kitsch'. 190 Mind, he has a very strong sexual drive, which is sometimes difficult for his girlfriend to
keep up with. She doesn't always feel like his long sessions, but sometimes does it just to please him. This touches him so deeply that he often cries like a child. He does not like any show of affection after making love, it makes him shy, like a little boy and his head starts to itch. Once, during an orgasm, he suddenly saw a picture of a three-wheeler race he took part in when he was a little boy. He was in a winning position, but he forgot to change lanes and was disqualified. This in itself was quite fair, he thought, but he was deeply
disappointed by the reaction of his parents. They swore and shouted at him, calling him a stupid idiot. Since then he has always had the feeling that he must score success, also sexually.
In reality he is very shy, but he doesn't show it, he 'puffs himself up' and becomes aggressive.
He is very irresponsible with money, he gambles and has many debts.
Relationship: When he had his first girlfriend he was very afraid to let go of her, because 'who else would ever love me?' In spite of this attitude, many women fell for him and he desperately needed this too.

Analysis
The aggression is very much in the foreground. One could think of Hep, Merc, or Nit-ac. But these remedies had no effect. Fl-ac might be suitable but doesn't fit because of the coldness and the desire for a steady relationship. During subsequent consultations it became more and more clear that the aggression was overlying a deep feeling of shyness and inferiority. This reminds us of the Baryta's. When we combine the Baryta with the Fluor element, we get Bar-f. Then it all suddenly fits: the social position of his parents, his attitude towards money, and his steady relationship with the many casual contacts in between. One could call it all a childish way of wanting to make an impression.
Reaction
After Bar-f he started to put his life in order. He paid off his debts (also to his homoeopath!), took a job as a dustman, and his relationship improved enormously. His complaints disappeared completely.

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Picture of Baryta fluorata

Essence: the idea that they are socially inferior and ridiculous.
Mind: They feel socially inferior and are very afraid that they don't count for much, that they will be laughed at. They are also afraid that they won't be able to get a good job, or that they will lose their job again. Their awkwardness and childishness are often the cause that these are indeed the things that go wrong. Their feeling of inferiority may stem from the fact that they come from a lower social background. They may try to earn money the easy way, starting to gamble in the hope of winning a fortune. But in there childishness they forget that they are losing continually on the way. They get into debt and everyone will look at them with pity.
As far as relationships are concerned, they also feel inferior. They feel that they are not attractive, that they look ridiculous, especially with respect to their sexual parts, the size of their penis or their breasts. In order at least to get someone, they choose a partner who is not that high on the social ladder either. But this makes them feel ridiculous again, because they feel that they can't show themselves in public with such a person.
General characteristics:
Location: Right sided.
Temperature: warm. < warmth, > outside.
Time: < 9 pm.
Desires: alcohol (3), spices (3), refreshing, sour.
Physical: movement, violent movement. > violent shaking.
Complaints:
Glandular swellings (3), abscesses, fistulas.
Affections of the teeth, caries.
Arteriosclerosis. Varicose veins.
Inflammation of the joints with deformities, < hands. Hypermobile joints, lax fibres and tendons.
Deformities of the bones, exostoses (2).
Urethritis.
Infections of the vagina. Sexual problems, venereal diseases.
DD: Sulphuricums, Nitricums, Verat.

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Foreword

A look behind the scenes.

