



# Polarity Analysis

## Module 10: Psychiatry

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Psychiatry means to help the patient  
to find a way, perhaps a new way,  
and to help him understand what is  
going on.



- **Conventional psychiatry uses**
  - Medication
  - Often psychotherapy
- **Homeopathy uses**
  - The correct homeopathic remedy
  - Not so often psychotherapy too

# What do we have to deal with?

- Mind symptoms are *changes in mind due to illness*, not pre-existing peculiarities of the patient.

## And what is the problem?

- Symptoms of mind can be interpreted in very different ways because the formulation of such symptoms depends on the individual, familial and cultural background of the patient.
- Mind symptoms are therefore unsuitable for precise remedy selection.

# “Depression” in Boenninghausens PB

- Sadness 61 remedies
- Despair 51 remedies
- Melancholy 12 remedies
- Affections of mind in general 124 remedies
- Moroseness 88 remedies



What is the probability that the prover's words match those of the patient?

20 percent

## How to solve the dilemma?

- For mental illness Hahnemann advised that “all the befallments of the former somatic disease, before it degenerated into the one-sided heightening of the mental symptom”... should be included in casetaking (ORG §§ 216 and 218).

# Contents of Module 10

- *Anxiety disorders*
- *Depression*
- *Tics and stuttering*
- *Eating disorders*
- *Post-traumatic stress disorder*
- *Burnout*
- *Existential crisis*

# 1. Anxiety Disorders

Anxiety is pathological when:

compared to the threat, it is disproportionately strong and persistent or is abnormally mastered, subjectively impacting the patient in a negative way.

# Case 1: Arachnophobia

- As a young child, 12-year-old Evo suffered massive separation anxiety. This disappeared at school, only to be replaced by arachnophobia (fear of spiders). At the sight of spiders, he flees screaming to his mother, clinging onto her apron strings. Before going to sleep he also makes a huge fuss because there might be a spider in his room. His mother therefore has to search the entire room every evening.



# Checklist

## Mind

Fear of spiders

Disgust of spiders

Delusions

Mood swings

Irritability

< Thinking of complaints – P

< After lying down – P

< While falling asleep – P

< Being alone – P

> Light – P

> After waking up – P

## Backache

< Movement, during – P

Aversion to movement – P

< Walking – P

< Stepping, hard – P

< Physical exercise – P

< Bending over – P

< Pressure, external – P

> Lying – P

> Straightening up – P

> Sitting – P

# Procedure

- If possible, we use the physical symptoms for repertorisation, and only consider the mind during the materia medica comparison.
- The mind symptoms are included in the repertorisation only if the physical symptoms are insufficient for remedy selection.
- Symptoms with the meaning *aggravation from thinking of complaints* are unreliable and must be omitted (e.g. < after lying down, < while falling asleep, < being alone).



## E. A.

## Arachnophobia

		Bry.	Calc.	Nux-v.	Nat-m.	Merc.	Phos.	Borx.	Sulph.	Ars.	Chin.	Caust.	Alum.	Nat-c.	Led.	
Hits		10	10	10	10	10	10	10	10	10	10	10	10	10	9	
Sums		33	27	28	27	22	19	17	20	23	19	17	16	15	21	
<b>Polarity Difference</b>		<b>22</b>	<b>21</b>	<b>17</b>	<b>17</b>	<b>14</b>	<b>11</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>0</b>	<b>18</b>	
126	< movement, during [worse]	P	4	2	4	3	3	3	2	2	1	3	3	1	1	4
68	movement, aversion to	P	2	1	4	3	2	2	1	1	4	1	1	2	2	1
54	< running, jogging [worse]	P	4	2	3	3	3	2	2	4	5	2	3	1	1	3
68	< stepping hard [worse]	P	4	3	3	3	1	3	1	3	1	3	3	2	3	3
70	< physical effort [worse]	P	4	3	3	3	2	2	1	4	4	3	1	2	2	1
108	< bending over, while [worse]	P	4	4	1	2	3	1	3	1	1	2	1	3	2	3
93	< pressure, external [worse]	P	1	3	1	3	2	2	1	1	1	1	1	1	1	2
106	> lying position [better]	P	4	3	4	3	2	1	1	1	1	2	1	1	1	2
101	> sitting [better]	P	4	2	4	2	3	2	2	1	1	1	1	1	1	2
57	> standing up / straightening up [better]	P	2	4	1	2	1	1	3	2	4	2	1	2	1	
102	> movement, during [better]		1	1		1	3	1		1	2	1	1	2	4/CI	
58	movement, desire for		2	1	1		1		1	1	2	4/CI		1	1	
6	> running (jogging) [better]					1							1			
1	> stepping (hard) [better]															
6	> physical effort [better]					1										
44	> bending over, while [better]				2	1		1		1	1	1	1			
74	> pressure, external [better]		2	1	2	1	1	1	3/CI	2	2	1	3/CI	2	4/CI	1
125	< lying position [worse]		1	1	1	1	1	1	2	2	4/CI	1	1	2	3/CI	1
126	< sitting [worse]		1	2	1	1	1	1	2	1	2	2	3/CI	2	3/CI	1
68	< straightening up [worse]		4/CI		4/CI	3/CI	1	3/CI		4/CI	3	2	1	1		

# Interpretation

- Ten remedies cover everything; only Calcium carbonicum, Mercurius and Alumina have no contraindications.
- The polarity difference of Calc-c is particularly large, so it is probably the correct remedy.

# MM Comparison – Calc-c (GS)

## Mind

- *She thinks and talks of nothing but murder, fire, rats, etc. [or spiders].*
- *Child is afraid of everything it sees.*
- *Anxiety, shuddering and dread as soon as evening comes on.*
- *Great anxiety, restlessness and palpitation.*

## Backache

- *Drawing pain between shoulder blades.*
- *Intolerable backache.*
- *Weak feeling in back, worse from mental annoyance.*
- *Painful stiffness in back, making change of posture very difficult.*



# Prescription and Progress

- Evo is given a dose of **Calcium carbonicum 200 C**.
- After a month the back pain has disappeared and the arachnophobia is significantly better (50% according to his mother).
- With further doses of **Calcium carbonicum (M, XM, LM, CM)** at monthly intervals, it disappears completely. Evo no longer mentions it.
- Observation period: 2 years

# Comment

- Hahnemann's advice for mental illness – to select the remedy via physical symptoms – has been a complete success here.
- If we had repertorised the mind symptoms, we would have arrived at Arsenicum album, although not so unambiguously and without covering everything.
- In Kent's Repertory (vol. I / p. 46) we find under *fear of animals*: *Bufo*, *Causticum*, *China*, *Hyoscyamus* and *Stramonium*, which is inadequate in the light of current knowledge.

## 2. Depression

### Definition

Negative mood and thoughts with loss of joy and interest, feeling of poor self-worth, inability to perform and lack of empathy. Depression may be episodic or recurrent.

### Lifetime prevalence

Countries with a high standard of living 14.6%

Women / men 2 : 1

## Fall 2: Agitated Depression

Mr T. is a highly gifted 18-year-old (IQ 140) who goes to the emergency clinic of the child and youth psychiatric service because he is feeling so bad.

