

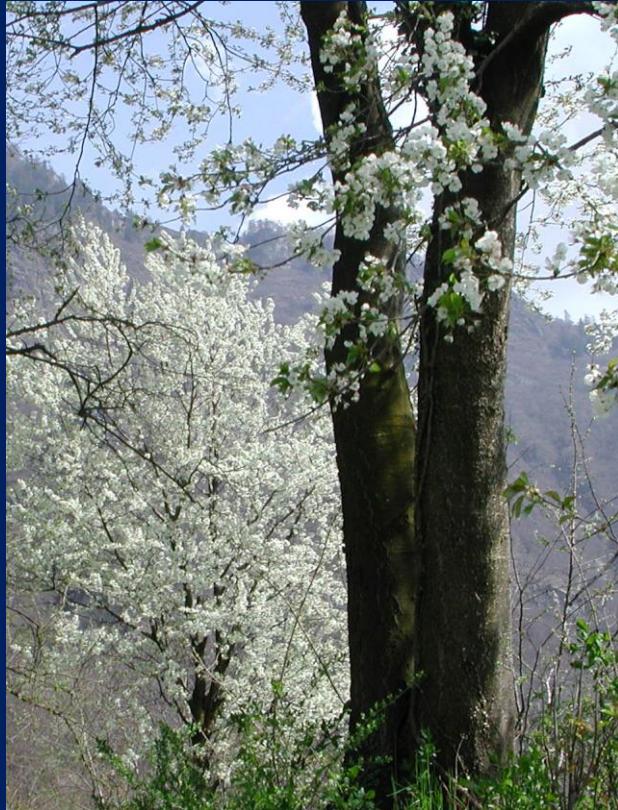
Polarity Analysis

Module 11:

Allergies and Skin Disease

Heiner Frei, MD

Wellcome to Webinar 6!



Allergies

Asthma, hay fever, allergic conjunctivitis

Food allergies

Pseudoallergies

2. Skin Disease

Eczema

Psoriasis

Rosacea

Furunculosis

Warts

Scleroderma

Pityriasis lichenoides varioliformis

1. Asthma, Hay Fever, Allergic Conjunctivitis

Causes

- Allergy to Pollen → seasonal
- Allergy to house dust mite → year-round
- Bronchial hyperreactivity → to cold/physical exercise

Frequency

- 15% - 25% of population, 30% of young people

Special Features

Pseudomodalities are connected to the occurrence of the allergen, independent of the patient

Pollen allergy

- < Spring
- < Summer
- < Autumn
- < Open air, > in room
- < Weather warm, > weather cold
- < Weather dry, > weather damp
- < In wind, < draught
- < Windy weather

House dust allergy

- < Winter (heating period)
- > Summer
- < In room, > open air
- < Warmth of room

Pseudomodalities should not be used for
repertorisation!

Case 1: Asthma and Hay Fever

- For several years 12-year-old **Tina** has been suffering from hay fever, which was treated by her GP with antihistamines.
- Now she comes to the homeopathic practice because she has also been feeling breathless for the last few weeks. The improvement with conventional treatment is inadequate.
- Tina is a slim child with pronounced scoliosis and a very flat thorax. Her breathing is slightly accelerated and she wheezes. She also has the familiar old symptoms of conjunctivitis and rhinitis.

Checklists

Asthma

- Breathing rapid – P
- < Breathing in – P
- < Movement – P
- < Physical exercise – P
- > Rest – P
- < While falling asleep – P
- < Lying on back – P
- > Sitting – P
- > Standing – P

Rhinoconjunctivitis

- < Light – P
- < Rubbing – P
- < While waking up – P
- < Warmth – P
- < Open air – P
- > Room, in – P
- < Food, warm – P
- Open air, desire for – P

Do not use the pollen modalities!

- < Rubbing – P
- < Warmth – P
- < Open air – P
- > Room, in – P

T. A.

Asthma and Hay Fever

		Phos.	Bry.	Borx.	Nat-m.	Ars.	Am-c.	Rhus.
Hits		13	13	13	13	13	13	13
Sums		40	40	23	28	30	20	30
Polarity Difference		28	22	19	18	13	12	7
92	breathing, quickened	P	4	3	1	3	2	3
126	< movement, during [worse]	P	3	4	2	3	1	2
70	< physical effort [worse]	P	2	4	1	3	4	1
117	> resting (not moving) [better]	P	3	4	2	3	1	2
99	< sleep, before; while falling asleep [w	P	4	5	2	2	4	1
48	< lying, on back [worse]	P	4	1	1	1	3	1
101	> sitting [better]	P	2	4	2	2	1	1
71	> standing [better]	P	4	2	2	2	1	1
80	< light in general [worse]	P	4	2	2	1	2	1
111	< sleep, after waking up [worse]	P	4	2	1	4	5	4
52	< food and drink, warm things [worse]	P	4	4	1	1	1	2
76	air, desire for open air	P	1	1	3	2	2	1
100	< breathing, in (inspiration) [worse]	P	1	4	3	1	1	4

Interpretation

- All symptoms are covered by seven remedies, four of which have no contraindications. Phosphor us has the highest polarity difference, followed by Borax and Nat-mur.

MM Comparison for Phosphorus (GS)

- Asthma: with fear of suffocation; due to increased irritability of respiratory organs.
- Inflammation of eyes, with pressing burning pains. Photophobia.
- *Frequent alternations of fluent and stopped coria.*

Prescription and Progress

- Tina is given a dose of Phosphorus 200 C.
- For three days there is mild aggravation of the symptoms, which then disappear for the entire hay fever season.
- The following year she returns with slight hay fever and we again give her Phosphorus 200 C.
- This time the allergy is fully healed.
- *Period of observation: 5 years*

What can we learn?

