

Polarity Analysis

Module 8

Puberty and Adolescence

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Age Group Twelve to Eighteen

The transition to adulthood is littered with hurdles, all of which can lead to health problems:

- ▶ Pubescent growth spurt → Illness of the musculoskeletal system
- ▶ Hormonal changes → Menstrual problems, acne
- ▶ Leaving the family → Psychological problems
- ▶ Starting working life → Difficulties adapting to the adult world

Themes of Module 8

- ▶ Illness of the musculoskeletal system
- ▶ Menstrual problems
- ▶ Acne and seborrhoea
- ▶ Hay fever / asthma
- ▶ Psychological problems
- ▶ Problems at work

1. Illness of the Musculoskeletal System

- ▶ Growth pains
- ▶ Muscle shortening
- ▶ Patella chondropathy
- ▶ Osgood-Schlatter disease
- ▶ Arthritis
 - Coxitis fugax (irritable hip)
 - Post-infectious arthritis
 - Juvenile chronic arthritis

Case 1

- ▶ 14 –year-old **Silvia** has been suffering from knee pain on standing up, walking, running and kneeling for the last seven months.
- ▶ On examination we find retropatellar friction on knee flexion (both sides) and pressure pain of the patella. In addition the tuberositas tibia on both sides is swollen and sensitive to pressure.



Checklist

Knee pain – P

< Pressure – P

< Movement – P

> Cold – P

> Lying – P

< Standing – P

< Stepping hard – P

< Physical exercise – P

< Walking up – P

< Walking down – P

< Running – P

Tension in knee joint

S. A.

Chondropathia Patellae, M. Schlatter

			Bry.	Sulph.	Lyc.	Nit-ac.	Rhus.	Arn.	Nat-m.	Led.	Calc.	Sabin.	Nux-v.
Hits			10	10	10	10	10	9	9	9	9	9	9
Sums			29	23	25	16	21	22	22	20	21	17	23
Polarity Difference			16	14	13	9	2	14	13	13	12	12	10
93	< pressure, external [worse]	P	1	1	4	3	1	1	3	2	3	2	1
126	< movement, during [worse]	P	4	2	1	2	1	3	3	4	2	1	4
73	> cold in general [better]	P	1	2	2	1	1	1	2	3	1	2	1
106	> lying position [better]	P	4	1	1	1	1	3	3	2	3	1	4
107	< standing [worse]	P	2	3	2	1	3	1	1	1	1	1	1
68	< stepping hard [worse]	P	4	3	3	2	4	3	3	3	3	2	3
70	< physical effort [worse]	P	4	4	5	2	4	4	3	1	3	3	3
75	< going up stairs, hill, mountain [worse]	P	4	2	1	2	2	3	1	1	3		3
21	< going down stairs, hill, mountain [wo	P	1	1	3	1	1					3	
54	< running, jogging [worse]	P	4	4	3	1	3	3	3	3	2	2	3
74	> pressure, external [better]		2	2			3/Cl	1	1	1	1	1	2
102	> movement, during [better]		1	1	4/Cl	1	4/Cl	1	1		1	1	
90	< cold in general [worse]		2	1	1	1	4/Cl	2	1	1	1		4/Cl
125	< lying position [worse]		1	2	4/Cl	1	4/Cl	1	1	1	1	1	1
71	> standing [better]		2			1	1	2	2	3/Cl	2		3/Cl
1	> stepping (hard) [better]												
6	> physical effort [better]								1				
21	> walking up stairs, hill, mountain [better]		1	1	2	1	1					2	
75	> walking down stairs, hill, mountain [bette		4/Cl	2	1	2	2	1	1	1	3/Cl		3/Cl
6	> running (jogging) [better]								1				

Materia Medica Comparison (GS)

Sulfur

- ▶ *Cannot straighten leg on account of pain.*
- ▶ *Pressure in left patella and knee joint ... walking and sitting.*
- ▶ *Stiffness in knees and cracking.*

Nitricum acidum

- ▶ *Painful stiffness in knees, feeling as if bends were swollen ... Impeding walking.*
- ▶ *Pain in patella, impeding walking; stiffness and stitches in knees.*

Prescription and Progress

- ▶ Silvia is given **Nitricum acidum 200 C** because the materia medica comparison is more favourable.
- ▶ Initially the knee pain increases slightly then there is a marked improvement, which she rates at 80% after one month.
- ▶ With **Nitricum acidum M and XM** she is completely complaint-free two months later.