He is doing an apprenticeship as a plumbing engineer and finds that he cannot keep up with the demands of the course, especially in terms of performance and time pressure. At home he smokes cannabis constantly and is becoming aggressive to the point of assaulting his mother and sister.

The child and youth psychiatrist presumes incipient psychosis. She transfers the patient to us because he categorically refuses to take psychoactive drugs.



# Examination

Mr T. is tall, pale and very thin.

- During the consultation he walks up and down in the consulting room, cries several times, and falteringly tells me about his suffering, at times becoming aggressive.
- He mentions an additional complaint of difficulty falling asleep and recurrent infections of the upper respiratory tract.
- The physical examination reveals a pilonidal cyst (sacrococcygeal fistula), which is currently inactive. Otherwise physically normal.
- He prepares the *questionnaires* for *Mind* and *Additional Complaints*.

# Checklists

## Mind

- Sadness – P, melancholy, hopelessness, irritability, indifference, malice, cheekiness, mistrust, mood swings
- < Thinking of complaints – P
- > After sleep – P

# Additional Complaints

## Recurrent cough

- < Cold – P
- < Getting cold – P
- < Cold wet weather
- < Wind, draught
- < Movement – P
- > Rest – P
- > Lying – P
- > Wrapping up warmly – P

## Difficulty falling asleep

- Falling asleep, late
- > Rubbing – P

# Selection of Symptoms for Repertorisation

- For repertorisation we initially use only the polar physical symptoms.
- In addition we can use the two polar mind symptoms *sadness* and *irritability*, because they are unambiguous.
- Again: It is important to *avoid* using symptoms with the figurative meaning *aggravation from thinking of complaints*, for example < *falling asleep*.

## T. B.

### Beginning Psychosis

			Nux-v.	Hep.	Camph.	Bell.	Bry.	Carb-a.	Kreos.	Phos.	Chin.	Ign.	Merc.	Ph-ac.	Nat-c.	Arn.
Hits			10	10	10	10	10	10	10	10	10	10	10	10	10	9
Sums			33	26	21	27	26	21	16	23	19	23	21	12	18	22
<b>Polarity Difference</b>			<b>26</b>	<b>19</b>	<b>19</b>	<b>17</b>	<b>17</b>	<b>11</b>	<b>11</b>	<b>10</b>	<b>10</b>	<b>7</b>	<b>7</b>	<b>-4</b>	<b>-2</b>	<b>15</b>
90	< cold in general [worse]	P	4	4	4	3	2	2	2	2	2	3	1	1	2	2
78	< getting cold [worse]	P	4	3	3	2	3	1	2	3	2	2	2	2	2	3
126	< movement, during [worse]	P	4	3	3	4	4	3	2	3	3	1	3	1	1	3
117	> resting (not moving) [better]	P	4	3	3	4	4	3	2	3	1	1	3	1	1	3
106	> lying position [better]	P	4	2	2	3	4	3	2	1	1	1	2	1	1	3
56	> warmly, from wrapping up [better]	P	3	4	2	2	1	1	2	1	2	1	2	1	2	2
74	> rubbing [better]	P	1	1	1	1	2	2	1	4	2	3	3	2	4	3
61	sadness (dejection, inclined to weep)	P	2	1	1	3	2	1	1	1	2	4	1	1	1	
64	irritability (anger, aggression)	P	4	4	1	3	3	2	1	3	2	4	2	1	1	2
111	inner head, occiput		3	1	1	2	1	3	1	2	2	3	2	1	3	1
73	> cold in general [better]		1	1		1	1			1	1	1	1	1	1	1
74	> cold, when getting cold [better]		1			1	3			1	1	1	3/CI	2	1	1
102	> movement, during [better]			1		1	1	1	1	1	1	1	3	3/CI	4/CI	1
102	< resting, while [worse]			1		1	1		1	1	1	1	1	3/CI	2	1
125	< lying position [worse]		1	3/CI	1	1	1	1	1	1	1	2	1	3/CI	3/CI	1
37	< warmly, from wrapping up [worse]		1				1			2	2	2	1			
44	< rubbing [worse]							1	1	1			2	1	1	1
42	cheerfulness, happiness					3		3/CI		3/CI		2		1	4/CI	
37	mildness							1				3		1	1	

# Interpretation

- All symptoms are covered by thirteen remedies, six of which are dropped due to contraindications.
- *Nux vomica* is first choice due to its high polarity difference.
- We use the materia medica comparison to check whether the patient's mind symptoms also fit this remedy.

# MM Comparison for Nux vomica

- *Gets angry and violent. Morose, sullen. Ill-humored. Quarrelsome if disturbed.*
- *Irritable, angry disposition, the most trifling symptoms are unbearable. Fiery, excited temperament. Oversensitiveness to impressions upon the senses.*
- *Disinclination to work. Ailments after continued mental exertion.*
- *Goes to sleep late from crowding of thoughts.*
- *Addicted to excessive use of spirits [or nowadays: cannabis].*

# Prescription and Progress 1

- Mr T. is given a dose of *Nux vomica* 200 C.
- After four weeks he resumes work and can cope with the high demands noticeably better than before.
- Further monthly doses of *Nux vomica* in ascending potencies (*M*, *XM*, *LM*, *CM*) help to restore his equilibrium. He is also able to reduce his cannabis consumption.



## Progress 2

- Unfortunately the pilonidal cyst (sacrococcygeal fistula) becomes inflamed and he requires an operation for it, which puts him off his stride. But he also manages to overcome this setback with Nux vomica.
- Mr T. successfully completed his apprenticeship and has been working normally in his job.

*Observation period: 5 years*

# Comment

- Apart from the two polar symptoms *sadness* and *irritability*, the mind symptoms contribute little to remedy selection.
- The next slide shows what happens if we repertorise with the mind symptoms and their modalities ...



## 3. Tics and Stuttering

Tics and stuttering are neuropsychological phenomena strongly subject to mental influences. Conventional treatment is laborious and seldom curative whereas homeopathy is often successful.

## Case 3: Idiopathic Stuttering

- Thomas is a likable, open 9-year-old boy who has been stuttering since the age of three. He has *clonic stuttering*, with rapid repetition of sounds at the beginning of sentences. He is very sociable and likes being the centre of attention but is rather restless and rapidly overwhelmed by the attention of others. He reacts by clowning about, becoming dictatorial or withdrawing.
- He suffers an additional complaint of frequent *headaches*.
- **Treatment so far:** speech therapy, riding therapy, Bach flower remedies and kinesiology.
- The **examination reveals**, apart from his speech problem, nothing abnormal.

# Checklist

## Stuttering

- Excitement, nervous
- < Emotions of all types (fear, anger, joy ...)
- < Thinking of his complaints – P
- < Talking – P
- < Reading – P
- > Resting – P
- > Open air – P

## Headaches

- < Mental exertion – P
- < Looking at sthg. close up – P
- < Light – P
- < Noises, sounds
- < Shaking head – P
- > Uncovering – P
- > Drinking cold water – P
- > Closing eyes – P

# Repertorisation

- For the repertorisation we again use only the polar symptoms, leaving out the mind symptoms (including *< thinking of his complaints*).