- For correct remedy selection it is essential to avoid using pollen modalities.
- If we had repertorised with the pollen modalities in this case, only Natrium muriaticum would have resulted (next slide).
- We assume that this remedy would not have had such a clear and impressive effect.

Repertorisation WITH Pollen Modalities

T. A. Asthma and Hay Fever		24 Nov 2016	Phos.	Borx.	Merc.	Bry.	Nat-m.	Arn.	Calc.	Ars.	Sulph.	Caust.	Spig.	Rhus.
Hits		15	16	16	15	15	15	15	15	15	15	15	15	15
Sums			43	26	40	42	31	32	37	33	33	29	29	33
Polarity Difference			22	15	20	18	18	17	13	11	10	9	9	3
92	breathing, quickened	P ⊗	4	1	2	3	3	2	2	3	4	1	2	3
126	< movement, during [worse]	P ⊗	3	2	3	4	3	3	2	1	2	3	3	1
70	< physical effort [worse]	P ⊗	2	1	2	4	3	4	3	4	4	1	1	4
117	> resting (not moving) [better]	P ⊗	3	2	3	4	3	3	2	1	1	1	3	1
99	< sleep, before; while falling asleep [worse]	P ⊗	4	2	5	5	2	2	5	4	3	2	1	5
48	< lying, on back [worse]	P ⊗	4	1	2	1	1	1		3	2	3	3	3
101	> sitting [better]	P ⊗	2	2	3	4	2	2	2	1	1	1	1	1
71	> standing [better]	P ⊗	4	2	2	2	2	2	2	2			2	1
80	< light in general [worse]	P ⊗	4	2	3	2	1	1	4	2	3	2	2	1
111	< sleep, after waking up [worse]	P ⊗	4	1	4	2	4	3	4	5	5	4	2	4
52	< food and drink, warm things [worse]	P ⊗	4	1	2	4	1		2	1	1	2	1	1
76	air, desire for open air	P ⊗	1	3		1	2	3	1	2	1	2		1
100	< breathing, in (inspiration) [worse]	P ⊗	1	3	3	4	1	3	3	1	2	2	2	4
44	< rubbing [worse]	P ⊗	1	1	2			1	2	2	1	3	2	
73	< warmth, in general [worse]	P ⊗	1	1	1	1	2	1	1		2	1	1	1
110	< open air [worse]	P ⊗	1	1	3	1	1	1	2	1	1	1	3	2

2. Food Intolerance

- Toxic reactions
- Immunological reactions (allergies)
- Non-immunological reactions
 - Enzyme defects (e.g. lactase deficiency)
 - Pharmacological reactions (e.g. formation of tyramine)
 - Food additives

Frequency of Intolerance

Objective: 1-2 %

Subjective: 10-20%

Symptoms

- Urticaria, Quincke's oedema
- Asthma
- Nausea, vomiting, colic, diarrhoea
- Toxic or anaphylactic shock
- Atopic dermatitis

Homeopathic Treatment

Special Features

- Some foods are in the *materia medica* and can be included in repertorisation because intolerances are individual.
- The prerequisite is that the food has sufficient remedies listed i.e 10-20 or more

Boenninghausen's Therapeutic Pocket Book

< Alcohol	51*	< Pork	20
< Beer	28	< Legumes	15
< Spirits	26	< Milk	36
< Wine	35	< Fruit	22
< Bread	29	< Sauerkraut	14
< Butter	32		
< Fat	43		
< Meat	13		

* Number of remedies listed

Case 2: Cow's Milk Intolerance

- Following a bout of gastroenteritis, 18-year-old Mirjam has been suffering for several months from intolerance to all milk products. As soon as she ingests milk in any form, she becomes nauseous with stabbing in the stomach area, and she has to vomit. After vomiting she feels better again. She has had an allergy in the past but it was only chronic eczema, which we were able to heal with *Silicea*.
- Mirjam is a thin, pale young woman. On *examination* I find only tympanites (meteorism) of the abdomen, otherwise normal. The *lab tests* provide no evidence of cow's milk intolerance but do not rule it out.

Checklists

- < Milk – P
- < While eating – P
- < After eating – P
- < After breakfast
- < Talking – P
- < Standing up after sitting
– P
- > While walking – P
- Increased salivation- P
- Nausea in stomach

M. B.

Cows Milk Intolerance

		Con.	Nat-m.	Cham.	Carb-v.	Kali-c.	Calc.	Lyc.	Bry.	Sil.	Phos.
Hits		8	8	8	8	8	8	8	8	8	8
Sums		27	24	25	23	21	25	23	23	18	25
Polarity Difference		23	20	19	19	15	14	14	14	14	13
36	< food and drink, milk [worse]	P	4	3	3	3	4	3	3	2	3
91	< eating, during [worse]	P	4	3	3	4	3	3	2	2	3
121	< eating, after [worse]	P	4	4	4	5	4	4	4	4	4
48	< breakfast, after [worse]	P	5	3	4	2	3	2	3	1	4
117	saliva, increased	P	1	3	3	2	3	3	3	3	4
77	< talking, speaking [worse]	P	1	4	3	3	1	4	2	3	2
79	< rising from bed, while getting up [wo	P	4	3	3	4	1	3	3	4	3
102	> walking, while [better]	P	4	1	2	1	1	3	1	1	1
1	> food and drink, milk [better]										
54	> eating, during [better]				1	1		1		1	1
52	> eating, after [better]				1		2		1	1	3
58	> breakfast, after [better]				1	1	4(Cl)	1	1		1
111	saliva, diminished		1	1	3	1	2	3	3	1	4
1	> talking, speaking [better]										
41	> rising from bed, while [better]		2					3			
126	< walking, while [worse]		1	3/Cl	1	1	1	2	1	4/Cl	1

Interpretation

- All symptoms are covered by 17 remedies, 9 of which have no contraindications, 8 with a polarity difference over 10.
- Supplementary question:

What about temperature sensitivity?

