

# Homeopathy and Polarity Analysis Children and Teenagers

## Module 8 Illness in Puberty and Adolescence Heiner Frei



## Age Group Thirteen to Eighteen Years Old

The rather calm mid-school years have scarcely passed when the hormonal changes begin. Puberty begins with a growth spurt and major feelings of inner uncertainty. The striving for independence increases and the security of the family becomes less paramount. At school the demands continue increasing and key decisions are made that concern future work and professional life.

In this age group we see (together with the usual infectious disease and stress symptoms such as headaches and migraine) frequent *growth disturbances* and *illnesses of the musculoskeletal system*, especially among teenagers who play top-level sports. In addition, the *girls suffer hormonal disturbances* (amenorrhoea, dysmenorrhoea, polymenorrhoea) and *skin rashes* such as acne and seborrhoea. There can also be *psychological problems*. Self-injury ("cutting") has noticeably increased in recent years –at school it sometimes reaches epidemic proportions. And we see eating disorders such as anorexia and bulimia, which indicate resistance to growing up and are a challenge to treat. The next developmental step, the *choice of employment* and the *transition to the adult world of work*, constitutes a major source of stress for many, also resulting in symptoms in some cases. We also look in module 8 at *hay fever and asthma*, which is most common in this age group.

### 1. Growth Disturbances and Illness of the Musculoskeletal System

#### Growth Pains

During intensive growth spurts, especially older children complain of pain at night in the long bones. This typically occurs seasonally in spring and autumn, affecting the legs in alternation. The diagnosis *growth pains* is made when there is no other convincing reason. Pain that always affects the same spot is generally not due to growth and must be assessed. The approved indication is *Calcium phosphoricum*, administered in the potencies 200 C, M and XM at four-weekly intervals. If this does not bring about the desired result, individual casetaking is the next step.

## Stress on the Musculoskeletal System

The pubescent growth spurt alters the balance of strength in the joints, which can lead to overloading, inflammation and joint damage, especially when playing top-level sport. In our practice we see three types of illness in particular:

### *Patellar chondropathy*

The cause of this is asymmetric stress on the trochlear groove of the kneecap with one-sided abrasion of the cartilage. The result is knee pain when standing up from a sitting position and after sporting activity. The conventional treatment consists of training the quadriceps muscles, a pressure sleeve round the knee and supplements to help build up cartilage. Homeopathy can help to significantly shorten the duration of the pain.

### *Osgood-Schlatter disease*

This is a painful, aseptic bone necrosis of the distal insertion of the patella tendon, which at the worst can threaten to tear out the patellar tendon. Nine out of ten patients are sporting teenagers, with the peak affecting boys between the ages of 13 and 14, and girls between the age of 11 and 12. Five to twenty percent of all adolescents are affected by this syndrome. Conventional treatment consists of rest, analgesics and physiotherapy. With this disease, too, homeopathy can accelerate healing.

### *Muscle shortening*

During puberty the muscle mass greatly increases under the effect of androgens. Since the skeleton partly grows faster than the muscles, it can lead to a disproportion between the length of the muscles and the bones. We especially often see this in the area of the leg extensors (hamstrings and calf muscles). The effects are joint and back pains. Treatment consists of systematic stretching of the affected muscles. Arnica 200 C can reduce the pain on stretching.

## Arthritis

Joint inflammation has nothing to do with growth and is not age-specific. We most often see *coxitis fugax (irritable hip)*, a one-sided, self-limiting viral inflammation of the hip usually seen in younger children. The second most common illness is *arthritis*, which occurs especially after untreated or unnoticed streptococcus infections and borreliosis. Here the triggering agent must first be treated with antibiotics before we can address the remaining complaints with homeopathy. *Juvenile chronic arthritis (JCA)* is a rare rheumatic complaint (0.2 to 0.3 per thousand children), and is

associated with antinuclear antibodies in the blood. It can take on a very serious systemic form (juvenile idiopathic arthritis), requiring rheumatological treatment. Yet homeopathy is successful for most forms of arthritis.

### Case 1, Atypical Growth Pains

Twelve-year-old *Linda* is at the beginning of her pubescent growth spurt. For several months she has been suffering alternating pain in the left or right heel bone, which is so bad that she can hardly walk. The examination shows that the growth plate of the right heel bone is tender on pressure although the left is normal. There are no external changes and her condition is otherwise normal. Since ambiguous pain in the musculoskeletal system can also indicate leukaemia, we take a blood test but this is also normal.

Linda is rather small, slightly overweight with poor muscle tone, not corresponding to the disposition we might expect to find in Calcium phosphoricum patients (tall, slim). I decide to take her case.

Mother and daughter mark the following symptoms on the *Checklist*:

- Heel pain, right worse than left
- Leg right – P
- < Walking – P
- < Stepping hard – P
- < Running – P
- < External pressure – P
- > Lying – P
- > Sitting – P
- < Warmth – P
- > Cold, becoming cold - P
- > Uncovering – P

This is an expected set of symptoms, derived from the current complaint, and it appears to be not particularly individual. We repertorise the polar symptoms. We do not use the rubric growth pains, which only contains three remedies in BTB 1846, because it too severely restricts remedy selection.

