

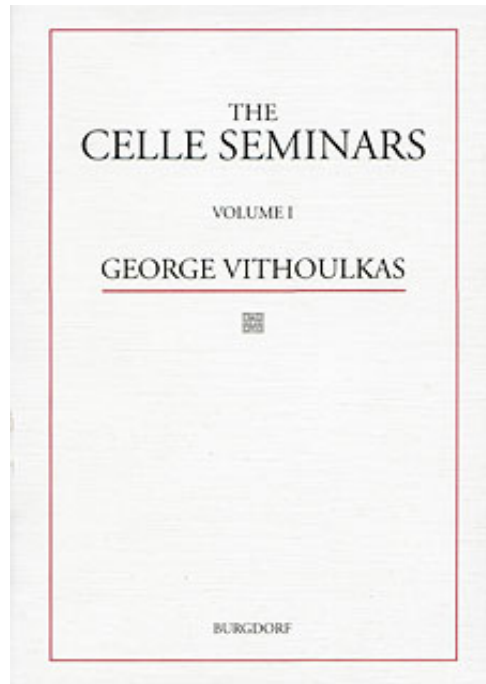
George Vithoukas The Celle Seminars

Reading excerpt

[The Celle Seminars](#)

of [George Vithoukas](#)

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Case 4: Neurodermatitis/Neurotic Fear/Alopecia

INTERVIEW

(Therapist): The patient came to me in May, 1982, because of headaches. His headaches were particularly bad between 1972 and 1974. He also had very bad neurodermatitis. Later on I found out that his main problem was a fear neurosis; he was neurotic and anxious. He's experienced dizziness, as though he were numb in the head. In 1980, he failed his university examination. In 1982, he was unable to pass his first exam as a physical therapist. His eczema was very bad and itched. It had been getting progressively worse for the last five years, especially in the elbows, the neck, and the face. His hair was also falling out. The patient received Sulphur 200 as a first prescription and it worked quite beautifully. The whole person changed after Sulphur. Despite his initial reactions of sneezing and increased hair loss, he said a new life was beginning for him. He felt mentally clearer and his skin improved. He passed his examination after he changed universities. In August, 1982, he phoned me to say that the skin on his legs had become worse, and that he was often unable to sleep until five or six o'clock in the morning. I gave him a higher potency of Sulphur—Sulphur 1M—which was perhaps my first mistake. On September 11, he reported having more frequent headaches, being worse from draft, but that his skin had improved and he now slept four hours before waking up. On September 16, he reported further improvements and that he slept well. In mid-October, 1982, he told me his exams had gone well, his skin and hair were better, and that he slept well. But he said that after a long sleep he was worse mentally. He felt best after a five-hour sleep. He no longer liked chocolate, and he also preferred less sour fruit. He worked very hard; I think he did too much. During November, his whole state worsened: he became idle and lazy, slept a lot, and almost always felt sleepy. His appe-

tite decreased and he began to like milk. On November 20, 1982, I gave him yet a higher potency of Sulphur—Sulphur XM. There was no improvement with this increased potency. His skin got bad, he was not able to get to sleep at night, and his head was bad. The patient has not improved at all since then. In April, 1983, he received Natrum muriaticum 200. No improvement. In mid-June, 1983, he took Nux vomica D12. Later he received a high potency of Tuberculinum because there was some tuberculosis in his mother's health history. After Tuberculinum his whole state became worse. He told me that ever since then he's been troubled, that »there is a chaos inside of me.« Starting on the first of August, 1983, he took Sulphur LM 6 for a short while, with no improvement. After five days, the patient started with Arsenicum album LM 6 because of terrible itchiness and restlessness. At the end of August, he received LM 12, and at the end of December, 1983, LM 18. During this time, there seemed to be a small improvement, but not a deep change, in his state of health. For this reason, I gave him a high potency of Arsenicum album XM in the middle of 1984, but there was no real improvement. So, we started at the end of October, 1984, with Calcarea LM 1; and then later in January, 1985, we gave him Calcarea LM 3 because the first potency showed an improvement in his skin condition, particularly in regard to the itching, which was now bearable. Still, the patient was not generally better. On April 1, 1985, he took Bach flowers as well as Lycopodium 200. He later reported a little improvement, but he was not sure if this was due to the Bach flowers or Lycopodium. It was always difficult to assess just how much the patient had improved because he always wanted to appear perfectly well. That has been my impression. On April 19, 1985, we started with Phosphorus LM 6 and there was a short improvement. He later received Natrum muriaticum LM 3. In August, 1985, he said that after consuming milk his skin became worse, although he now has a craving for milk. He was restless, impatient, irritable, and touchy, not only in terms of his skin but in general. At that time, he started treatment with a spiritual healer; then his head-