< Cold – P

> Wrapping up warmly – P

M. B.

Cows Milk Intolerance

		Con.	Nat-m.	Sil.	Rhus.	Cham.	Bry.	Ars.
Hits		10	10	10	10	10	10	10
Sums		33	27	25	32	28	26	24
Polarity Difference		29	21	20	18	18	15	15
36	<food and drink, milk [worse]	P	4	3	2	2	3	3
91	<eating, during [worse]	P	4	3	2	1	3	2
121	<eating, after [worse]	P	4	4	4	4	4	4
48	<breakfast, after [worse]	P	5	3	1	2	4	3
117	saliva, increased	P	1	3	3	4	3	3
77	<talking, speaking [worse]	P	1	4	2	4	3	3
79	<rising from bed, while getting up [worst]	P	4	3	3	3	3	4
102	>walking, while [better]	P	4	1	1	4	2	1
90	<cold in general [worse]	P	3	1	3	4	1	2
56	>warmly, from wrapping up [better]	P	3	2	4	4	2	1

- 13 remedies still cover everything, 6 without contraindications. Conium and Silicea stand out with a polarity difference over 20.

MM Comparison

Conium

- *Nausea ... after eating*
- *A stinging seeming to come from stomach.*
- *After taking a small quantity of milk, sudden distension of abdomen.*

Silicea

- *After eating ... fulness and pressure in stomach.*
- *Nausea and vomiting of what is drunk < in morning.*
- *Felt as if knives were running into her stomach.*

Prescription and Progress

- Mirjam is given a dose of **Conium 200 C**.
- The cow's milk intolerance disappears within a few days without any initial aggravation.

Mirjam now drinks milk as if nothing had happened.

- As a precaution, we give her doses of **Conium** at monthly intervals (**M, XM, LM**), and the healing is complete.
- *Period of observation: 18 months*

What can we learn?

- If there are only a few symptoms, asking about temperature modalities can help us make progress with the case.
- To ensure that the remedy has the desired effect, it is crucial that patients who get cold easily receive remedies that cover this, and patients who are sensitive to heat receive “hot” remedies.

3. Pseudoallergies to Physical Agents

- Physical forms of urticaria are triggered by external impacts of pressure, heat, cold or sunlight. They belong to the pseudoallergies, which are therefore not medically classified as allergies. Due to maladjustment of the histaminergic system, the physical stimulus causes the release of histamine, which triggers the symptoms. Physical forms of urticaria can be straightforwardly treated by homeopathy.

Case 3: Cold induced Urticaria

- 15-year-old **Niklaus** is an introverted teenager who comes to the practice due to his **declining school marks** and **cold urticaria**. Since starting secondary school, his school marks have significantly deteriorated, he is constantly tired, seems depressed and even talks about **suicide**. Two to three times a week he suffers from stabbing **headaches** on the left, and recently he has become very **sensitive to the cold**, which often leads to **urticaria**.

- The paediatric neurologist excludes an organic reason for the symptoms. Niklaus seems rather to be suffering from the extremely stressful workload of his parents, who are also building a new house ...
- Due to the general perplexity expressed the doctors, he is referred to us for homeopathic treatment.

Checklist reliable Symptoms

- Fatigue, despair, suicidal thoughts, declining school performance
- Sadness – P
- > Being alone – P
- > Rest – P
- > Touch – P (> consolation)
- Aversion to movement – P
- < Mental exertion – P
- < Thinking of complaints – P
- < Worry

Checklist Perception Disorders

- < Cold – P
- > Wrapping up warmly – P
- Aversion to movement – P
- Understanding difficult – P
- Sadness – P
- Hearing sensitive

Additional Complaints

- Urticaria
 - < Weather cold – P
 - < Getting cold – P
 - < Cold – P
 - < Open air – P, [> room, in – P]
-
- Headaches
 - Warts
 - Smells of sweat
 - Lack of appetite – P

Procedure

To select the remedy we use the polar physical and perception symptoms. Mind and skin symptoms are introduced later.

N. C.

Urticaria induced by cold

		Nux-v.	Bell.	Cocc.	Ars.	Ign.	Nat-m.	Sep.
Hits		10	10	10	10	10	10	10
Sums		38	30	29	28	26	22	26
Polarity Difference		30	22	21	21	16	13	12
117	>resting (not moving) [better]	P	4	4	3	1	1	3
68	movement, aversion to	P	4	2	3	4	3	3
65	<mental effort [worse]	P	5	3	3	2	4	4
90	<cold in general [worse]	P	4	3	3	4	3	1
56	>warmly, from wrapping up [better]	P	3	2	3	3	1	2
74	understanding, difficult	P	2	2	1	2	3	2
88	<weather / air, cold [worse]	P	4	5	3	4	3	2
78	<getting cold [worse]	P	4	2	3	4	2	1
110	<open air [worse]	P	4	4	4	1	3	1
115	appetite, absent	P	4	3	3	3	3	4

Interpretation

- All symptoms are covered by fourteen remedies, seven of which have no contraindications.
- The largest polarity differences are found for Nux vomica (30), Belladonna (22), Arsenicum album and Coccus (21).
- If we add the polar mind symptoms sadness, hopelessness (suicidal thoughts) and urticaria, only Nux vomica, Belladonna and Ignatia are left in the shortlist.