Comment

- ▶ The decision for or against Sulfur is not so straightforward in this case:

It is better to **prefer a minor remedy to a major remedy** because the major one is graded higher due to the fact that it is better known – in other words, the major remedy tends to be overrated.

2. Menstrual Problems

Menstrual Period Abnormalities

- ▶ Amenorrhoea
 - primary → Menarche after age 16
 - secondary → Established periods cease
- ▶ Oligomenorrhoea → Menstrual period over 4 weeks
- ▶ Polymenorrhoea → Menstrual period under 4 weeks
- ▶ Hypermenorrhoea → Menstruation too strong / long
- ▶ Hypomenorrhoea → Menstruation too weak / short

Premenstrual Syndrome (PMS)

Frequency: 30-50 % of all women

Symptoms 4 to 14 days before menstruation:

- ▶ Listlessness, tiredness, irritability, depression
- ▶ Oversensitivity to light, noise, touch, smells
- ▶ Ravenous hunger, lack of appetite, nausea,
- ▶ Cramps
- ▶ Breast pain, weight increase
- ▶ Migraine, back pain, acne

Dysmenorrhoea

Frequency

40-50% of teenage girls

Symptoms

Cramps in lower abdomen and back pain, beginning shortly before menstruation, weakening after 10-12 hours, disappearing at the end of the period.

Concomitant symptoms

Tiredness, nervousness, irritability, nausea, vomiting, diarrhoea, constipation, headache, acne

Case 2

- ▶ 13-year-old **Nadine** has been having periods for the last year. For the last eight months she has been menstruating **every two to three weeks** for three days. Abdominal cramps at the start of menstruation. Before her period she is unbearably irritable.
- ▶ Blood test: Hb: 13.2, MCV 85.3, MCH 27.7. **MCHC 32.4 (too low)**

Diagnosis: **polymenorrhoea, latent anaemia**

Checklist

- ▶ Menstruation too early – P
- ▶ Menstruation too short – P
- ▶ Dislike of movement – P
- ▶ < Movement – P
- ▶ > Lying on back – P
- ▶ > Warmth – P
- ▶ > Wrapping up warmly – P
- ▶ Irritability – P
- ▶ < Before menstruation

N. B.

Polymenorrhoe

			Carb-a.	Lach.	Phos.	Puls.	Nux-v.	Bell.	Ip.	Bar-c.	Bry.
Hits			9	9	9	9	8	8	8	8	8
Sums			16	15	22	20	26	19	15	17	19
Polarity Difference			12	7	6	-5	13	11	11	8	7
84	menstruation, too early, too often	P	2	2	4	1	4	2	4	1	2
29	menstruation, too short duration	P	1	2	3	4			1	1	
68	movement, aversion to	P	1	2	2	2	4	2	1	3	2
126	< movement, during [worse]	P	3	1	3	1	4	4	3	2	4
50	> lying, on back [better]	P	3	1	1	3	2	2	2	1	4
90	> warmth, in general [better]	P	2	2	2	1	4	3	1	3	2
56	> warmly, from wrapping up [better]	P	1	2	1	1	3	2			1
64	irritability (anger, aggression)	P	2	2	3	3	4	3	2	3	3
66	< menstruation, before [worse]		1	1	3	4	1	1	1	3	1
69	menstruation, late, too seldom		1	2	2	4/CI	1	1			2
49	menstruation, too long duration				3		4/CI	2		3/CI	3/CI
58	movement, desire for					1	1	1	1		2
102	> movement, during [better]		1	2	1	4/CI		1		1	1
48	< lying, on back [worse]			1	4/CI	2	4/CI	1		1	1
73	< warmth, in general [worse]			1	1	4/CI	1	1	2	1	1
37	< warmly, from wrapping up [worse]			1	2	2	1				1
37	mildness		1			4(CI)					

Materia Medica Comparison (GS)

Carbo animalis

- ▶ Menses: too early; too long; not profuse. Discharge of blood from vagina, with labor-like pains.

Lachesis

- ▶ Menstrual colic beginning in left ovary on first day of menses.
- ▶ Menses suppressed, too short and feeble; scanty, with labor-like pressure from loins downwards.

Prescription and Progress

- ▶ Nadine is given doses of **Carbo animalis 200 C** after the next period, and **Carbo animalis M** after the following one.
- ▶ Her menstrual cycle extends to 3½ weeks, the cramps are noticeably weaker, and the menses lasts 7 days. She rates the improvement at 75%.
- ▶ With further doses of **Carbo animals (XM, LM, CM)** her menstrual cycle extends to almost four weeks, and the complaints disappear completely.