## Repertorisation (Polarity Analysis Software)<sup>1</sup>

L. A.

Atypical Growth Pains

	Led.	Bry.	Calc.	Nux-v.	Staph.	Merc.	Phos.	Sulph.	Nit-ac.	Rhus.	Chin.	Iod.	
Hits	11	11	11	11	11	11	11	11	11	11	11	10	
Sums	28	31	27	28	20	23	21	22	15	22	16	29	
<b>Polarity Difference</b>	<b>18</b>	<b>17</b>	<b>15</b>	<b>10</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>3</b>	<b>3</b>	<b>-9</b>	<b>-2</b>	<b>25</b>	
87	foot, heels	4	2	3	2	1	2	2	3	1	3	2	1
130	side, right in general	P 1	3	4	4	3	1	2	1	1	4	1	3
126	<walking, while [worse]	P 4	4	2	4	3	4	3	1	2	2	1	3
68	<stepping hard [worse]	P 3	4	3	3	1	1	3	3	2	4	3	
54	<running, jogging [worse]	P 3	4	2	3	1	3	2	4	1	3	2	2
93	<pressure, external [worse]	P 2	1	3	1	3	2	2	1	3	1	1	4
106	>lying position [better]	P 2	4	3	4	2	2	1	1	1	1	1	2
101	>sitting [better]	P 2	4	2	4	2	3	2	1	1	1	1	3
73	<warmth, in general [worse]	P 3	1	1	1	1	1	1	2	1	1	1	4
37	>uncovering [better]	P 1	1	3	1	2	1	2	2	1	1	2	3
74	>cold, when getting cold [better]	P 3	3	1	1	1	3	1	3	1	1	1	4
130	side, left in general	1	1	1	1	1	5/CI	3/CI	5/CI	5/CI	1	5/CI	1
102	>walking, while [better]		1	1		1	1	1	1	1	4/CI	1	
1	>stepping (hard) [better]												
6	>running (jogging) [better]												
74	>pressure, external [better]	1	2	1	2		1	1	2		3/CI	1	
125	<lying position [worse]	1	1	1	1	1	1	1	2	1	4/CI	1	1
126	<sitting [worse]	1	1	2	1	1	1	1	1	1	4/CI	2	1
90	>warmth, in general [better]	1	2	1	4/CI	2	1	2	3/CI	1	4/CI	2	
56	<uncovering [worse]	1	1		3/CI	2	1	1			4/CI	2	
78	<cold, when getting cold [worse]		3	2	4/CI	1	2	3/CI	2	2	4/CI	2	

### Interpretation

All symptoms are covered by eleven remedies, four of which have no contraindications. Ledum, Bryonia and Calcium carbonicum have the largest polarity difference and therefore the highest likelihood of cure.

### Materia Medica Comparison for Bryonia (GS)

*Severe pain in sole of foot, with great lameness, could not walk; not much swelling. Prickling in soles of feet when walking.*

### Materia Medica Comparison for Ledum (GS)

*Pains of soles of feet and heels, as if bruised, when walking. Pain in ankles, as from a sprain or false step.*

## *Materia Medica Comparison for Calcium carbonicum (GS)*

Nothing relevant.

### Prescription and Progress

Since the materia medica comparison is not decisive, I give Linda *Bryonia 200 C*, and *Ledum C 200* as a reserve.

*Bryonia* has no effect. Her mother administers *Ledum 200 C* after a week. Within another ten days the heel pains improve by 50%, and after a month they have disappeared. Linda needs nothing more for the time being.

### Comment

- *Bryonia* is a remedy that often emerges with superficial symptom observation. In our H1N1 influenza study it was the most common incorrect prescription. It should therefore always be questioned. On the other hand, *Bryonia* is often helpful for joint pains, which makes things more complicated.
- With Linda there was no argument against *Bryonia*, so an attempt had to be made with it.

## 2. Menstrual Problems

### Menstrual Period Anomalies

*Menarche* occurs at an average age of 13.5, although there is a wide range of ages (11.5 to 16). If it does not occur by the age of 16, we refer to *primary amenorrhoea*. In the first stage of the menstrual cycle, the period is often still irregular and very frequently associated with pain. If the period ceases although the menstrual cycle is already established, we refer to *secondary amenorrhoea* (pregnancy test!). When the periods are too rare (cycle longer than four weeks), we refer to *oligomenorrhoea*. With a shortened cycle (time between periods less than four weeks), we refer to *polymenorrhoea*. Finally, there is also *hypermenorrhoea* (too strong menstruation), *hypomenorrhoea* (too weak menstruation), and intermediate menstruation outside the cycle (*dysfunctional menstruation*). Menstrual anomalies generally required gynaecological assessment.

## Premenstrual Syndrome (PMS)

Thirty to fifty percent of all women suffer from PMS. The symptoms start four to fourteen days before menstruation with listlessness, tiredness, irritability and depression, and also often sensory oversensitivity with dislike of light, noise, touch, or smells. Further symptoms include weight gain, breast pain, ravenousness or loss of appetite, nausea and abdominal cramps, migraine-like headaches, back pain and skin changes. Due to the diffuse complaints, it can help when making a diagnosis to ask the woman to keep a diary of PMS symptoms. Conventional treatment consists primarily of ovulation inhibitors. PMS can, however, be very effectively influenced by homeopathy.

## Dysmenorrhoea

Approximately forty percent of teenage women suffer from dysmenorrhoea with cramping in the lower abdomen, starting shortly before menstruation, usually diminishing after 10-12 hours and disappearing with the last day of the period. This is often accompanied by nausea, vomiting, diarrhoea and / or headache, with a severe impact on the woman's general state of health. Tiredness, nervousness, irritability, acne and constipation can occur. Women with early menarche and lengthy menstruation are more often affected than others. Conventional treatment consists of prostaglandin synthesis inhibitors, magnesium and oral contraceptives. Since these only influence dysmenorrhoea as long as they are being taken, and occasionally lead to substantial side effects, homeopathic treatment is recommended.

## Case 2: Dysmenorrhoea and PMS

*Manuela* is a slim and rather tall 16-year-old patient who has been suffering from PMS and severe abdominal pain since her menarche. Several days before the start of her period, she becomes irritable, sad and tired. When menstruation starts, the pain also begins, peaking on the second day and then gradually declining. Stress at school aggravates the symptoms. Since the bleeding is very strong, she also suffers from anaemia. An additional complaint is that Manuela complains of frequent nosebleeds, which once even led to unconsciousness.