N. C.

Urticaria induced by cold

		Nux-v.	Bell.	Ign.	Sep.	Chin.	Nat-c.	Phos.	Ph-ac.
Hits		13	13	13	13	13	13	13	13
Sums		43	38	36	33	25	25	22	18
Polarity Difference		32	22	18	14	8	5	5	5
117	>resting (not moving) [better]	P	4	4	1	1	1	3	1
68	movement, aversion to	P	4	2	3	2	1	2	1
65	<mental effort [worse]	P	5	3	4	4	2	1	1
90	<cold in general [worse]	P	4	3	3	2	2	2	1
56	>warmly, from wrapping up [better]	P	3	2	1	2	2	1	1
74	understanding, difficult	P	2	2	3	4	1	4	1
88	<weather / air, cold [worse]	P	4	5	3	3	1	2	1
78	<getting cold [worse]	P	4	2	2	3	2	2	3
110	<open air [worse]	P	4	4	3	1	3	2	1
115	appetite, absent	P	4	3	3	4	4	1	2
61	sadness (dejection, inclined to weep)	P	2	3	4	2	2	1	1
46	hopelessness (despair)		1	2	4	2	2	1	1
50	skin, eruption, urticarous (nettle-rash)		2	3	2	3	2	2	1

MM Comparison for Nux-vomica

Slow train of ideas. Morose. Inability to think ... Cannot read or calculate. Loses the connection of ideas.

Oversensitiveness to impressions upon the senses; noise, smell, light and music. Cannot bear reading or conversation

Irritable and wishes to be alone.

Shuns the fresh air.

Ailments after continued mental exertion.

MM Comparison for Belladonna

- *Memory impaired; forgets in a moment what he was about to do. Likes to brood in silence, supreme indifference, nothing makes an impression.*
- *Weary of life, also when walking in open air, with weepiness and tendency to get drunk.*
- *Desires light, but shuns company.*
- *Averse to all mental occupation.*
- *She is very despondent.*

Prescription and Progress

- Niklaus is given **Nux vomica 200 C.**
- He is restless and irritable for the next two weeks, then his fatigue improves and he becomes more lively, sociable, feels better and looks more healthy. But he has two more episodes of urticaria. After four weeks his parents rate the improvement at 60%.
- With further **doses of Nux vomica (M, XM, LM, CM)** at monthly intervals, the urticaria and headaches disappear completely and his state of mind normalizes.
- *Period of observation: 8 years*

What happened here?

- The striking state of mind is due to mental and physical exhaustion, the latter also expressing itself as sensitivity to cold.
- Urticaria and headaches show how the body can react in an extreme situation. They are the initial signs of serious regulatory dysfunction.
- Homeopathy is able to harmonise mind and body, also making the patient more stress-resistant.

Skin Disease

Skin disease and inner complaints

- Atopic dermatitis → hay fever → allergic asthma
- Psoriasis → psoriatic arthritis
- Lyme disease → polyneuritis, arthritis
- Ulcus syphiliticum → neurosyphilis

Exogenous skin changes

- Toxic dermatitis (e.g. after poison ivy contact)
- Cold → chillblains
- Sun → photodermatitis, sunburn

Hering's Law

- Since many diseases start on the body surface and later spread inwards, it is always best to first treat the **inner symptoms**.
- *If there are no inner symptoms, the modalities of the skin manifestation are the next most reliable.*
- *The skin manifestations themselves are also in a figurative sense superficial and should only be used when absolutely no other symptoms can be elicited.*

For skin disease, the remedy should always be selected using the “additional complaints” if possible!

Approved Indications

- For acute eczema without modalities and without additional complaints

*Belladonna 200 C, if no effect Sulfur 30 C after 10 days.
successful in approximately one third of patients*

- If vaccination triggers or aggravates atopic dermatitis give the nosode of the used vaccine
(e.g. *Iso-Pentavac 200 C* or *Iso-Prévenar 13 200 C*).

Dosage

- First test the patient's reaction with **30 C**.
- If there is no severe aggravation, **200 C** can be administered two weeks later.
- If there is noticeable initial aggravation before subsequent improvement, it is recommended to **dilute further doses in three to five glasses of water**. For details, see:
www.heinerfrei.ch/resources -> Other Resources ->
Dilution of Single Doses

Atopic Dermatitis (Eczema)

- Frequency: Children: 5-20%, adults: 1-3%
- Symptoms: Typical rash
- Prognosis: Incurable by conventional medicine
- Causes: Genetic factors, allergy

Case 4: Atopic Dermatitis

- For the last six months, two-year-old Mattia has been suffering from an itchy rash on both legs. She also has additional complaints: tendency to pharyngitis, aphthae, constipation and severe fits of rage.
- Apart from this, the clinical examination is normal.



