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Using Realms in Homoeopathy

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It is very difficult to classify ailments to the different Realms as it is not the ailment itself but the nature and character of its expression that differentiates between them.

It is quite possible to find any ailment in any Realm and the fact of its presence alone is not helpful. However, ailments and especially affinities are useful when they form part of the pattern and when they reflect characteristics found elsewhere in the case.

The Earthly Realm has an affinity to the musculoskeletal system and ailments involving stiffness and inflexibility in this area are often associated with the Realm. The back is the most structural part of the system both practically and metaphorically and so is an area that is often chronically affected.

The skin as the organ that holds contains and defines the body also has some affinity to the Earthly Realm. However, the skin is the least defined of all organs and tends to be the place of first preference for the body to express disease in almost all cases. The qualities and modalities of skin symptoms are therefore always important.

Nutrition and digestion are important in both the Sea and the Earthly Realms but in different ways. When it is a question of assimilation and providing the nutrients that are used to build structure, such an ailment might be indicative of an Earth remedy.

When an ailment involving digestion is part of a pattern around issues of nurturing and being nurtured, then it is more likely to be indicative of a remedy from the Sea.

The chief affinity for remedies from the Realm of the Sea is the generative organs. Difficulties with the male organs, testes and prostate, can often indicate a Sea remedy but it is the female organs and the processes associated with them that the pattern is strongest.

Ailments involving the ovaries and uterus and particularly female hormones, the menstrual cycle and the processes of pregnancy and birth can have a Sea like quality and will often call for remedies like *Natrum muriaticum*, *Sepia* and *Murex*. However, apparently similar symptoms might call for a remedy like *Lachesis* showing Underworld properties and many from the Earthly Realm including *Platina*, *Pulsatilla*, *Chocolate* or any of the Lily family.

The main affinity of the Realm of the Underworld is to the heart, the seat of the passions, and to the circulatory system. Again this is a general guide and it applies more to inflammatory symptoms. Symptoms of a sclerosing nature are more likely to be connected to the Earthly Realm.

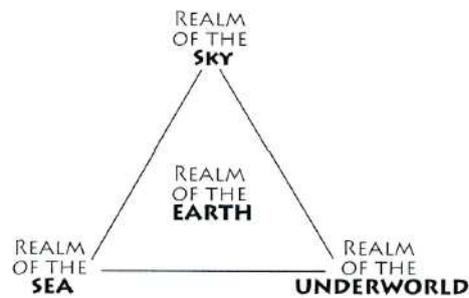
The sexual organs can also be affected but it is likely to be connected to their sexual roles rather than to their generative ones which are usually closer to the Sea Realm.

The Realm of the Sky has an affinity to the nervous system. This might be expressed particularly in peripheral neuropathies and in degenerative nerve diseases. It might also include myalgias and M.E. It may also be that degenerative brain diseases such as Alzheimer's with its confusion and bewilderment are part of the Sky Realm.

The lungs and breathing also have an affinity to the Realm of the Sky especially when the symptoms

are of a restrictive and suffocative nature.

It cannot be stressed enough that these symptoms are only a valid indicator of the Realm when they are part of the pattern of the whole case and part of the pattern of the remedy. No symptom on its own can be helpful. But physical symptoms are important, they are a manifestation of the central disease and they are real and perceptible and should not be ignored. If you do not see how the physical symptoms reflect the patterns of the case then you have not understood them well enough.



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