On the *Checklist* she notes the following symptoms:

- Abdominal cramps
- < Start of menstruation
- Menstrual bleeding strong – P
- < Lying – P
- < After sleep, on waking up – P
- < Physical exercise – P
- > Movement – P
- > Warmth – P
- Irritability – P
- Sadness – P

*Additional Complaints:*

- Nosebleed, dark blood – P
- Thirst – P
- Unconsciousness
- Anaemia

For the repertorisation we only use the polar main and additional complaints.



# Repertorisation<sup>1</sup>

## M. B.

Dysmenorrhea and Premenstrual Syndrome

		Acon.	Lyc.	Chin.	Nit-ac.	Sulph.	Sep.	Bry.	Ign.	Caust.	Kreos.	Puls.	Cocc.	Phos.	Cham.	
Hits		10	10	10	10	10	10	10	10	10	10	10	10	10	9	
Sums		23	29	25	20	28	27	24	24	17	14	28	19	19	27	
<b>Polarity Difference</b>		<b>18</b>	<b>16</b>	<b>15</b>	<b>15</b>	<b>13</b>	<b>10</b>	<b>10</b>	<b>9</b>	<b>6</b>	<b>6</b>	<b>4</b>	<b>3</b>	<b>-1</b>	<b>22</b>	
80	menstruation, profuse	P	1	2	3	3	2	3	3	1	1	2	2	1	3	3
125	< lying position [worse]	P	1	4	1	1	2	3	1	2	1	1	4	1	1	4
111	< sleep, after waking up [worse]	P	1	4	5	5	5	4	2	4	4	1	5	4	4	3
70	< physical effort [worse]	P	3	5	3	2	4	2	4	1	1	1	3	2		
102	> movement, during [better]	P	1	4	1	1	1	3	1	1	1	1	4	1	1	2
90	> warmth, in general [better]	P	3	1	2	1	3	2	2	3	4	2	1	3	2	1
64	irritability (anger, aggression)	P	4	3	2	1	3	3	3	4	1	1	3	1	3	4
61	sadness (dejection, inclined to weep)	P	4	3	2	1	2	2	2	4	1	1	3	2	1	3
99	thirst	P	4	1	4	3	4	2	4	2	2	1	2	1	1	4
41	nose, bleeding, dark blood	P	1	2	2	2	2	3	2	2	1	3	3	2	1	3
66	menstruation, too weak		2	3/CI			4/CI	2	1	2	3/CI		4/CI	3/CI	3	
106	> lying position [better]		1	1	1	1	1	1	4/CI	1	2	2	2	1	1	1
28	> sleep, after; while waking up [better]				2			4	1	1		2	2	1	4	1
6	> physical effort [better]						4/CI			3/CI						
126	< movement, during [worse]		1	1	3/CI	2	2	1	4/CI	1	3/CI	2	1	3/CI	3/CI	1
73	< warmth, in general [worse]		1	2	1	1	2	1	1	1		4/CI	1	1	2	
37	mildness			3			3			3	1		4(CI)	4/CI		
42	cheerfulness, happiness			2						2			3		3/CI	
86	thirst, absent			1	2	1	2	3/CI	1	1	1	1	4/CI	2	2	
39	nose, bleeding, bright red blood				1		1	1	2			1	2		3/CI	

## Interpretation

All symptoms are covered by 13 remedies, only three of which have no contraindications. Due to the polarity difference, *Aconite* is the most suitable remedy, with *Nitricum acidum* in second place. *Kreosotum* is dropped due to the low polarity difference.

## Materia Medica Comparison for Aconite (GS)

*Labor-like pressing in womb ... Dysmenorrhœa. Uterine hemorrhage, active, much excitability ... Menses profuse in plethoric women ... Nosebleed ... Fainting, with tingling.*

## Materia Medica Comparison for Nitricum acidum (GS)

*Menses: too early and too profuse, blood very dark colored and thick ... During menses: ... bruised pain in limbs ... labor-like pains in abdomen and back ... tiredness.*

### *Prescription and Progress*

The materia medica comparison is not decisive. Due to the larger polarity difference, Manuela is given a dose of *Aconite 200 C*. She does not return until three months later, when she says that the cramps in all her periods since the remedy have only been minimal. The premenstrual irritability and sadness have completely gone, as have the nosebleeds. She rates the improvement at 98%. After *Aconite M* the pain returns in a mild form, only to completely disappear after further doses of *Aconite (XM and LM)*. *Period of observation: 4 years.*

### Comment

- In this repertorisation we used a very tricky symptom: *nosebleed, dark blood*. Patients and their parents are very often unable to say precisely whether the blood is dark or bright. This symptom may only be used when it is essential for the differentiation.
- If we had only used the symptom *nosebleeds*, *Mercurius solubilis* would also have been possible, but *Aconite* remains the favourite.
- In general, the quality of discharges must be regarded with great scepticism because patients are usually very uncertain about it.

## 3. Acne and Seborrhoea

### Acne

This is an illness of the sebaceous glands and the hair follicles, which produce non-inflammatory comedones (clogged hair follicles). This can lead to inflammatory changes with papules, pustules and nodules, affecting especially the face and the upper trunk. 70 to 95% of all teenagers have acne, with the peak between the ages of fifteen and eighteen. After puberty the problem in general spontaneously recedes. Conventional treatment consists primarily in the application of alpha hydroxy acids, which have a comedolytic action. In difficult cases it is also necessary to use moderately toxic retinoids. Homeopathic treatment can have a very beneficial effect on acne.

## Seborrhoea of the Scalp

Seborrhoea is due to excessive sebum production by the skin, which occurs due to the effect of hormonal changes in puberty. The affected areas are especially the hair-covered part of the head, forehead, nose, nose-lip fold, eyelids, neck, axillary region, and the perspiration ducts on the presternal and interscapular areas. Conventional medicine has almost nothing to offer here whereas homeopathy can help.

## Case 3, Seborrhoeic Dermatitis of the Scalp

Thirteen-year-old *Iris* always used to be healthy. Since the start of puberty, however, she has an inflammation of the occipital scalp, leading to white, thick, fatty scales. The rash is painful and the local lymph nodes are swollen. Concomitant symptoms include headache, frequent fits of coughing, constipation, irritable bladder and difficulty sleeping through the night.