Checklist (Additional Complaints)

Pharyngitis

- < Weather cold – P
- < Swallowing – P
- < After getting up – P
- < Warmth – P
- > Uncovering – P
- < After lying down – P
- < Lying – P
- Aversion to movement – P
- < Movement – P
- < Physical exercise – P

Cough

Irritability – P

Constipation

- < External pressure

Aphthae

- Loss of appetite – P

Atopic dermatitis

M. D.

Atopic Dermatitis

		Lyc.	Phos.	Sulph.	Nit-ac.	Acon.	Thuj.	Calc.
Hits		12	12	12	12	12	12	12
Sums		36	27	29	21	23	22	28
Polarity Difference		19	13	12	12	11	11	10
88	<weather / air, cold [worse]	P	3	3	2	1	3	1
93	<swallowing [worse]	P	2	3	4	3	2	3
80	<rising from bed, after getting up [wor:	P	1	3	3	2	1	2
73	<warmth, in general [worse]	P	2	1	2	1	1	2
37	>uncovering [better]	P	4	2	2	1	3	2
112	<lying down, after [worse]	P	4	3	3	2	2	1
125	<lying position [worse]	P	4	1	2	1	1	2
68	movement, aversion to	P	3	2	1	1	4	3
126	<movement, during [worse]	P	1	3	2	2	1	1
70	<physical effort [worse]	P	5	2	4	2	3	1
93	<pressure, external [worse]	P	4	2	1	3	1	3
115	appetite, absent	P	3	2	3	2	1	3

Interpretation

- All symptoms are covered by thirteen remedies but only three have no contraindications: Phosphorus, Nitricum acidum and Thuja.
- Mattia's mother describes her as very sociable and talkative, which favours Phosphorus and Thuja.

MM Comparison (GS)

Phosphorus

- *Dry, scaly skin; desquamation; dry, furfuraceous* herpes.*

Thuja

- *Eruption burns after applying cold water.
Eruptions on covered parts.*

* “consisting of or covered with flaky particles”

Prescription and Progress

- With *Phosphorus 30 C* the skin improves by 80% in two weeks.
- We now prescribe *Phosphorus 200 C*, which causes the rash to completely disappear.
- *Period of observation: 2 years*



What can we learn from this case?

- Not the atopic dermatitis but the additional complaints lead us directly to the correct remedy.

Psoriasis

- Psoriasis is an inflammatory dermatosis that can have systemic effects on joints and uvea.
- Frequency: 125 million people worldwide.
- Cause: unknown
- Conventional treatment unsatisfactory



Case 5: Psoriasis

- Since the age of 7, 14-year-old Tanja has been suffering from a lichenous rash on the scalp. It was initially diagnosed by the dermatologist as *tinea amiantacea*, later changed to *psoriasis vulgaris*.
- She also has *hay fever*, *supraventricular tachycardia* and *follicular hyperkeratosis*, all of which have been carefully checked.

Homeopathic treatment is difficult: I have taken her case thoroughly and repeatedly. Casetaking always leads to unreliable symptoms (standard reply: “I don’t know ...”).

She has been given many remedies over the years (Sulph, Bry, Phos, Bar-c, Ant-c, Sep, Croc, Calc-c, Nat-m, Iod, Ars-a) with variable results but no long-lasting success. **So far no question of a cure!**



Case taking X

I go through all the symptoms so far with Tanja, asking her to please tell me what really applies to the illness. This is the result:

- Lichen in general (ecthyma, lichen, pityriasis, psoriasis)
- < Shock, anxiety, fear
- Rapid pulse – P
- < Physical exercise – P
- < Jogging – P

T. E.

Psoriasis

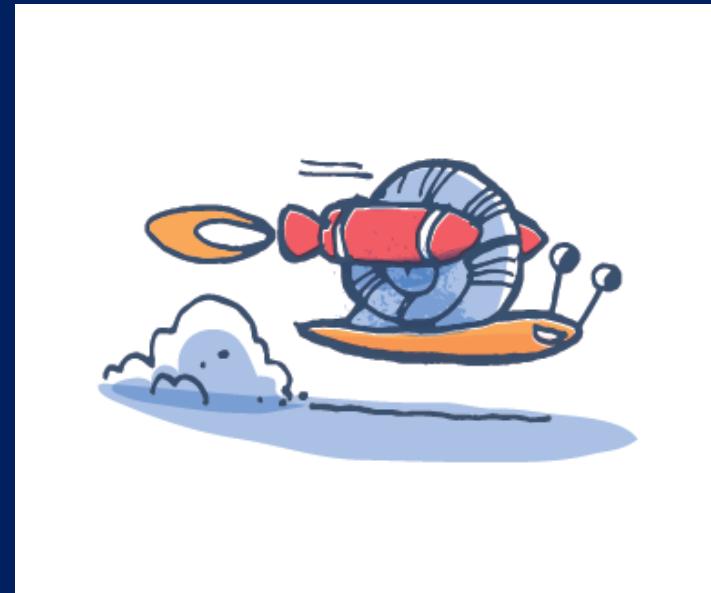
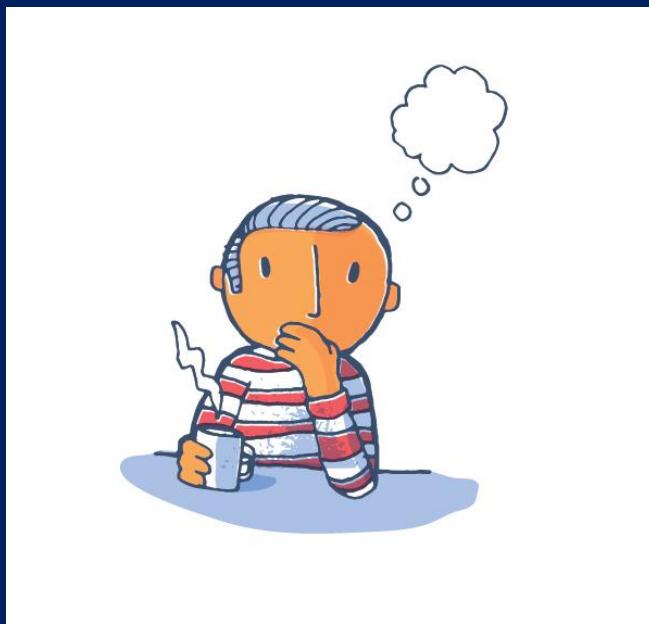
Interpretation