## T. C.

## Stuttering

			Phos.	Calc.	Borx.	Bry.	Nux-v.	Sep.	Coff.	Asar.	Lyc.	Arn.	Sulph.	Staph.
Hits			10	10	10	9	9	9	9	8	8	8	8	8
Sums			25	27	18	22	24	20	16	19	24	19	19	17
<b>Polarity Difference</b>			<b>21</b>	<b>17</b>	<b>14</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>12</b>	<b>17</b>	<b>16</b>	<b>13</b>	<b>11</b>	<b>11</b>
77	< talking, speaking [worse]	P	3	4	2	3	2	3	2		2	3	4	2
65	< mental effort [worse]	P	1	4	2		5	4	1	2	5	3	3	4
85	< looking, at something close-up, strai	P	3	4	2	1	1	3	1	1	4	2	2	2
71	< shaking head [worse]	P	2	1	1	3	4	2	2	2		3	2	2
37	> uncovering [better]	P	2	3	3	1	1	1	1	2	4		2	2
21	> food and drink, cold water [better]	P	4	1	1	3		4		3				
24	> eyes, closing [better]	P	1	3	2	3	3		1		3	1		
69	< reading [worse]	P	3	4	1	2	3	1	2	2	3	2	3	1
117	> resting (not moving) [better]	P	3	2	2	4	4	1	3	3	1	3	1	3
93	> open air [better]	P	3	1	2	2	1	1	3	4	2	2	2	1
1	> talking, speaking [better]													
3	> mental effort [better]													
5	> looking, at something close-up, strained vision [better]													
3	> shaking head [better]													
56	< uncovering [worse]		1		1	1	3/CI	2	1	1		2		2
40	< food and drink, cold water [worse]			3/CI	1		3/CI	1			3/CI		4/CI	
38	< eyes, closing [worse]		1	4(CI)		5(CI)	1	1				2	2	1
2	> reading [better]													
102	< resting, while [worse]		1	1	1	1		3/CI		1	4/CI	1	1	1
110	< open air [worse]		1	2	1	1	4/CI	1	3		1	1	1	2



# Interpretation

- Three remedies cover all symptoms. Due to the large polarity difference, Phosphorus is first, followed by Borax. Calcium carb. is dropped due to contraindications.
- We add the symptom *stuttering* from Kent's Repertory. It lists Phosphorus in grade 2 but not Borax.

# Materia Medica Comparison (GS)

## Phosphorus

- *Stuttered when endeavoring to articulate.*
- *In forehead, dull pain < turning head or any violent motion; > in open air ... lying down and after sleeping.*
- *Hearing too acute.*

## Borax

- *Stuttering not mentioned.*
- *Headache with dullness of entire head; stinging in left ear.*

# Prescription and Progress

- Thomas is given a dose of **Phosphorus 200 C**.
- The next day he has a severe headache which then continually improves. After four weeks 40% improvement. He is more level-headed and talks more calmly. To the amazement and joy of his parents and speech therapist, his stuttering is noticeably better.
- We continue with Phosphorus M, XM, LM, CM at monthly intervals. After three months the improvement is 60%, after one year it is 100%.
- But ...

## Further Progress

- At the beginning of puberty three years later he again starts to stutter. The new casetaking leads to **Calcium carbonicum**. Several doses (200 C, M, XM, LM, CM) cause it to disappear again.
- A year later he starts stuttering yet again, although the symptoms now indicate **Lycopodium** – once again several doses are required to clear up the stuttering, this time for good.
- **Observation period: 6 years**

# Comment

- Stuttering is also a homeopathic challenge.
- Both follow-up remedies were in the shortlist from initial casetaking but with contraindications. Treatment must always **fit the phase**, here with three separate remedies, each determined by the symptoms found at a specific point in time.
- The question is whether the symptoms developed in reverse (according to Hering) – this was presumably true.

## 4. Eating Disorders

### Differential Diagnosis

- Hyperphagia (everything revolves around food)
- Anorexia nervosa
- Bulimia (binge eating followed by purging)
- Binge eating (uncontrollable eating)

### Conventional Treatment

- Psychotherapy
- Nutrition counselling
- Weight control: Stationary treatment if BMI < 15 kg / m<sup>2</sup>
- Antidepressants

## Case 4: Anorexia nervosa

- **Thea** has been vegetarian since the age of five. At eight she is diagnosed with ADD, and is given *Chamomilla Q potencies*. Her school performance normalizes and her Conners' Global Index drops from 15 to 8.
- During puberty her irritability again increases. Thea now refuses to continue taking Q potencies. She also starts suffering from severe acne, for which she also refuses treatment. Her menarche is at age 13.

- She now becomes even more obstinate, only eating vegetables and fruit, and starts doggedly exercising because she thinks she is too fat.
- Objectively her weight is just under the 50<sup>th</sup> percentile and her height is on the 25<sup>th</sup> percentile. But Thea's weight drops from 45 to 38 kg in the space of six months. And her menstruation stops again. She now meets all the diagnostic criteria of *anorexia nervosa*.
- The University Child Psychiatry Department starts her on psychotherapy and nutrition counselling, and I supervise her weight checks. Her weight stagnates between 38 and 38.5 kg.



- With some cajoling, Thea agrees to resume the homeopathic treatment. The family prepares for casketaking with the *Checklist*.

# Checklist

## Mind

- Despair, moroseness, melancholy, mood changes, suicidal thoughts
- < Emotions of every kind (annoyance, anger, worry, insults)
- Restlessness
- Irritability – P
- Loss of appetite – P
- Desire for fresh air – P
- < Physical exertion – P
- < After eating – P

## Additional Complaints

- Emaciation
- Menstruation ceased
- Acne
- < Cold – P
- Blocked ears
- Constipation

# Repertorisation Procedure

Reconstruction of the symptom set using reliable symptoms,  
without using mind symptoms

- *Loss of appetite*
- *< After eating*
- *Emaciation*
- *Menstruation suppressed*
- *< Cold*
- *> Wrapping up warmly*
- *< Physical exertion*
- *Desire for fresh air*
- *Blocked ears*
- *Constipation*

# T. D.

## Anorexia nervosa

			Ars.	Borx.	Bry.	Lach.	Phos.	Graph.	Puls.	Sep.	Rhus.	Arn.	Con.
Hits			10	10	10	10	10	10	10	10	9	9	9
Sums			29	18	27	20	22	23	27	26	25	19	27
Polarity Difference			15	7	6	4	3	2	1	1	12	12	11
115	appetite, absent	P	3	2	3	2	2	1	3	4	4	3	3
62	emaciation in general		4	2	3	3	3	4	3	2		1	2
121	< eating, after [worse]	P	4	2	4	3	4	3	4	4	4	2	4
68	menstruation, suppressed		2	2	2	2	3	4	4	3	1	1	4
90	< cold in general [worse]	P	4	3	2	2	2	2	1	2	4	2	3
56	> warmly, from wrapping up [better]	P	3	1	1	2	1	2	1	2	4	2	3
70	< physical effort [worse]	P	4	1	4	1	2	1	1	2	4	4	1
76	air, desire for open air	P	2	3	1	1	1	1	4	1	1	3	
48	hearing, obstruction of the ears		1	1	3	2	1	2	4	3	1		4
112	constipation		2	1	4	2	3	3	2	3	2	1	3
99	hunger		2	1	3	1	2	4/CI	4(CI)	3	2	1	
52	> eating, after [better]		1		1	2	3	2	2	2	2	1	
73	> cold in general [better]			1	1	1	1	1	4/CI	1	1	1	
37	< warmly, from wrapping up [worse]			3/CI	1	1	2		2	1	1		
6	> physical effort [better]									4/CI			
86	air, aversion to open air		2		3/CI	2	1	1	1	3/CI	3/CI	1	3/CI

# Interpretation

- All symptoms are covered by eight remedies, three of which have no contraindications. Due to the large polarity difference, Arsenicum album is the favourite.
- The mother mentions a confirmatory symptom: Thea is very pedantic and finicky, and she always wants to have everything under control.