We take her case with the help of the *Checklist* to elicit as many inner symptoms as possible. These are far more significant for remedy selection than the skin rash.

Mother and daughter mark 55 symptoms. We cannot manage such a multitude of symptoms so we need to clarify and condense them first.

## Procedure with too many symptoms

- Distinguish *symptoms* (changes due to illness) from *characteristics* (also present when patient is healthy). Characteristics must be omitted.
- Consolidate symptoms with equivalent meaning, choosing the broadest symptom. For example:  
 < cold, < getting cold, < cold weather, < after cold bath, < food and drink, cold = < cold
- Clarify contradictory symptoms: explore other formulations in agreement with the patient. If the contradiction remains, the symptoms must be omitted.
- If a main complaint has unrelated additional complaints, it is permissible to repertorise solely with the main complaint (Boenninghausen).
- If there are different areas of complaint arising over time, it is permissible to repertorise solely with the most recent symptoms (Hering).

After clarification, only twelve symptoms remain:

- Flaky skin rash
- < Getting cold – P
- < Physical exercise – P
- < Movement – P
- Dislike of movement – P
- > Rest – P
- > Lying – P
- < Sitting – P
- < Standing – P
- < Light – P
- < Talking – P
- < Food and drink, cold – P
- < After sleep, while waking up – P

The result is 15 remedies, only four of which have no contraindications. Graphites has the largest polarity difference, 27. Then come Causticum, Nat-mur and Calcium carbonicum as possible remedies. Natrium muriaticum is indicated by the introverted nature of Iris and her withdrawal when she is not feeling well. It is then scarcely possible to console her.

# Repertorisation<sup>1</sup>

## I. C.

Seborrhoeic Dermatitis of Scalp

			Graph.	Nux-v.	Sulph.	Caust.	Rhus.	Calc.	Lyc.	Nat-m.	Bry.	Con.	Nat-c.	Verat.
Hits			11	11	11	11	11	11	11	11	11	11	11	11
Sums			32	34	29	24	31	28	30	25	30	25	24	23
Polarity Difference			26	21	20	17	15	15	14	14	13	12	12	12
78	< cold, when getting cold [worse]	P	3	4	2	3	4	2	3	1	3	2	2	2
70	< physical effort [worse]	P	1	3	4	1	4	3	5	3	4	1	2	4
126	< movement, during [worse]	P	3	4	2	3	1	2	1	3	4	1	1	1
117	> resting (not moving) [better]	P	3	4	1	1	1	2	1	3	4	1	1	1
106	> lying position [better]	P	2	4	1	2	1	3	1	3	4	1	1	1
126	< sitting [worse]	P	4	1	1	3	4	2	4	1	1	4	3	2
107	< standing [worse]	P	1	1	3	2	3	1	2	1	2	4	2	3
80	< light in general [worse]	P	4	3	3	2	1	4	3	1	2	4	3	1
77	< talking, speaking [worse]	P	3	2	4	2	4	4	2	4	3	1	4	3
47	< food and drink, cold things [worse]	P	3	4	3	1	4	1	4	1	1	3	1	3
111	< sleep, after waking up [worse]	P	5	4	5	4	4	4	4	4	2	3	4	2
74	> cold, when getting cold [better]		2	1	3/CI	1	1	1	4(CI)	1	3		1	3/CI
6	> physical effort [better]									1				
102	> movement, during [better]				1	1	4/CI	1	4/CI	1	1	4/CI	4/CI	2
102	< resting, while [worse]				1	1	4/CI	1	4/CI	1	1	4/CI	2	2
125	< lying position [worse]		1	1	2	1	4/CI	1	4/CI	1	1	4/CI	3/CI	2
101	> sitting [better]		1	4/CI	1	1	1	2		2	4/CI	1	1	1
71	> standing [better]		2	3/CI			1	2		2	2			
13	> light in general [better]							2						
1	> talking, speaking [better]													
53	> food and drink, cold things [better]			1	1	2	1	2		2	4/CI			1
28	> sleep, after; while waking up [better]			3				1			1		1	

## Materia Medica Comparison for Graphites (GS)

Much scaliness on head, causing distressing itching, becomes scurf, which disappears on washing, and is then humid.

## Prescription and Progress

Iris is given a dose of *Graphites 200 C*.

This leads to the complete disappearance of the skin rash and desquamation within two weeks, and these symptoms do not return. *Period of observation: 7 years.*

## Comment

- With skin problems it is important to select the remedy via concomitant inner symptoms if possible. This raises the hit rate to approximately 66%. If only skin symptoms are used, the hit rate drops to only around 30%.

- The reduction of reported symptoms to a number that can be manageably repertorised – an optimal number is around 15 symptoms – is a special challenge that must be met following the criteria mentioned above.

## 4. Hay Fever and Asthma

Allergic illness of the respiratory tract affects some 15% to 25% of the population, most frequently young people (over 30%). *Hay fever* (allergic rhinitis and conjunctivitis) is caused by sensitivity to inhaled allergens. Year-round symptoms are found above all with dust mite allergy whereas seasonal symptoms are due to sensitivity to various types of pollen. The allergens can be identified with skin tests or specific IgE antibodies in the blood. For homeopathic treatment, however, this is unnecessary. Clinically we see impeded nasal breathing, sneezing fits, coryza and itchiness of the nose as well as conjunctivitis. There is often simultaneously allergic *asthma* with wheezing and breathlessness, triggered by bronchial overreaction to exercise or cold.

Conventional symptomatic treatment uses antihistamines, sympathomimetics, steroids and mast-cell stabilisers. Healing is achieved with conventional medicine only by desensitisation to the triggering antigens. This lasts several years, is stressful for children due to the monthly injections, and can trigger dangerous anaphylactic reactions. Homeopathy, which is simple and risk-free and can frequently lead to healing, is therefore recommended.