- All symptoms are covered by 17 remedies, 15 of which have no contraindications.
- The largest polarity difference is for *Bryonia*, *Arsenicum album* and *Sulfur* – but the patient has already had these remedies. We check what effect they had:

Bryonia: the psoriasis disappeared for three days but then returned.

Arsenicum album: last remedy, skin improved for a long period but psoriasis did not completely disappear. The most recent development is two new patches of psoriasis.

Sulphur: unclear improvement.







?

Prescription and Progress

- Tanja is given another dose of Bryonia 200 C.
She does not come back until two months later, having missed an earlier follow-up ... The psoriasis is now 40% better.
- With Bryonia M, XM und LM at monthly intervals, the skin improves by 80%.
- I prescribe another series of Bryonia 200 C, M, XM, LM at monthly intervals.

Now the psoriasis completely disappears. Let's see if this improvement continues.

Period of observation since this time: 2 years

What can we learn from this case?

- Bryonia was one of the first remedies that I prescribed Tanja. Why did it not have a better effect at that time? - Probably because it was not the right time ... i.e. we must **treat at the right time or phase**.
- Psoriasis patients are often quite reserved and do not seem to really make much effort to get better. Therefore **Sepia** is a common remedy for this group. In contrast, atopic patients never tire of pestering their doctors to heal them as quickly as possible.

Verrucae vulgares

- Warts are probably the most common skin symptom. The cause are various papillomaviruses.
- Children are more frequently affected than adults because their immune system is not fully mature.



Conventional Treatment

Summary of the literature: nothing is truly effective.

Homeopathic Treatment

- Spectacular successes and equally spectacular failures.
- Sometimes the warts disappear in a short time (sometimes within days!) after a well-chosen remedy. Sometimes all the patient's physical symptoms disappear except the warts.
- If possible the remedy should be selected via inner symptoms ...
- Homeopathic treatment is also difficult.

Case 6: Verrucae plantares

- 9-year-old **Bea** has been suffering for a year from five plantar warts. She also has recurrent tonsillitis and irritable bladder, which she explicitly says are not her chief complaint.
- We are nevertheless glad to have inner symptoms, since they give us a firm basis on which to select the remedy.

Checklist (Additional Complaints)

Recurrent Tonsillitis

- < Swallowing – P*
- < Cold – P
- < While falling asleep – P
- Aversion to open air – P
- > Room, in – P
- Lack of thirst – P
- Teeth, caries

*More precisely: < swallowing food

Irritable Bladder

- Frequent urination – P
- Urination scanty – P
- < When urinating

Main Problem

- Plantar warts

B. F.

Plantar Warts

		Petr.	Rhus.	Sep.	Phos.	Sulph.	Ph-ac.	Kali-c.
Hits		12	12	12	12	12	12	11
Sums		27	35	31	28	32	25	27
Polarity Difference		16	11	11	8	6	3	15
93	<swallowing [worse]	P	3	3	3	4	1	2
90	<cold in general [worse]	P	3	4	2	2	1	4
99	<sleep, before; while falling asleep [w	P	1	5	4	4	3	2
86	air, aversion to open air	P	4	3	3	1	3	2
107	>room [better]	P	3	2	1	1	1	1
86	thirst, absent	P	1	2	3	2	2	1
90	urination, frequent	P	2	4	1	2	2	3
91	urination, scanty	P	2	1	1	3	3	3
95	<urination, during [worse]		2	2	3	3	3	4
66	teeth, hollow, decayed		1	3	4	3	2	2
23	<swallowing food, during [worse]		3	3	3	3	4	2
41	warts		2	3	3	1	4	3

Interpretation

- The restriction to six remedies is due to the more precise symptom <*swallowing food*>. Only Petroleum and Sepia have no contraindications.
- Since the child has a strong desire for company when ill, Sepia is unlikely.

Prescription and Progress

- Bea is given a dose of Petroleum 200 C.
- The warts and irritable bladder disappear within three weeks. The throat infections become rarer and gradually cease.
- No further doses of the remedy.

PS: Her mother mentions that the family's horse also has warts and ...could I maybe also help ...???

What can we learn from this case?

- With warts too, the principle of remedy selection via the inner symptoms is valid.
- The case is encouraging but such exemplary results are rare.

Warn the patient in advance that it is difficult ...

Systemic Sclerosis (Scleroderma)

Systemic sclerosis

is an incurable collagenosis with hardening of the *connective tissue*. *Morphea* is a localized form of the sclerosis

Treatment

Medication for autoimmune disease

Physiotherapy, occupational therapy, massage, UV-irradiation

Prognosis

Variable progression, from fulminant (lethal) to prolonged.