# MM Comparison for Arsenicum album

- *Cannot bear smell or sight of food. Better on an empty stomach. Aversion to meat. Obstinacy, despondent, melancholy, irritability and anxiety. Melancholy, sadness after dinner. Inclination to commit suicide. External warmth relieves.*

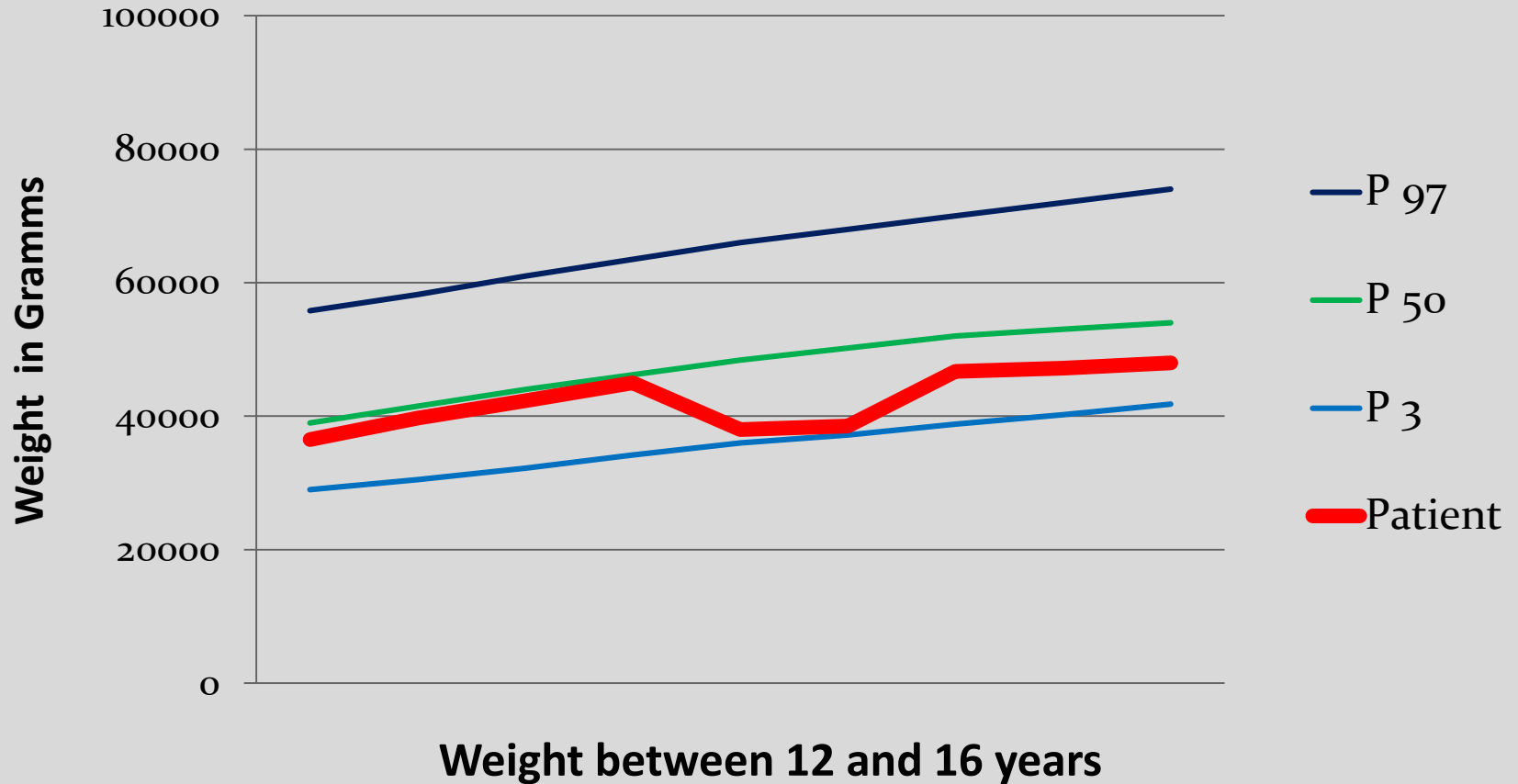
## Prescription and Progress

- She is given a dose of *Arsenicum album 200 C*.
- She becomes more even-tempered and the dark mood lifts. With monthly doses of Arsenicum album (M, XM, LM, CM, etc.) her weight gradually starts to increase, and food is no longer an issue ...
- Menstruation commences 10 months later and the acne improves without completely disappearing. In the next two years her weight stabilizes between 47 and 48 kg (fig. 1).

*Observation period: 4 years*



**Fig. 1: Weight Curve G.T.**



# Comment

- The **reconstruction of the symptom set** using reliable symptoms is a good method of remedy selection. This enables us to exclude everything unreliable. Nevertheless a remedy is selected that perfectly matches the patient's state of mind.
- Thea's reaction to homeopathy is better than average. The treatment of anorexia nervosa patients is normally more difficult.

# 5. Post-Traumatic Stress Disorder (PTSD)

## *Aetiology*

Stressful events of an exceptionally threatening nature. These need not necessarily affect the person directly – they can also be experienced by someone else. The disorder generally occurs within six months and lasts longer than one month.