For many years Jan Scholten, general practitioner and homoeopath, has been expressing his unhappiness about the gaps and the lack of system in our knowledge of homoeopathic remedies.
On one side there is a group of homoeopathic remedies, the so-called polychrests, about which a lot, perhaps too much, information is available. On the other side there is a very large group of remedies about which very little, if anything, is known. It is this last group, however, which plays a large role in Jan Scholten's practice. That is why one of his expressions is that 'small remedies don't really exist, only little-known ones'. As a pioneer in the use of these remedies which are, in his eyes, often unjustly neglected, he sometimes appears to have a blind spot where the better-known remedies are concerned. But generally -on the other hand- we (his colleagues at the Homeopatisch Artsencentrum Utrecht) still tend not to recognise the unknown and the therefore as yet unloved.
Within our group practice we are constantly surprised by, and treated to, new images of both unknown and known remedies. This makes us look at our patients in more detail so that we may be more able to help them.
If an outsider asked me where Jan Scholten gathers the knowledge about these remedies, I would answer that it would be a better question to ask: where doesn't he gather his knowledge from? As a homoeopathic physician he opens himself to receive knowledge from all areas, but with one clear goal in mind: the further development of homoeopathy. That is the focus of the knowledge he has thus acquired.
This gathering of knowledge does not happen without criticism on the way. It is his patients who have the final word. Ultimately they are the ones who can tell us whether our ideas about our remedies are true. This applies not only to the aforementioned unknown remedies, but also to the so-called polychrests. To put it briefly, the evaluation of that which changes in our patients on the physical and on the psychical level is of great importance. That this is especially important with remedies with a yet unknown picture becomes apparent in this book. Most homoeopaths start with a proving as a basis for a better knowledge of the remedies. Jan Scholten has the viewpoint that the patients are the people who are best able to tell us what is happening with them after they have been helped by a homoeopathic remedy.
In order to get to know more about the action of our remedies we do need to go deeper into the general psychological aspects of a case. We should not be content merely with the disappearance of symptoms.
A very important and new step that is being described in this book is the way of bringing a system into the study of remedies. Until now our knowledge has been rather haphazard. We see this not only in the pictures of individual remedies, which often consist of a disordered heap of symptoms. We see this even more clearly in groups of remedies which, although botanically or chemically related, at first sight hardly seem to have any relationship with each other homoeopathically. This book gives an analysis of composites which are chemically related. If we were to compare for instance all Natrum composites with each other then it would lead
to a considerable step forward in our understanding if we knew what the Natrum part contributes to this composite. In short, the first step is to define the separate elements. The next step is to understand the dynamic interaction of these elements within their different composite states.
These are the steps that are being taken for us in this book. Sometimes we can, with our available knowledge of Materia Medica, understand the result of these steps. Read for instance the analysis of Natrum muriaticum with the idea, already described by *Hahnemann,* that mother has died (1985, Vol. 2, page 1078; the original text in Chronic Diseases, page 536, paragraph 97, reads: 'Gedachtniss-Mangel, dass er glaubte, seine (stundlich anwesende) Mutter sey gestorben, weil er sich nicht erinnern konnte, sie gesehen zu haben[1]. In Tafel's translation this reads: 'Lack of memory, so that he thought his mother (though continually present) has died, because he did not remember having seen her').

Often the ability of the writer to connect creatively his information from different sources, especially the source of his patients, doesn't make it easy for us to follow. It won't always be easy for the reader to appreciate the true value of the painted picture, in which case only one piece of advice, given by Hahnemann, will help: 'Aude Sapere' (Dare to know). Dare to know, because it is not only a collection of very interesting remedies that this book has to offer. Its value lies even more in the way of thinking that forms the foundation of these pictures. When we have mastered this, then we ourselves can explore the elements described in this book even further and connect them in a creative way. I myself have already started to put it into practice. We can even apply this method to elements that have not been IQ described yet.
This is how this book can mark the beginning of a significant step forward in the practice of homoeopathy and we can see it as the first Organon workbook in the field of knowledge of homoeopathic remedies. It is in daily practice that the rough diamonds which have been mined for us by Jan Scholten need to be polished in order to shine in their full brilliance.

Rienk Stuut

Group analysis

An important method that is being used in this book is studying the remedies in groups. For this I use the term 'group analysis'. This method is not entirely new. *Clarke* (1985, part 1, page 358), *Morrison* (1988, page 2), and *Vithoulkas* (1991 a, page 235) also use it. In this book group analysis will be taken even further.
It might be useful to read this chapter again after having studied a few examples of the remedies. Parts of this chapter that might not make sense yet will probably become clear after studying them again. The method of working with the different remedies, illustrated by the various cases, will then also become more clear.

The group analysis method
Until now the commonest method of studying homeopathic remedies has been to look at all the remedies separately. In group analysis we look at groups of remedies and we extract from these groups that which is common. The next step is that those symptoms will be used in the various remedies which contain that element.
We also apply this method in the Ferrum group, a group of chemically related metals. The character of this group is such that the common traits are a bit more general.

Levels: local, general, mind
The group analysis is the least successful on the level of local complaints. Some general guidelines can be given, but there are very few specific symptoms that stand out.
On the level of general characteristics group analysis can be applied very well. This is the level that contains most of the characteristics as described by *Morrison* (1988). In principle it is quite possible to make a good prescription using these characteristics. But a little uncertainty remains. If, for instance, we find indications for Nat-m and Phos, then Nat-p could be a good solution. But what to do if we find indications for Calc and Nat-m? Do we go to Nat-c or to Calc-m as the correct remedy? Or should we not give a 'combination remedy', but Calc followed by Nat-m? It is on the mind level that group analysis can offer the greatest benefits. Once the central themes of the component elements are known it will be possible to deduce the theme of the combination remedy. The great advantage hereby is that we do not only get the separate themes of both component elements, but also the combination of those themes. An example can clarify this. The theme of Nat-c consists of 'alone' from Natrum and 'dignity' from Carbonicum, which gives the combination 'alone in his dignity'.

Well known remedies
An incidental effect of group analysis is that new light will sometimes be shone on to well known remedies. For instance, Magnesium carbonicum can be seen once again as a combination of the Magnesium and the Carbonicum element. In a similar way certain aspects of remedies that we know already can become clearer.