Case 7: Morphea

- 60-year-old Ms H. comes to our practice a hard, reddened and depressed patch of skin, approx. 20 x 10 cm, on the left lower leg, which has been diagnosed as **Morphea**.
- The conventional treatment with cortisone had so far no effect.



Additional Complaints

- She has also been suffering from **gastritis** for many years, with acid reflux, then painful **osteoarthritis of the knee joint** on both sides. She is also **overweight** and is extremely fearful of the diagnosis scleroderma, so that she has been depressed for several months.

Checklists

Morphea – left lower leg

- < Pressure – P
- < Rubbing – P
- > Warmth – P

Acid reflux

- Increased salivation
- < Alcohol – P
- Sour, metallic taste

Arthritis

- < Walking – P
- < Physical exercise – P
- < Standing – P
- < Cold – P
- > Wrapping up warmly – P
- < Getting wet
- < Walking up – P
- < Standing up from a sitting position
- < Stepping hard – P

Mind

- Sadness – P
- < Worry
- < Fear
- < Mental exertion – P
- < Reading – P
- < Looking at something close up – P
- < Company – P

Repertorisation

- We only use polar physical symptoms to select the remedy. Skin and mind symptoms are omitted at this stage.

H. G.

Morphea

		Sil.	Sep.	Arn.	Nat-c.	Nux-v.	Nat-m.	Staph.	Calc.	Sabad.
Hits		15	15	15	15	14	14	14	14	14
Sums		43	37	31	30	42	38	30	38	30
Polarity Difference		34	20	19	3	27	27	21	20	19
93	<pressure, external [worse]	P	4	3	1	1	1	3	3	2
44	<rubbing [worse]	P	3	3	1	1		2	2	
90	>warmth, in general [better]	P	3	2	2	2	4	1	2	1
56	>warmly, from wrapping up [better]	P	4	2	2	2	3	2	2	2
126	<walking, while [worse]	P	1	1	3	1	4	3	3	2
70	<physical effort [worse]	P	3	2	4	2	3	3	1	3
107	<standing [worse]	P	1	3	1	2	1	1	1	3
70	<rising from seat, while [worse]	P	2	3	1	2	3	3	3	2
68	<stepping hard [worse]	P	4	3	3	3	3	3	1	3
65	<mental effort [worse]	P	3	4	3	1	5	4	4	3
85	<looking, at something close-up, strain	P	4	3	2	3	1	4	2	4
69	<reading [worse]	P	4	1	2	2	3	4	1	4
117	saliva, increased	P	3	3	1	3	4	3	3	2
49	<food and drink, alcohol [worse]		3	1	2	3	4	3	3	2
75	<going up stairs, hill, mountain [worse]	P	1	3	3	2	3	1	2	3

Interpretation

- Four remedies cover everything but only Silicea has no contraindications and a very high polarity difference.

MM Comparison for Silicea (GS)

- I find nothing corresponding to the patient's skin complaints.
- Is Silicea therefore out of the running?

Prescription and Progress

- The patient is given a dose of **Silicea 200 C**. After a month the patch of scleroderma is softer and redder than before, the acid reflux is somewhat better (20%), and the osteoarthritis is unchanged.
- We continue with **Silicea M, XM, LM and CM** at monthly intervals. The skin continues to improve, is less leathery, red rather than brown, and it gradually returns to its normal colour. The acid reflux completely disappears but the joints are still somewhat painful during physical exercise.
- And so we continue with monthly doses of Silicea.

Further Progress



This picture shows the affected part after seven months of treatment.

The affected area is becoming smaller but has not completely disappeared.

The dermatologists are very pleased with “their” treatment and discharge the patient as healed.

Period of observation: 7 years

What can we learn from this case?

- The atrophied, hardened skin lesion is missing from the *materia medica*. Do we need to add it?!

Pityriasis lichenoides et varioliformis

- Piytriasis lichenoides et varioliformis is a rare autoimmune disease, in which T cells attack the body's skin, leading to the typical rash.

Conventional medicine can palliate but not heal the illness.



Case 8: Pityriasis lichenoides et varioliformis

- After a bout of enteritis 2- year old Matteo develops painful, large varicella-like blisters over his whole body.
- The dermatology clinic diagnoses *pityriasis lichenoides et varioliformis chronica*, a disease that can not be healed with conventional medicine. This is why the parents bring Matteo to our practice.

Preparation of Case taking

Checklist

- Skin rash, general
- < Touch – P
- < Pressure – P
- < Movement – P
- < Lying on painful side – P

Basic Modalities

- Warmth – P
- > Uncovering – P
- < Hunger – P
- Irritability – P

Since this does not add up to much, we supplement the casetaking by asking about the basic modalities. <

- Matteo's mother describes him as a very affectionate, devoted child, quick to cry and needing a lot of comforting. We conduct the repertorisation with all available polar symptoms. We do not need to include the skin rash itself. Although it is the chief complaint, it is an unspecific symptom.