## **Frequency**

Lifetime prevalence, in general	8%
Rescue workers, doctors, police	up to 50%

# Case 5: Post-Traumatic Stress Disorder

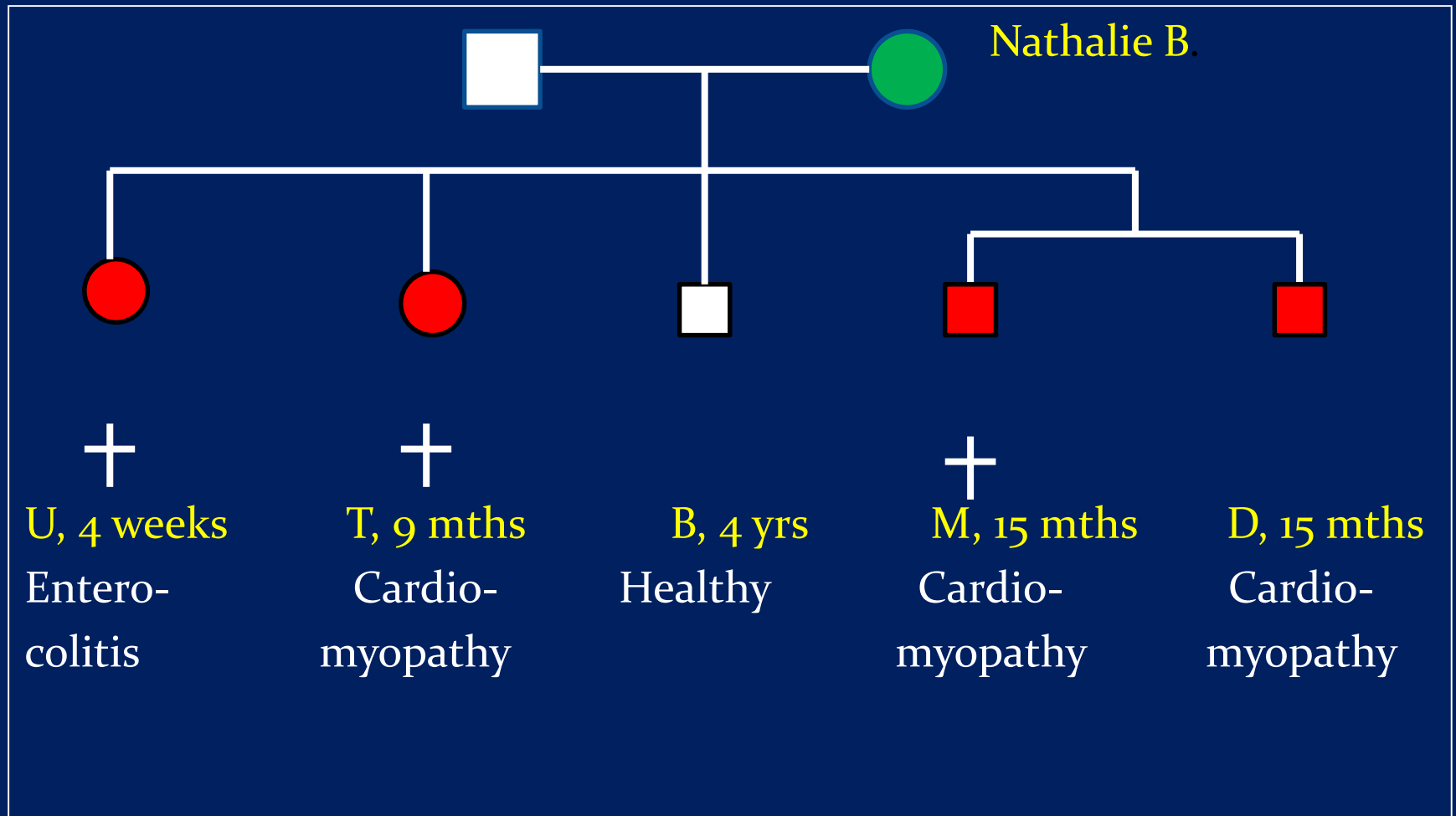
- **Nathalie B.** is a 42-year-old small but strong woman with a dramatic life story.
- Her first child died at the age of four weeks from necrotizing enterocolitis. I meet her on the intensive care ward with her second child, who dies at the age of nine months from cardiomyopathy.
- Two years later she has a healthy baby boy and then later twins, also male, who initially seem healthy.

- At the age of six months the boy twins also fall ill with cardiomyopathy, one after the other. They are immediately accepted for the Berlin Heart transplant programme (artificial hearts).



- Twin B is given a new heart after five months but suffers multiple cerebral haemorrhages, which he survives. He is now physically and mentally disabled.
- Twin A dies shortly after his brother's transplantation, also from cerebral haemorrhage.

# Family B.



- During all this time of suffering, Mrs B. never complained, fighting tirelessly for her children.
- Shortly before her youngest son is due to return home after being in hospital for one year, she has a breakdown.
- She can no longer sleep, wakes at 4:00 in the morning with a racing heart and panicky anxiety about her children. In the daytime she suffers from back and hip pains, and her previously indefatigable energy is exhausted. She has become completely ineffectual in her work as a secretary and she would like to take time off.



# Diagnosis: Post-Traumatic Stress Disorder

## The following elements fit the diagnosis

- Serious, repeated traumas in the patient's history
- Nightly panic attacks with anxiety about her children
- Avoidance behaviour – fear of being unable to cope when the surviving twin returns home
- Increased sensitivity – sleep disorder, poor concentration, irritability
- Duration of several months
- Impaired ability to work

# Checklist

*Mind: Panicky anxiety that she cannot cope*

*Waking at 4:00 in morning with a racing heart*

- > Mental exertion – P, > company – P , > reading – P  
(all three symptoms mean: distraction ameliorates)
- Desire for movement – P
- > Movement – P
- < Lying – P
- < Rest – P
- < During sleep – P
- < While waking up – P
- < Darkness – P
- Lack of thirst – P

## *Back pain on left, hip pain on right*

- < Lying – P
- < Sitting – P
- > Movement – P
- > Movement of affected parts – P
- < Turning affected parts (hip) – P
- < After lying down – P
- < While waking up
- Stabbing from inside outwards – P (hip)
- Stabbing downwards – P (hip)
- Irritability – P