### Homeopathic Treatment

From a homeopathic point of view, hay fever and asthma are generally one-sided illnesses with few symptoms. The form these illnesses take is strongly dependent on the presence of allergens in the environment. For remedy selection it is important to distinguish between "pseudo-symptoms", connected to the occurrence of the allergens in nature, and true symptoms. The illness consists of the patient mounting a defensive reaction to certain substances in the environment, which require no such reaction. So it is not the allergen that is pathological but the reaction to something that should be recognised as harmless. Therefore the key is to recognise the "modalities" of the occurrence of the allergen and to avoid repertorising with these.

Failure to do this results in incorrect prescriptions. *Table 1* contains a list of such pseudo-symptoms, differentiated by pollen and house-dust mite allergy.

<b>Table 1: Modalities of Allergy Occurrence ("Pseudo-Symptoms")</b>	
<i>Pollen allergy</i>	<ul style="list-style-type: none"> <li>&lt; Spring</li> <li>&lt; Summer</li> <li>&lt; Autumn</li> <li>&lt; Open air</li> <li>&gt; Room</li> <li>&lt; Warm weather</li> <li>&gt; Cold weather</li> <li>&lt; Dry weather</li> <li>&gt; Wet weather</li> <li>&lt; Wind</li> <li>&lt; Draught</li> <li>&lt; Windy weather</li> </ul>
<i>House-dust mite allergy</i>	<ul style="list-style-type: none"> <li>&lt; Winter (heating period)</li> <li>&gt; Summer</li> <li>&lt; Room</li> <li>&gt; Open air</li> <li>&lt; Warmth of room</li> </ul>

Pseudo-symptoms should not be included in the repertorisation. It is not difficult to recognise that this restriction can lead to a lack of symptoms, which may make it difficult to select an individual remedy.

#### Case 4, Exercise-Induced Asthma

Seventeen-year-old *Alissa* is a top athlete competing successfully at national and European level. But she suffers several times a week from a sudden drop in performance. The sports doctor has given her a few iron injections with no effect, and later diagnosed exercise-induced asthma, which he treated with beta-2 agonists. The drop in performance diminished with this treatment but did not disappear. The problem is that the sympathomimetics are also regarded as doping agents so *Alissa* has to repeatedly justify her use of them. She therefore comes to our practice.

Additional complaints are flatulence and menstrual complaints, fear of failure, and vertigo that worsens at height. This is particularly unpleasant because her training often takes place at 3700 m above sea level.

This athletic patient makes a determined impression but is sceptical of homeopathy and her ambivalence can clearly be felt while her mother attempts to motivate her. The examination finds nothing abnormal. She prepares for the casetaking by filling out the *Checklist* noting the following symptoms:

#### *Airways*

- Breathlessness
- < Breathing in – P
- < Weather / air, cold – P
- < Cold – P
- < Movement – P
- < Running – P
- < Physical exercise – P
- > Rest – P
- < Pressure – P (she specifies: < psychological pressure = mental exertion – P)

#### *Additional complaints*

- Menstruation sometimes too late, sometimes too early (cancelling each other out)
- Flatulence (gluten intolerance)
- Increased saliva
- Fear of failure
- Vertigo

#### *Procedure*

We only use the polar symptoms for the repertorisation, including the fact that her period is sometimes too long and sometimes too short, since without this we cannot achieve adequate remedy differentiation. The remaining symptoms are not used to select the remedy.



## Repertorisation<sup>1</sup>

### A. D.

Exercise Induced Asthma

			Nux-v.	Arn.	Calc.	Ars.	Nat-m.	Borx.	Cocc.	Phos.	Sil.	Nux-m.
Hits			9	9	9	9	9	9	9	9	9	9
Sums			32	23	23	23	23	18	22	21	20	19
<b>Polarity Difference</b>			<b>26</b>	<b>18</b>	<b>16</b>	<b>16</b>	<b>15</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>12</b>
100	< breathing, in (inspiration) [worse]	P	1	3	3	1	1	3	1	1	1	2
88	< weather / air, cold [worse]	P	4	1	3	4	2	1	3	3	2	4
90	< cold in general [worse]	P	4	2	1	4	1	3	3	2	3	3
126	< movement, during [worse]	P	4	3	2	1	3	2	3	3	1	2
54	< running, jogging [worse]	P	3	3	2	5	3	2	2	2	3	1
65	< mental effort [worse]	P	5	3	4	2	4	2	3	1	3	1
70	< physical effort [worse]	P	3	4	3	4	3	1	3	2	3	2
117	> resting (not moving) [better]	P	4	3	2	1	3	2	3	3	1	2
117	saliva, increased	P	4	1	3	1	3	2	1	4	3	2
33	> breathing, in (inspiration) [better]		1									
44	> weather / air, cold [better]		1		1		1		2	1		
73	> cold in general [better]		1	1	1		2	1	1	1	1	1
102	> movement, during [better]			1	1	2	1		1	1	1	1
6	> running (jogging) [better]						1				2	
3	> mental effort [better]											
6	> physical effort [better]						1				2	
102	< resting, while [worse]			1	1	2	1	1	1	1	1	1
111	saliva, diminished		3	2	3	3/CI	1	1	3/CI	4	1	4/CI

### Interpretation

All symptoms are covered by 19 remedies but 11 of them have contraindications. Nux vomica has the highest polarity difference, with Arnica second.

### Materia Medica Comparison for Nux vomica (GS)

*On motion or exertion, constriction of chest and dyspnoea, must stand still.*

### Materia Medica Comparison for Arnica (GS)

*Worse on inspiration; > expiration. Inspiration quick, expiration slow ... Short, panting breathing ... Anxiousness and dyspnoea.*

## Prescription and Progress

Due to the larger polarity difference and my impression that Alissa puts herself under pressure with her sporting ambition, I choose *Nux vomica*. She is given a *dose of 200 C*.