aches got worse. We tried Arsenicum album LM 6; it made his sinusitis worse and he also had a terrible headache with this remedy. His complaints were relieved somewhat with Bryonia 200, but towards the end of December, 1985, there was the terrible sighing all the time. He experienced some relief after a high potency of Sulphur, but he was unable to sleep during the night and he developed warts on his scrotum.

In mid-1986, he received Argentum nitricum 200 because he had developed vicelike headaches. He was psychiatrically diagnosed as a neurotic psychopath. He received Ignatia 200, and then he attended a clinic for hypnosis for at least six months. While in the clinic he experienced a trauma and was given Arnica 200. Later on, while under hypnosis, he said, »In my head there is a terrible chaos. The itching is unbearable, but I now have a better understanding of my parents. I understand that they always demanded the best of me, and made me ambitious. I also understand that I became jealous after the birth of my sister.« This was in 1961. Because of his terrible skin, he received another dose of Sulphur, which relieved him somewhat. After he returned from the hypnosis clinic in the middle of 1987, he received a dose of Baryta carbonica XM. At the end of September, 1987, he received Carcinosinum XM. In December, 1987, he received a dose of Syphilinum XM. I thought Syphilinum would really help him because his sleeplessness was quite typical for Syphilinum: he would stay awake all night long. He was only able to get some rest around six or seven in the morning, and then he would rest for about four or five hours. But it was a kind of haziness and restlessness rather than a deep sleep, so that when he woke up, he did not feel rested. However, Syphilinum did nothing. After four months, he received a dose of Phosphoricum acidum because of the terrible weakness which now dominated him completely. As far as this patient was concerned, I could not see a light at the end of the tunnel, and so I asked a colleague to take over the case. He recommended Helleborus because of the symptoms and the patient's mental state. The patient was given Helle-

borus XM in May, 1988, and later, in August, 1988, XM and 50M, but without result.

In September, 1988, he was given a dose of Staphisagria. Because this remedy also failed to bring about any positive results, and because the patient was now desperate, he went to another homeopath. In November, 1988, he was given a dose of Selenium XM. I understand that there was some improvement with this remedy because a change in his sleep rhythm was seen: he no longer stayed up all night, and he was more restful around or after midnight. But the patient did not really admit that this change might be seen as an improvement. He received a second dose of Selenium—this time 50M—on December 6, 1988. In January of this year, 1989, there was a change made in remedies. I don't really know why, but he was given Alumina 200, with no effect; and on February 24, he was given a dose of Medorrhinum 1M. His skin condition is not bad at present, as shown in the fact that he has only had to use a light ointment over the last few years, but he says the itching is unbearable. The patient seems to me to be a perfectionist, sometimes pedantic, very minute and long-winded, and detailed in every respect. He cannot give in to anyone or admit to being wrong. He wants to be perfect and thinks that he can be, but there is something, a blockage, which holds him back. He is afraid that others will laugh at him. He is very sensitive, and particularly during his youth he was often humiliated. He told me that if he gets excited, he gets diarrhea. He has dry skin. He cannot wear wool or tolerate water, and he's especially worse in water because then his skin itches. As a child he could not stand cold and he felt worse when cold; in fact, he developed an allergy because of coldness. His skin is better in the sun, but his head is worse from heat. A hot room makes him uncomfortable. He is a warm person. He is worse by the sea, better from fresh air. He lies mostly on his back, sometimes on his left side. He cannot wear tight things around his neck. He says that he feels better when alone but that sometimes he desires company. His desires are mostly for sweet things (3x); butter (2x); cold milk (2x); pickles (2x); along with ice cream, spicy food and sour

apples. *He has an aversion to fat and sometimes also to salt and slimy things. He is thirsty for cold drinks. He's also worked out some things about his youth; if you are interested, he can tell you about them himself.*

(G. V.): As the report was being read I saw that you had some objections concerning some of your symptoms. I would like to know what your objections are and where you disagree with what you heard.