Variations on a theme

Basic themes
The group analysis gives every remedy its basic theme. This consists of the basic themes of the combining elements. These themes become combined into the basic theme of that remedy.

Combinations of concepts
We have to note, however, that every basic theme of an element can be worded in different ways. There are various ways of expressing the basic theme, therefore there will also be various ways of expressing the combination themes. Let us have a look at, for instance, Natrum muriaticum. For the Natrum element you could say, for example, 'nothing', 'alone[1], 'forbidden'. For the Muriaticum element you could say, for example 'mother', 'care', 'pitiful'. The theme of Nat-m could then become 'no mother', but also 'alone in his cherishing'. But also 'it is forbidden to be cared for', or 'it is forbidden to cherish others'. These are varying expressions of the same sort of basic feeling, although the form appears to be different.

Conjunctions
It appears that it doesn't matter very much which word we use as conjunction or preposition to the two basic definitions. Thus we can formulate the theme of Mag-p. as 'getting angry in order that he may go and study', or as 'getting angry because he may not go and study'. 24 It also seems that we can add the word 'not' without any problem. 'Not[1] only
appears to show the other side of the coin. We can compare this with desires and aversions which can occur in the same remedy: for instance, the desire or aversion to salt in Nat-m. We can even compare the beginning stage of a disease where there is still a hold on everything, and the later stages where things start to fall apart.
They are two sides of the same problem. Another parallel can be seen in hypnosis. Negative suggestions done under hypnosis are taken as positive: 'don't fall[1] is taken as 'you must fall'.

Archetypes
In a certain sense our definitions are expressions of what *Jung* (1985, page 362) calls an 'archetype'. It is advisable not to stick too rigidly to a definition. It could well be that somebody needs Nat-m but has not had any problems with his mother. For example, an older man loses his wife and has the feeling of being left uncared for and alone. In this case there is no problem with the mother, but the central theme of Nat-m is there.

Life history
The link of Carbonicum to the father, Muriaticum to the mother and Sulphuricum to the partner makes it especially easy to solve many cases. Problems in this area can usually be found in the history of the patient. But there is also the danger of wanting to reduce all problems to this theme. Then we would only look at the father and not at the specific importance in that specific case. For instance, sometimes the partner can fulfil the role of father. In that case, by focusing on the term 'partner', we can lose sight of the essence of the situation.

Projection

The themes can also be projected in different ways. Let us take the example of Nat-m. again. This can then become 'my mother is strict', but also 'I have to be strict' can thus be projected differently, either on to your own mother, or on to yourself as mother. Changing the projection also causes the theme to be passed on from mother to daughter, from father to son, etc.

A nice example of changing the projection is described by *Spring* (1991, page 8). The delusion of Kali-br is that he is the object of God's wrath. This usually means that someone has the feeling that God is taking revenge on him. In the case described by Spring the situation is the other way round. A woman is in love with a man who is unfaithful to her. She discovers that he has, and has had, many women and that he was unfaithful to them all. She then gets the feeling that God instructs her to take revenge on behalf of all women. The situation has been turned around completely in this case. The woman is the subject, instead of the object as in the normal interpretation.

Complements can colour the picture

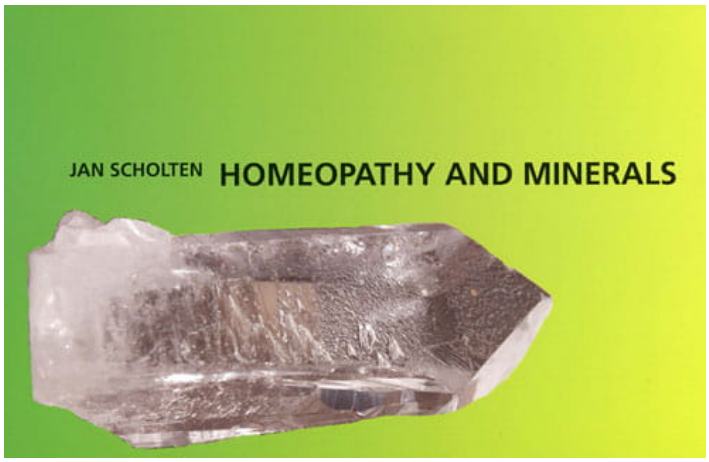
If we look at the picture of Mag-m we can see many forms that express the central theme. The central theme is the idea that aggression can end a sense of security. How this theme is going to express itself depends on the complementary problem. Imagine that Graphites is the complementary remedy. In that case the instability 25 and the emotions will increase. We will probably get a sort of manic depressive picture. If however Kali-c were the complement, then we would rather expect a picture of a pacifist. The strong and duty-bound character of Kali-c will make this person look for a constructive solution to his problem. The solution could then be very peaceful, with a total avoidance of aggression. And again, if we imagine Nat-c to be the complement we could expect yet another different picture. We could then expect to see a very withdrawn and depressed person.

Jan Scholten

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