Initially she has a slight initial aggravation then a slight improvement ... and at her next race she again suffers breathlessness. So *Nux-v.* is an incorrect prescription. Alissa is now given *Arnica 200 C*.

Her exercise-induced asthma now disappears almost completely. She says the improvement is almost 100% and her scepticism is gone. Only the flatulence before the race can still be felt a little. We continue with *Arnica M, XM, LM* and *CM* at monthly intervals, and these problems also disappear. Alissa finishes the season as the winner of the European junior cup (we cannot reveal her sport for reasons of privacy).

## Comment

- The problem of the first incorrect prescription was that I gave undue emphasis to my interpretation of her psyche, which was evidently false. Not her ambition but the over-exercise led to the asthma.
- It is astonishing how rapidly and deeply *Arnica* heals!

## 5. Psychological Disturbances and Illnesses

In puberty and adolescence, we encounter a range of psychological problems. The following are particularly frequent:

- Anxiety
- Depression
- Post-traumatic stress disorder
- Self-injury
- Tics, Tourette syndrome, stammering
- Eating disorders
- Alcohol and narcotic abuse

Since a detailed treatment of all these topics would go beyond the scope of this seminar, we will look at a few examples.

## Tourette Syndrome

*Tourette syndrome* is a neuropsychiatric disorder with the leading symptom of tics. It is classified as extrapyramidal hyperkinesia. It frequently begins at primary school age and worsens in puberty. The tics are involuntary and rapid, usually with stabbing motions and sometimes vigorous movements occurring singly or as a series. They include unintentional verbal expressions such as calling or making certain noises. The tics either occur continually or during situations of stress. Many of those affected can suppress them for a short period but then they occur in an even more exaggerated form. Obsessive-compulsive disorders, ADD / ADHD, Asperger syndrome, sleep disorders, anxiety and depression are frequent accompanying symptoms. There is no chance of healing this illness with conventional medicine.

## Case 5

*Mattia* is a 14-year-old boy who I have been treating since he started school for moderately severe ADHD. I have prescribed Calcium carbonicum, then Lycopodium and later Chamomilla for him. His Conners' Global Index dropped from 19 to 2. Since he was feeling so good, he insisted on stopping treatment in puberty.

A few months later he has attacks of vertigo after getting up and severe mood swings. Thereafter he develops multiple tics and compulsions: first constant blinking and then, when he wants to drink something, a jerky twisting of his head to one side while touching an object. When turning on the light, he first switches it on and off again three times. And he always has to turn the water tap on and off three times. *Mattia* is otherwise very tidy and scrupulous, and he is afraid of unusual events. He has also recently become susceptible to the cold and his eyes water when looking at something close up. At night he wakes up several times and has trouble falling asleep again. The paediatric neurologist diagnoses *Tourette syndrome*.

The patient is rather small with dark hair and a broad, pale face. His general and neurological condition is, apart from the tics, normal.

Mother and son prepare for the casetaking with the *Checklist for Perception Disorders*. They note the following:

*Disturbances of Perception*

- < Looking at sthg close up – P
- < Cold – P
- < Warmth of room – P

*Mind*

- Obsessions and compulsive acts
- Mood swings

*Additional Complaints*

- Vertigo
- < Sleep after, while getting up from bed – P
- Watering of the eyes
- < Weather, air cold – P
- < Weather, air dry – P
- Awake frequently at night
- < Lying on side – P

We first repertorise with the polar physical symptoms, resulting in eleven remedies, five of which have contraindications. *Sabadilla* and *Causticum* stand out with a large polarity difference.

Now we add the obsessions, the nightly waking up, the vertigo and the watering of the eyes: the remedy selection is narrowed down to eight remedies but the favourites remain the same. So, we need to make the final decision using the *materia medica* comparison.

## Repertorisation<sup>1</sup>

### M. E.

Tourette Syndrome

		Caust.	Sabad.	Bell.	Sil.	Spong.	Nux-v.	Bry.	Sulph.	Sep.	Kali-c.	
Hits		8	8	8	8	8	8	8	8	8	7	
Sums		23	24	25	22	14	24	19	22	18	23	
<b>Polarity Difference</b>		<b>17</b>	<b>16</b>	<b>13</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>5</b>	<b>5</b>	<b>17</b>	
85	< looking, at something close-up, strair	P	3	2	2	4	3	1	1	2	3	4
90	< cold in general [worse]	P	4	4	3	3	2	4	2	1	2	4
88	< weather / air, cold [worse]	P	4	4	5	2	2	4	3	2	3	4
28	< weather / air, dry [worse]	P	4	3	3	2	3	4	3	1	2	
50	< lying, on side [worse]	P	1	2	1	1	1	2	4	3	1	5
59	illusions, obsession		2	4	4	3	1	2	2	4	2	1
99	eyes, lachrymation (watering of eyes)		1	3	4	4	1	3	2	4	1	2
111	< sleep, after waking up [worse]	P	4	2	3	3	1	4	2	5	4	3
5	> looking, at something close-up, strained vision [better]											
73	> cold in general [better]		1	1	1	1	1	1	1	2	1	1
44	> weather / air, cold [better]						1	2	3/CI	2		
55	> weather / air, dry [better]			1	1		1	1	3/CI	1	1	
46	> lying, on side [better]		2		2	2	1	4/CI	2	1	2	1
28	> sleep, after; while waking up [better]						3	1			4	

### *Materia Medica Comparison for Causticum (GS)*

*Anxious, uneasy mood, as if something unpleasant impended; this unfits him for every kind of work ... Anxiety in evening, before going to sleep; the boy could not fall asleep because he constantly thought of anxious things ... After seeing a case of chorea she gets it herself ... Vertigo ... with sensation of weakness in head, and anxiety ... Lachrymation, even in room, though < in open air ... Sleeplessness at night: on account of dry heat.*