N. B.

Posttraumatic Stress Disorder

			Lyc.	Val.	Puls.	Rhus.	Con.	Ph-ac.	Sep.	Sulph.	Calc.	Arn.	Rhod.	Mur-ac.	M-arc.	Am-m.	Carb-v.	Chin.	Bell.	Staph.
Hits			14	14	14	13	13	13	13	13	13	13	12	12	12	12	12	12	12	12
Sums			44	33	47	44	36	33	35	29	29	21	25	24	23	28	24	31	22	18
Polarity Difference			33	28	27	28	24	21	17	11	0	-5	20	17	12	10	8	6	-15	-1
58	movement, desire for	P	1	1	1	4	1	2	1	1	1	3	2	1	3			4	1	1
102	> movement, during [better]	P	4	4	4	4	4	3	3	1	1	1	3	2	1	3	1	1	1	1
125	< lying position [worse]	P	4	3	4	4	4	3	3	2	1	1	3	3	2	3	2	1	1	1
102	< resting, while [worse]	P	4	4	4	4	4	3	3	1	1	1	3	2	1	3	1	1	1	1
113	< sleep, during [worse]	P	4	1	4	2	3	3	3	4	2	2	1	3	2	1	1	3	4	1
86	thirst, absent	P	1	1	4	2	3	2	3	2	1	1	1	2	2	1	1	2	2	3
126	< sitting [worse]	P	4	3	4	4	4	5	4	1	2	1	3	3	2	2	1	2	1	1
43	> movement, of affected parts [better]	P	3	3	4	4	3	3	3	1	1	1	3	1		3		3		
84	< bending or turning, affected parts [worse]	P	3	1	3	3	1	1	3	2	4	3	1	1	1	3	1	3	3	1
112	< lying down, after [worse]	P	4	2	4	4	1	2	3	3	3	1	2	2	3	1	3	2	1	1
111	< sleep, after waking up [worse]	P	4	1	5	4	3	3	4	5	4	3	1	2	3	3	4	5	3	3
59	stabbing, pricking, outward	P	3	4	1	3	4	2	1	4	3	2	2	2	1	2	2	4	3	3
29	stabbing, pricking, downwards	P	2	1	3			1	1	2		1			2		4		1	
20	< darkness [worse]	P	3	4	2	2	1				5					3	3			1
68	movement, aversion to		3/CI		2		1	1	2	1	1	1		1			1	1	2	
126	< movement, during [worse]		1	1	1	1	1	1	1	2	2	3/CI	1	1	1	1	1	3/CI	4/CI	3/CI
106	> lying position [better]		1			1	1	1	1	1	3/CI	3/CI		1	1	3	1	1	3/CI	2
117	> resting (not moving) [better]		1			1	1	1	1	1	2	3/CI	1	1	1	1	2	1	4/CI	3/CI
8	> sleep, during [better]															2				
99	thirst		1	1	2	3/CI	1	1	2	4/CI	4/CI	3/CI	1	1		3/CI	3/CI	4/CI	3/CI	1
101	> sitting [better]			1	1	1	1	1		1	2	2			1	1	2	1	2	2
54	< movement, of affected parts [worse]				3	2	1		1	2		3/CI						3	3/CI	2
29	> turning affected part [better]				3	2					2			1		1		3	4(CI)	
100	> lying down, after [better]		1	1	1	1	1	1	2	1	4(CI)	2	1		1	2	3	1	3/CI	3/CI
28	> sleep, after; while waking up [better]				2			1	4		1				1	1		2		
47	stabbing, pricking, inward					2		1			3	4/CI			1	1	2		2	2
28	stabbing, pricking, upwards				2	1			1	2	1	1			2		1	2	4/CI	
74	> darkness [better]		3	1	3/CI	1	4/CI	3/CI	3/CI	3/CI	4	1	1	1	2	2		3/CI	3/CI	1

# Interpretation

- All symptoms are covered by three remedies, of which only Valeriana has no contraindications.

# *Materia Medica Comparison for Valeriana*

- *Fear, especially evening in dark, palpitation, trembling. Great melancholy and irritability. Hysteria, overexcitable, changeable disposition and ideas.*
- *Sleepless, restless tossing. Worse on awaking.*
- *Intense pain in left lumbar region above hip, as if he had strained part, < standing, especially sitting.*
- *Sciatica of right side ; < when straightening out limb, especially while standing, could stand at her work with comparative comfort if she stood with foot of affected side upon a chair. - Our patient confirmed this modality, which she did not mention during casetaking.*

# Prescription and Progress

- Mrs B. is given a single dose of *Valeriana 200 C*.
- During the next five days she feels much better (subjective improvement of 80%), she has no more panic attacks and she sleeps well. Then the effect wanes and she starts waking up again several times during the night. After one month the improvement is still around 30%.
- We change the dosage to *Valeriana Q 3* daily.
- One month later she is sleeping well, has only occasional panic attacks, related specifically to the return of her baby son from hospital. The physical symptoms have completely disappeared. Yet she still only rates the improvement at 50%.
- This is not optimal so we decide to retake the case using the remaining symptoms.

# Remaining Symptoms

Waking up in night at 4:00 a.m.

Palpitations with anxiety

Impossible to get back to sleep after waking in night

< Lying – P

< Sitting – P

> Movement – P

< Rest – P

< During sleep – P

< While waking up – P

< Darkness – P



## N. B.

### Posttraumatic Stress Disorder

		Lyc.	Puls.	Rhus.	Ars.	Carb-v.	Calc.	Sul-ac.	Nat-m.	Phos.	Con.	Aur.	Ferr.	
Hits		10	10	10	10	10	10	10	10	10	9	9	9	
Sums		33	34	28	29	16	24	13	20	23	26	26	22	
<b>Polarity Difference</b>		<b>21</b>	<b>20</b>	<b>19</b>	<b>12</b>	<b>7</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>-4</b>	<b>15</b>	<b>14</b>	<b>13</b>	
125	< lying position [worse]	P	4	4	4	4	2	1	1	1	1	4	4	4
126	< sitting [worse]	P	4	4	4	2	1	2	2	1	1	4	2	3
102	> movement, during [better]	P	4	4	4	2	1	1	1	1	1	4	4	4
102	< resting, while [worse]	P	4	4	4	2	1	1	1	1	1	4	4	4
113	< sleep, during [worse]	P	4	4	2	4	1	2	1	3	5	3	1	1
111	< sleep, after waking up [worse]	P	4	5	4	5	4	4	1	4	4	3	2	1
81	waking, too early		1	1	1	3	1	2	3	1	1	2	3	1
44	fall asleep, unable to fall, after once waking		1	2	1	2	1	2	1	4	3	1	3	3
20	< darkness [worse]	P	3	2	2	2	3	5	1	1	2	1		
65	heart, palpitations with anxiety		4	4	2	3	1	4	1	3	4		3	1
106	> lying position [better]		1		1	1	1	3/CI	1	3/CI	1	1		1
101	> sitting [better]			1	1	1	2	2	1	2	2	1	1	1
126	< movement, during [worse]		1	1	1	1	1	2	2	3/CI	3/CI	1	1	1
117	> resting (not moving) [better]		1		1	1	2	2	2	3/CI	3/CI	1	1	1
8	> sleep, during [better]										2			
28	> sleep, after; while waking up [better]			2		3		1			4			

# Interpretation

- All symptoms are covered by nine remedies, of which five have no contraindications. *Lycopodium* und *Rhus toxicodendron* both have an outstanding polarity difference.
- If we consider the time when the patient wakes up, 4:00 a.m. (Boger, Synoptic Key), only *Lycopodium* remains.
- This also fits the patient's particular disposition.

# Prescription and Progress

- She is now given *Lycopodium 200 C*.
- Four weeks later her sleep and state of mind have significantly improved (70%), and the panic attacks only occur rarely.
- With *Lycopodium M, XM, LM, CM* at monthly intervals, the improvement increases to 80%. Setbacks only occur when things do not go according to plan.
- After a year she gives the following feedback: “The hip pains have completely gone. *The back pain comes occasionally, especially when I have to carry our patients a lot. I can sleep really well without any more panic in the night and without lying awake for hours.*”

# Comment

- *Was Valeriana wrong?*

Probably not: it was necessary to restore the patient's inner sense of peace. Lycopodium is the follow-on remedy, which also corresponds to the earlier symptoms. Here we have treated the patient correctly according to the current phase of illness.

- The conclusion is that the patient's symptoms show us precisely what they need.

# 6. Burnout

## Definition

- Burnout threatens very ambitious people with a high level of stress and overwork, who are denied adequate recognition. The effect of this is a state of emotional exhaustion with a severely reduced ability to perform. Economic damage in the EU is estimated at about *20 billion euros / year*.

## Treatment is notoriously difficult

*Cognitive behavioural training, counselling, social support, relaxation exercises, music therapy, **homeopathy***

## Case 6: Burnout

- Mrs K. is a highly conscientious and engaged 50-year-old senior school teacher. I treated her with *Nux vomica* eight years ago for exhaustion, which helped her for a long time.
- After several years without any treatment, she returns to the practice with severe exhaustion. The trigger is the high workload, a difficult class and difficult parents, and her additional workload looking after her three grown-up children, whose studies she is helping to finance.