(M.P.): The Bach flowers were a misunderstanding, and my skin is not affected by milk.

(G. V.): Are these your only objections? Do you agree with everything else that was read? It appeared to me that there were certain points which you seemed to find inaccurate. (M.P.): I cannot remember all the points that were read. I've undergone a very long list of treatments, so I can't recall the specifics of each one. Essentially I agree, never mind the details. (G.V.): What do you consider to be the most disturbing symptoms at the moment?

(M.P.): I have no energy, that's the main point, and drawing headaches. I'm unable to sleep at all at night, and I'm not too attractive right now.

(G.V.): You can't sleep at all at night? How is your insomnia now?

(M.P.): I might get to sleep as late as eight o'clock in the morning. Once I've fallen asleep I may sleep through until five o'clock in the afternoon; then it takes several hours before I'm fully awake again.

(G.V.): So, what you're saying is that, because you are unable to sleep at night, you sleep during the day instead, is that the situation? Now that this has become a pattern, it's no surprise that you can't get to sleep until the early morning, considering that you first wake up in the evening. How did this come about? Can you give me an idea of what was going on before this pattern was established? For example, did you go to bed and find that you could not close your eyes, or did your mind race, or were you just wide awake without any particular thoughts at all?

(M.P.): This pattern began after Carcinosinum. I used to be able to sleep until noon and then get up, but after Carcinosinum / slept until five or six in the afternoon. I couldn't get to sleep earlier because I was restless and there was a hammering, beating in my chest.

(G.V.): Where these palpitations?

(M.P.): No, not really palpitations, more sort of a pressing or tearing sensation.

(G.V.): In your chest? Were blood tests performed, especially values for your liver? (Therapist): No.

(G.V.): I don't understand the diagram you've given me here. What is this supposed to show?

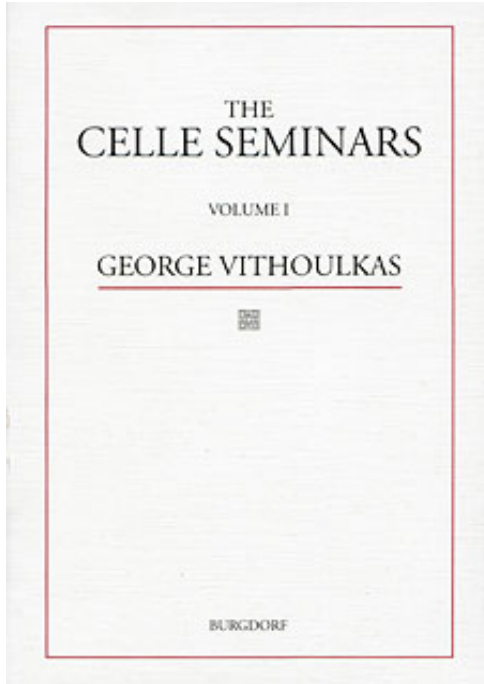
(Therapist): It shows that there were some incidences of cancer on the mother's side, and that his grandfather had tuberculosis.

(G.V.): What are you doing now? Do you have a profession? What are you working as?

(Therapist): He was a student, but he could not continue with his studies. (G.V.): Why?

(M.P.): It wasn't just that I thought I couldn't get through my studies, I knew that I couldn't. I just managed to pass my examination—/ just squeezed through—but after that I knew I could not go any further. I started dealing with subjects that I thought would be more relevant, of greater interest to me, and in this way I did some self-teaching. I followed up all those things that I knew or thought would be useful, and they turned out to be useful. But I know that I cannot cope with my studies further, and that what I've learned myself is not sufficient for me to be able to pass my upcoming exams. (G. V.): What things did you do that were useful? (M.P.): For example, I dealt with the subject of computer linguistics. I understood the advantages and the tremendous potential of the principles; I also understand their potential applications, but I would not have been able to put a coherent case forward in an examination for those applications.

III



George Vithoukas

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