M. H.

Pityriasis lichenoides et varioliformis

		Iod.	Nit-ac.	Lyc.	Carb-v.	Lach.	Phos.	Sulph.	Calc.	Merc.	Nux-v.	Sep.	Bry.
Hits		9	9	9	9	9	9	9	9	9	9	9	9
Sums		27	17	27	17	16	18	19	19	15	21	20	19
Polarity Difference		25	12	11	9	8	5	3	3	3	2	2	1
121	<touch [worse]	P	2	3	4	3	2	1	4	1	2	4	4
93	<pressure, external [worse]	P	4	3	4	3	3	2	1	3	2	1	3
80	<lying, on painful side [worse]	P	4	3	3	2	3	3	1	2	1	3	2
126	<movement, during [worse]	P	3	2	1	1	1	3	2	2	3	4	1
73	<warmth, in general [worse]	P	4	1	2	1	1	1	2	1	1	1	1
37	>uncovering [better]	P	3	1	4	1	1	2	2	3	1	1	1
99	hunger	P	2	1	3	2	1	2	1	4	2	2	3
44	<weather / air, warm [worse]	P	4	2	3	2	2	1	3	1	1	1	2
64	irritability (anger, aggression)	P	1	1	3	2	2	3	3	2	2	4	3
42	>touch [better]				1			3/Cl	2	4/Cl			1
74	>pressure, external [better]							1	2	1	1	2	1
24	>lying, on painful side [better]				1	1				3/Cl		2	2
102	>movement, during [better]			1	4/Cl	1	2	1	1	1	3		3/Cl
90	>warmth, in general [better]			1	1	2	2	2	3/Cl	1	1	4/Cl	2
56	<uncovering [worse]						1	1			1	3/Cl	2
115	appetite, absent	1	2	3	1	2	2	3/Cl	3	3/Cl	4/Cl	4(Cl)	3
88	>weather / air, warm [better]			1	3	3/Cl	1	3/Cl	2	3/Cl	3/Cl	4/Cl	3/Cl
37	mildness	1		3				3					

Interpretation

- All symptoms are covered without contraindication by Iodum, Nitricum acidum and Lachesis.
- With its large polarity difference, **Iodum** is the favourite and Nitricum acidum is the second choice.

MM Comparison for Iodium

- *Inveterate impetigo scrofulosa. Small, dry, red pimples on arms, chest and back. Tendency to papula, small boils and abscesses.*

Prescription and Progress

- Matteo is given a dose of *Iodum 200 C*.
- His skin improves by 90% in four weeks. With further doses of *Iodum (M, XM, LM, CM)* at monthly intervals the skin is stable but never completely perfect. New casetaking leads to *Lycopodium*, which does not cause a decisive improvement, so we continue the treatment with *Iodum* for years. Matteo's current state is an improvement of 98% in the skin.
- *Period of observation: 6 years*

What can we learn?

- We cannot achieve complete healing despite administering an evidently correct remedy, reminding us of the dermatologist prognosis.
- The final 10% of healing is often the most difficult. To attempt this by switching remedies is unfortunately often counterproductive. It is more sensible to wait until new symptoms arise and then use these to prescribe anew and achieve a final cure.

The two most important points from module 11

Allergies

- Do not use any allergen modalities for remedy selection!

Skin disease

- Always select the remedy using the *inner* symptoms if possible!

Additional Information

www.heinerfrei.ch

<http://polarity-analysis.com>



The screenshot shows the homepage of the Heiner Frei MD website. At the top right, there are language links: DEUTSCH, ENGLISH, and ESPAÑOL. The main title "Heiner Frei MD" is displayed prominently, with "Pediatrics / Homeopathy" underneath. The background features a vibrant, colorful abstract graphic of numerous small spheres in shades of red, orange, yellow, blue, and purple.

Einführung

In unserer Praxis bieten wir die übliche pädiatrische Grundversorgung an, mit dem einzigen Unterschied, dass ca. 80% der Behandlungen homöopathisch sind. Die Homöopathie ist bei korrekter Anwendung eine differenzierte, ganzheitliche, sanfte und sichere medizinische Behandlungsmethode.

Eltern und Patienten können unter [Ressourcen](#) Checklisten für akute und Fragebögen für chronische Erkrankungen herunterladen. Sie dienen der Symptomenbeobachtung und Vorbereitung einer homöopathischen Fallaufnahme. Unter [Praxis](#) finden Sie zudem Tipps und Merkblätter zu häufigen pädiatrischen und homöopathischen Themen.

Im Rahmen der Berner [ADS/ADHS-Studie](#) haben wir die [Polaritätsanalyse](#) entwickelt, welche sehr präzise homöopathische Mittelbestimmungen erlaubt. Ärzte und Therapeuten finden auf dieser Website anhand von [Publikationen](#) und Fallbeispielen eine kurze Einführung in die Methode sowie viele weitere Informationen.

[» Auf Deutsch weiterfahren](#)

Introduction

The patients who visit our pediatric practice receive modern medical care, with the difference that 80 percent of the treatment is homeopathic. Homeopathy is – if correctly applied – an individual, holistic, gentle and safe medical treatment.

Under [resources](#) parents and patients can download checklists for acute and questionnaires for chronic disease. These enable precise observation of symptoms for the selection of the best homeopathic remedy. And under [Practice](#) you can find instructions and tips concerning common paediatric and homeopathic problems.

During the [Swiss ADD/ADHD study](#) we developed the method of [polarity analysis](#) which enables precise determination of individual homeopathic remedies. On this website physicians and therapists can find our [publications](#) and a short introduction to the method plus a wealth of valuable extra information.

[» Continue in English](#)

Quicklinks

[Deutsch](#)
[Checklisten und Fragebögen etc.](#)
finden Sie hier.

[English](#)
[For checklists and questionnaires etc. click here.](#)



Thanks for your attention!
Questions?

I wish you wonderful
results with
Polarity Analysis!