### *Materia Medica Comparison for Sabadilla (GS)*

*Erroneous impressions as to the state of his body. He sees and knows that it is all imagined and still believes he notices it again and again. Imagines himself sick ... Anxious sensation with restlessness ... Vertigo: things turn black before eyes ... especially when rising from a seat ... Lachrymation on going into open air ... Sleep restless, tosses about.*

## Prescription and Progress

According to the Materia medica comparison Mattia is given a dose of *Sabadilla* 200 C. After initial aggravation the tics are noticeably reduced. Four weeks later the mother and son rate the improvement at 50%. Further doses of *Sabadilla* (*M*, *XM*, *LM*) at monthly intervals lead to the complete disappearance of the symptoms. *Period of observation: 3 years.*

## Comment

- Once again, the physical symptoms lead us straight to the correct remedy in a case of mental illness. The remedy here manages to completely remove a disturbance with a partial genetic component.
- Even if the materia medica comparison had not been so decisive, *Sabadilla* would have been the remedy of choice because it is the more minor and therefore underrated remedy.

## 6. Problems at Work

In Switzerland teenagers must decide at the age of 15 whether to pursue an academic or non-academic course at the end of their compulsory schooling. Many teenagers have great difficulty making a decision with such far-reaching consequences at this age.

In January 2014 the Swiss State Secretariat for Economic Affairs (SECO) registered 20,533 unemployed young adults between the ages of 15 and 24, approximately 3.7% of this age group.<sup>2</sup> And the Swiss Federal Statistical Office counted 28.8% of young people who dropped out of their training course in 2012.<sup>3</sup> This figure is especially high and reflects the difficulty faced by young people when confronted with the choice of future employment.

The consequence in many cases is psychological instability, in some cases even physical illness, which requires homeopathic intervention. Even if the choice of employment is correct, the transition from school to work is often like jumping in at the deep end, causing stress and possibly illness.

## Case 6: A Dream Job but no Apprenticeship

*Isabelle* is a robust 18-year-old who has dreamt of becoming a kindergarten teacher for many years. This profession is very popular with girls, with the result that there are often a hundred candidates for a single apprenticeship. Isabelle gets a placement but no full apprenticeship. After a year of fruitless applications she begins to suffer from serious psychological problems: she becomes nervous, irritable, with mood swings and occasionally fits of severe aggression. Her frustration leads to hunger attacks, when she eats whatever she can get her hands on, leading to gastritis and obesity.

At this point we offer homeopathic treatment. Isabelle brings the following symptoms to the case-taking:

- Illusions, imagining things
- Melancholy
- Mood swings
- Distrust
- Stomach cramps
- Burping
- Irritability – P
- Hunger – P
- > Eating, during – P
- > Lying – P
- > Open air – P
- > Movement – P
- < Warmth – P
- < Mental exertion – P
- < Anger, distress, insult
- < Thinking of complaint – P

For the repertorisation we only use the reliable polar symptoms, with the exception of < *thinking of complaint*, a symptom that is normal for psychological complaints.

## Repertorisation<sup>1</sup>

### I. F.

Dream Job but no Apprenticeship

		Anac.	Lach.	Lyc.	Laur.	M-arc.	Arn.	Ign.	Phos.	Nat-c.	Carb-v.	Bell.	Sulph.	Asar.
Hits		8	8	8	8	8	8	8	8	8	8	8	8	7
Sums		20	19	21	11	12	14	18	13	12	10	16	14	16
<b>Polarity Difference</b>		<b>11</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>-4</b>	<b>-3</b>	<b>-1</b>	<b>-1</b>	<b>10</b>
64	irritability (anger, aggression)	P	2	2	3	1	3	2	4	3	1	2	3	3
99	hunger	P	1	1	3	1	1	1	2	2	2	2	3	1
54	> eating, during [better]	P	4	4	1	1	1	1	4	1	1	1	1	
93	> open air [better]	P	5	3	2	4	2	2	1	3	1	1	1	4
106	> lying position [better]	P	2	1	1	1	1	3	1	1	1	1	3	3
102	> movement, during [better]	P	1	2	4	1	1	1	1	4	1	1	1	1
73	< warmth, in general [worse]	P	2	1	2	1	2	1	1	1	1	1	2	2
65	< mental effort [worse]	P	3	5	5	1	1	3	4	1	1	1	3	2
37	mildness		1		3		2		3		1		3	1
115	appetite, absent		1	2	3	2	1	3/CI	3/CI	2	1	1	3	3/CI
91	< eating, during [worse]			2	3/CI	1	2	2	2	3/CI	3/CI	4/CI	2	1
110	< open air [worse]		3	4(CI)	1	1	1	1	3/CI	1	2	3/CI	4/CI	1
125	< lying position [worse]		1	2	4/CI	1	2	1	2	1	3/CI	2	1	2
126	< movement, during [worse]		2	1	1	1	1	3/CI	1	3/CI	1	1	4/CI	2
90	> warmth, in general [better]		1	2	1	1		2	3/CI	2	2	2	3/CI	3/CI
3	> mental effort [better]										3/CI			

### Interpretation

All symptoms are covered by 12 remedies, only three of which have no contraindications: Anacardium, Laurocearsus and Magnetis polus arcticus. Anacardium is the favourite due to the large polarity difference.

### Materia Medica Comparison for Anacardium (GS)

*Irresistible desire to curse and swear ... Melancholy ... Aversion to work ... Loss of willpower ... Excessively peevish and ill-humored ... Extreme irritability ... He takes everything in bad part and becomes violent ... A slight offense makes him excessively angry, breaking out in personal violence ... Bad effect of mental exertion ... Eructations ... with spasmodic pain in stomach.*

### Materia Medica Comparison for Laurocerasus (GS) and Magnetis polus arcticus (RAML)<sup>4</sup>

Both remedies only have a few symptoms that might cover this patient's complaints.

### Prescription and Progress

Isabelle is given *Anacardium orientale* 200 C.