- Slowly and hesitantly, she talks about how her work at school and in the family has become a joyless burden for her. She drags herself from day to day, having to frequently take time off sick, and fears that she will have a complete breakdown.
- She pauses before replying to my questions. In her desperation she still hopes that homeopathy may be able to drag her out of the black hole.

# Physical Symptoms

- Extreme tiredness
- Reduced visual acuity
- Dizziness
- Sensitivity to cold (*“I simply can’t get warm”*).
- Abdominal pain with diarrhoea and constipation
- Joint pains
- Perioral reddening and dry skin



# Mind

- Mrs K is very serious, sad, slowed down, and during casetaking she often has tears in her eyes.
- She typically says nothing about her state of mind: in her 20-year patient history I can only find a single mind symptom: empathy for younger sister, who suffered from mammary carcinoma. Otherwise nothing, not a single word.
- Due to the diffuse complaints, we do the casetaking with the *questionnaire for additional complaints*, which will address all physical and mental aspects in one go.

# Checklist

Exhaustion, tiredness, dizziness, sensitivity to cold

- > Rest – P
- > Lying – P
- > After sleep – P
- < Standing – P
- < Cold – P
- < Getting cold – P
- < Cold weather – P
- > Wrapping up warm – P
- < After midnight (sleeplessness)

## Irritable bowel, abdominal pain, diarrhoea, constipation

- < Touch – P
- < Uncovering – P
- Desire for fresh air – P
- > Open air – P

## Joint pains

- < Touch – P

## Perioral dermatitis

# Repertorisation

- We only use the polar symptoms to select the remedy.

## K. F.

## Burnout

			Hell.	Ars.	Bry.	Sep.	Phos.	Lach.	Ph-ac.	Thuj.	Nat-c.	Mag-c.	Nux-v.	Cic.
Hits			11	11	11	11	11	11	11	11	11	10	10	10
Sums			27	26	26	25	23	18	17	12	16	22	32	19
Polarity Difference			21	9	7	5	3	2	0	-8	-3	15	12	12
117	> resting (not moving) [better]	P	3	1	4	1	3	1	1	1	1	1	4	2
106	> lying position [better]	P	2	1	4	1	1	1	1	1	1	1	4	2
107	< standing [worse]	P	1	1	2	3	1	1	3	2	2	2	1	1
90	< cold in general [worse]	P	3	4	2	2	2	2	1	1	2	3	4	3
78	< getting cold [worse]	P	2	4	3	3	3	1	2	1	2	2	4	2
88	< weather / air, cold [worse]	P	4	4	3	3	3	3	1	1	2	1	4	2
56	> warmly, from wrapping up [better]	P	1	3	1	2	1	2	1	1	2	2	3	3
121	< touch [worse]	P	3	2	3	4	1	2	3	1	1	3	4	1
76	air, desire for open air	P	3	2	1	1	1	1	1	1	1	3		1
93	> open air [better]	P	3	1	2	1	3	3	2	1	1	4	1	2
28	> sleep, after; while waking up [better]	P	2	3	1	4	4	1	1	1	1		3	
102	< resting, while [worse]			2	1	3/CI	1	2	3/CI	2	2	1		1
125	< lying position [worse]		1	4/CI	1	3/CI	1	2	3/CI	2	3/CI	2	1	1
71	> standing [better]		2	2	2		4/CI			1			3/CI	2
73	> cold in general [better]		1		1	1	1	1	1	2	1		1	
74	> cold, when getting cold [better]		1		3	1	1		2	2	1		1	
44	> weather / air, cold [better]				2	2	1	2		1			1	
37	< warmly, from wrapping up [worse]				1	1	2	1		2			1	
42	> touch [better]			1	2	1	3/CI		1	3/CI	2			
86	air, aversion to open air			2	3/CI	3/CI	1	2	2	2	4/CI		4/CI	1
110	< open air [worse]		1	1	1	1	1	4(CI)	2	2	2	1	4/CI	1
111	< sleep, after waking up [worse]			5(CI)	2	4	4	2	3/CI	1	4/CI	3/CI	4(CI)	1

# Interpretation

- Everything is covered by nine remedies. Only Helleborus has no contraindications as well as a large polarity difference.

# MM Comparison for Helleborus

*Great debility. Somnolence. Vertigo. When questioned answers slowly. Melancholy: silent. Woeful, despairing mood. Indifferent. Irritable; easily made angry. Diminished power of mind over body.*

*Watery diarrhoea. Constipation.*

*Boring, sticking in wrist and finger-joints. Boring, stinging in knee and foot-joints.*

*Soreness ... of lips.*

# Prescription and Progress

- Mrs K. is given a dose of *Helleborus niger 200 C*.
- After a month her physical complaints have noticeably improved but she still feels tired. With Helleborus M, XM and LM her exhaustion and depression disappear completely. She rates the improvement at 100% (?), and continues her work now with her usual high degree of enthusiasm.
- Since I do not fully trust this state of affairs to continue, I occasionally give her Helleborus, with which she remains stable.
- *Observation period: 5 years*



## Comment

- Homeopathic treatment of burnout is not always so easy. There are patients who scarcely recuperate, requiring in-patient psychotherapy and long-lasting rehabilitation.
- The decisive factor is to relieve the patient of excessive duties and to provide sufficient recognition of their work. In our case this patient reduced her teaching hours and asked her husband to take over more of the domestic duties.

## Case 7: An existential crisis

- Mr Klaus A., 63 yrs old, is a high officer in the federal administration. He comes to the practice with a profound **existential crisis**, complaining of disturbances of concentration, lack of interest, joylessness, moodiness, uncertainty and feelings of guilt.

- As soon as he faces even the most minor criticism, he begins to tremble, cannot talk or think, and feels dizzy. He is very tense, can no longer sleep properly and he sweats excessively. This is like what he used to experience as a child when his father criticised or hit him. His psychologist recommends him to apply for early retirement.

# Concomitant Symptoms

- Headache
- Diarrhoea alternating with constipation
- Rheumatic joint and muscle pain
- Sexual dysfunction

# Checklists

## Mental Problems

Here he marks 63 symptoms.

## Additional complaints

- He marks 49 symptoms.

# Procedure with 112 “Symptoms”

1. Distinguish symptoms from traits 9
2. Summarise redundant formulations 11 → 2
3. Clarify contradictions 11 → 2
4. Discuss unclear symptoms 11 → 0
5. Omit unreliable symptoms many

# Result of Clarifications

> *Dry weather*

> *Wrapping up warmly*

< *Moving affected parts*

< *Stepping hard*

< *Shaking head*

> *Rubbing*

< *Mental effort*

< *Strained vision*

< *Light*

> *During eating*

*Hunger*

*Saliva, increased*

*Muscles tense*

			Nux-v.	Bell.	Staph.	Chin.	Phos.	Rhus.	Arn.	Sulph.	Nat-c.	Puls.	Anac.	Merc.	Sep.	Mag-c.
Hits			13	13	13	13	12	12	12	12	12	12	11	11	11	11
Sums			36	31	28	28	30	28	25	28	26	27	22	26	29	16
<b>Polarity Difference</b>			<b>23</b>	<b>19</b>	<b>17</b>	<b>14</b>	<b>18</b>	<b>16</b>	<b>15</b>	<b>12</b>	<b>9</b>	<b>3</b>	<b>15</b>	<b>12</b>	<b>10</b>	<b>7</b>
55	> weather / air, dry [better]	P	1	1	2	2	1	4		3	2	2		3	1	2
56	> warmly, from wrapping up [better]	P	3	2	2	2	1	4	2		2	1		2	2	2
54	< movement, of affected parts [worse]	P	3	3	2	3		2	3	2	1	3	2	3	1	2
68	< stepping hard [worse]	P	3	3	1	3	3	4	3	3	3	2	3	1	3	1
71	< shaking head [worse]	P	4	4	2	1	2	1	3	2		1	1	2	2	
34	muscles, tense	P	4	1	2	1	4	2	2	2	1	2	2		4	
74	> rubbing [better]	P	1	1	2	2	4	2	3	3	4		2	3		2
65	< mental effort [worse]	P	5	3	4	2	1		3	3	1	2	3		4	2
85	< looking, at something close-up, strai	P	1	2	2	1	3	1	2	2	3	2	1	1	3	1
80	< light in general [worse]	P	3	3	1	3	4	1	1	3	3	3	2	3	3	1
99	hunger	P	2	3	3	4	2	2	1	1	2	4	1	2	3	1
54	> eating, during [better]	P	2	1	2	1	1	1	1	1	1	1	4	2		1
117	saliva, increased	P	4	4	3	3	4	4	1	3	3	4	1	4	3	1
28	< weather / air, dry [worse]		4/CI	3/CI	1					1		3/CI			2	1
37	< warmly, from wrapping up [worse]		1		2	2	2	1		2		2		1	1	
43	> movement, of affected parts [better]					3		4/CI	1	1	2	4(CI)			3/CI	1
1	> stepping (hard) [better]															
3	> shaking head [better]					1										
53	muscles, flabbiness					2			1	3/CI	2	2		3/CI		2
44	< rubbing [worse]				2		1		1	1	1	4/CI	4/CI	2	3/CI	1
3	> mental effort [better]										3/CI					
5	> looking, at something close-up, strained vision [better]										3					
13	> light in general [better]				2								1			
115	appetite, absent		4/CI	3	1	4	2	4/CI	3/CI	3/CI	1	3	1	3/CI	4(CI)	1
91	< eating, during [worse]		1	2	2	1	3/CI	1	2	1	3/CI	3/CI		2	3/CI	2
111	saliva, diminished		3	4	1	1	4	2	2	4(CI)	2	3	1	3	3	1



## Analysis of the Repertorisation

- Only four remedies cover all the relevant symptoms. Belladonna and Nux vomica both lack a distinct weather modality. Staphisagria and China cover everything without contraindications.
- In view of the patient having been mistreated as a child, Staphisagria is likely to be the most suitable remedy.

# Materia Medica Comparison for Staphisagria

- *Hypochondriasis*. Indifference, low-spirited, dulness of mind ... Listless, *sad*... Aversion to mental or physical labor; inability to think. *Weak memory*, caused by unmerited insults, sexual excesses, or by persistently dwelling on sexual subjects. *Fretful peevishness, with excessive ill-humor*. Very sensitive to least impression; least word that seems wrong hurts her very much. Great indignation about things done by others or by himself; grieves about consequences... *Irritability, inability to sustain a mental effort*.



Courtesy of Ulrich Welte

## Remedy and Progress

- Mr A. is given a dose of *Staphisagria 200 C*.
- On the way home he has severe eye pain, which disappears again very quickly. The following night he sleeps much better and the next day he feels calmer and more relaxed.
- At the check-up after one month he rates the improvement at 90%.

- With further doses of *Staphisagria* in increasing potencies (*M, XM, LM, CM*) his condition stabilises at this level and he is able to continue working normally. He no longer mentions the idea of early retirement.

## Comment

- Since the checklist contains the instruction to find at least 8 and not more than 16 important symptoms such a symptom plethora is very rare.

# Evaluation of Polarity Analysis for Mental Illness

- Of the patients who we evaluated in 2005 to check the efficacy of polarity analysis, there were 16 with mental illness:

*Anxiety disorders* 10 patients

*Depression* 2 patients

*Behavioural disorders* 4 patients

# Results

- Successful treatment 14/16
- Non-responders (2 anxiety disorders) 2/16
- Improvement in entire patient group 72% (0-100%)
- Improvement among responders 82.5% (50-100%)



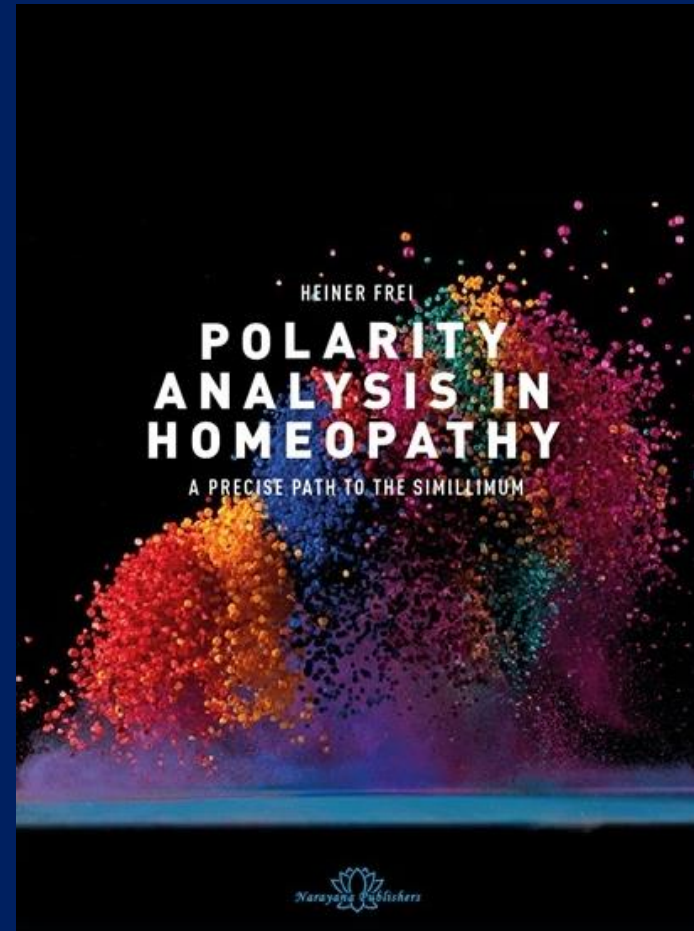
# Conclusion

- Hahnemann's advice *to focus on the physical additional complaints when selecting remedies for mental illness* is one of the nuggets of wisdom in the Organon, which makes treatment of this type of illness far easier.

# Additional Information

[www.heinerfrei.ch](http://www.heinerfrei.ch)

<http://polarity-analysis.com>



Thanks for your attention!  
Questions?