Four weeks later she reports a significant improvement. She has more self-confidence and her mood is more stable. The verbal attacks on her mother have ceased and the heartburn has disappeared. With further doses of *Anacardium* (*M*, *XM*, *LM*) she reviews her career plans, deciding instead to apply for a job as a carer in an old people's home, for which she is immediately offered an apprenticeship! She is now in the second year of her training, enjoying the work and well-liked by the old people.

### Comment

- A remedy emerges here that we certainly did not expect. This only happens when we take an impartial look, registering the patient's symptoms and avoiding premature interpretations. The repertorisation of the reliable symptoms and the materia medica comparison indicate the path as surely as does the pole star at night.

### Case 7: Wrong Choice of Work

Since the age of six, *Nick* has dreamt of becoming a car mechanic. As a 14-year-old he took the chance to spend a few weeks in a car repair shop to get to know his chosen work. And because he did a good job there, he was offered an apprenticeship. Eighteen months later he starts the apprenticeship and immediately experiences a crisis: he suffers concentration difficulties, mood swings, lack of appetite, sleeplessness and becomes hopelessly depressed, even expressing thoughts of suicide. His instructor is annoyed and asks to discuss the problem with him and his parents, even threatening to cancel the apprenticeship. Nick asserts that he is still interested in the work and promises to pull himself together.

The next discussion takes place in our practice and he repeats that he really wants to become a car mechanic. We decide to treat his symptoms with homeopathy.

With the *Checklist for Perception Disorders* he prepares the casetaking, bringing the following symptoms:

- Restlessness
- Sleepiness
- Absent-mindedness

- Lack of self-confidence, hopelessness
- < Reading – P
- < Writing – P
- < Warmth of room – P
- > Movement – P
- Flabby muscles – P
- < Before falling asleep – P
- Sadness – P
- Irritability – P

In addition, he mentions that he has trouble at the vocational college with mathematics, which is a considerable contrast to his former performance in this subject. He hands in the questionnaire for additional complaints without marking anything.

## Repertorisation

### N. F.

Wrong Joice of Work

			Calc.	Lyc.	Puls.	Bry.	Sulph.	Nat-c.	Nat-m.	Sep.	Seneg.
Hits			8	8	8	8	8	8	7	7	7
Sums			23	26	23	16	19	15	21	17	14
<b>Polarity Difference</b>			<b>21</b>	<b>20</b>	<b>13</b>	<b>12</b>	<b>10</b>	<b>4</b>	<b>14</b>	<b>12</b>	<b>12</b>
69	< reading [worse]	P	4	3	2	2	3	2	4	1	2
76	< writing [worse]	P	4	3	1	1	2	2	5	3	2
54	< warmth, of room or stove [worse]	P	1	2	4	1	2	1	2	1	3
102	> movement, during [better]	P	1	4	4	1	1	4	1	3	1
99	< sleep, before; while falling asleep [w	P	5	5	4	5	3	2	2	4	1
53	muscles, flabbiness	P	4	3	2	1	3	2			3
61	sadness (dejection, inclined to weep)	P	2	3	3	2	2	1	4	2	
64	irritability (anger, aggression)	P	2	3	3	3	3	1	3	3	2
2	> reading [better]							3/CI			
2	> writing [better]							1			
35	> warmth, of room or stove [better]						2				
126	< movement, during [worse]		2	1	1	4/CI	2	1	3/CI	1	1
1	> sleep, before; while falling asleep [better]										
34	muscles, tense				2		2	1	2	4/CI	
42	cheerfulness, happiness			2	3			4/CI	1		1
37	mildness			3	4(CI)		3	1	1		

*Interpretation*

All symptoms are covered by six remedies but only Calcium carbonicum, Lycopodium and Sulphur have no contraindications. If we look up the symptom *mistakes in arithmetic* in Kent's Repertory<sup>5</sup>, only Lycopodium remains.

*Materia Medica Comparison for Calcium carbonicum (GS)*

*Enfeebled memory ... Forgetfulness, vanishing of thoughts ... Buried in deep thought; anxiety about present and future ... Mind is confused, so that what is read or heard is not understood or comprehended ... Thinking is difficult ... Disinclination for every kind of work ... Low-spirited and melancholy, with weeping and despair of life ... Hopelessness; despair ... Obstinacy and irritability ... Indifference ... reticence and inertness.*

*Materia Medica Comparison for Lycopodium (GS)*

*Weak memory. Unable to write ... Cannot read because meaning of certain letters is not clear ... Absent minded ... Mental torpor and weakness; slow of comprehension ... Irritability and melancholy ... Desponding, grieving mood. Satiety of life, particularly mornings in bed ... Indifferent, taciturn ... Want of self-confidence; indecision; timidity; resignation.*

*Materia Medica Comparison for Sulphur (GS)*

*Forgetfulness ... Great distraction of mind; cannot fix his mind on present objects, and does his work awkwardly ... Dulness, difficult thinking; misplaces or cannot find proper words when talking or writing ... Sadness: without cause; without courage; weary of life ... Sleepless ... fears the future ... Irritable mood; easily excited and always absorbed in himself.*

**Prescription and Progress**

The materia medica comparison is not decisive. Crucial for the choice of remedy is the symptom *mistakes in arithmetic*. Nick is therefore given a dose of *Lycopodium 200 C*.

I see him again four weeks later. Initially things were better but in the last few days he has again been suffering from poor concentration, loss of appetite and sadness. And Nick is exhausted although he sleeps well now.

He is given *Lycopodium M* and returns two weeks later to tell me that he has stopped his apprenticeship and is clearly relieved by this decision.

With further doses of *Lycopodium (XM, LM CM)* he recovers more and more, and he starts an orientation term at college. He finally decides on an apprenticeship as "facility service specialist". Three years later, he has come to like his new job and is about to finish his training.

## Comment

- In this case we have not actually treated any illness. Homeopathy only helps to remove the patient's block, helps him clarify his inclinations and wishes, so that he can seek his own future path.

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