Comment

- ▶ It is possible to achieve healing without hormones.

Case 3: Sec. Amenorrhoea and Acne

- ▶ 14-year-old **Rea** had her menarche at 12 years. Menstruation regular, every 28 days. Severe premenstrual headache and abdominal pain.
- ▶ Now she has not menstruated for the last four months. And she maintains she is not pregnant.
- ▶ On examination I find a partially suppurating acne on the face and back, otherwise her condition is normal.

Checklist

Amenorrhoea

Menstruation late – P

Premenstrual headaches

< Before menstruation

> Rubbing – P

> Warmth – P

> Wrapping up – P

< Sitting – P

Acne

Papules and
comedones

< Before menstruation

R. C.

Secondary Amenorrhea, Acne

			Hep.	Chin.	Nux-v.	Merc.	Bell.	Ign.	Ph-ac.	Bry.	Nat-c.
Hits			8	8	8	8	8	8	8	8	8
Sums			17	14	17	16	15	18	15	14	15
Polarity Difference			12	7	6	6	6	5	5	5	4
69	menstruation, late, too seldom	P	1	1	1	3	1	1	1	2	1
90	> warmth, in general [better]	P	4	2	4	1	3	3	1	2	2
56	> warmly, from wrapping up [better]	P	4	2	3	2	2	1	1	1	2
74	> rubbing [better]	P	1	2	1	3	1	3	2	2	4
126	< sitting [worse]	P	1	2	1	1	1	1	5	1	3
64	irritability (anger, aggression)	P	4	2	4	2	3	4	1	3	1
61	sadness (dejection, inclined to weep)	P	1	2	2	1	3	4	1	2	1
66	< menstruation, before [worse]		1	1	1	3	1	1	3	1	1
84	menstruation, too early, too often		2	2	4/CI		2	3/CI	2	2	2
73	< warmth, in general [worse]		1	1	1	1	1	1	1	1	1
37	< warmly, from wrapping up [worse]			2	1	1		2		1	
44	< rubbing [worse]					2			1		1
101	> sitting [better]		1	1	4/CI	3/CI	2	1	1	4/CI	1
37	mildness							3	1		1
42	cheerfulness, happiness						3	2	1		4/CI

Interpretation

- ▶ All symptoms are covered by eleven remedies, seven of which have contraindications. **Hepar sulfur** stands out, **China** is second choice.

Materia Medica Comparison (GS)

Hepar sulfur

- ▶ *Menses delayed and too scanty.*
- ▶ *Before menses: constricting headache.*
- ▶ *Acne punctata.*

China

- ▶ *Suppression of menses.*
Otherwise nothing relevant.

Prescription and Progress

- ▶ Rea is given a dose of *Hepar sulfur 200 C*.
- ▶ After five days, she has a strong withdrawal bleeding, which is largely complaint-free. A month later menses are normal, no premenstrual headache. The acne is slightly better.
- ▶ After *Hepar sulfur M and XM* she rates the improvement at 95-100%. Due to the acne we continue with monthly doses of Hepar. *Period of observation: 5 years*

Comment

- ▶ Without the improvement in headaches and acne, it might have been assumed that the amenorrhoea disappeared spontaneously. The improvement of the additional complaints underscores the effect of the remedy.

3. Acne and Seborrhoea

Acne

- ▶ **Frequency:** 70-95% of all teenagers, peak age 15-18
- ▶ **Symptoms:** comedones, papules, pustules
- ▶ **Localisation:** face and upper trunk
- ▶ **Prognosis:** spontaneous regression after puberty, 2-7% leave scars, in 10% persistence until age 25
- ▶ **Conventional treatment:** alpha hydroxy acids, antibiotics and retinoids
- ▶ **Homeopathic treatment:** often successful

Seborrhoea

- ▶ **Aetiology:** excessive sebum production by skin due to hormonal changes.
- ▶ **Localisation:** hair-covered part of head, face and neck, axillary region, perspiration ducts on the presternal and interscapular areas.
- ▶ **Treatment:** conventional medicine has almost nothing to offer → homeopathy.

Case 4

- ▶ 17-year-old **George** suffers from pronounced acne pustulosa on the face and back. Since he only has skin symptoms, it is difficult to select a remedy.
- ▶ So far he had Calc-c, Sulph, Bry und Nit-ac. Only **Calc-c** and **Nit-ac** have brought about a slight improvement.



Checklist

Skin rash with nodules

< Wrapping up warmly-P

< Warmth-P

< Physical exercise-P

< Winter

Irritability-P

G. D.

Acne

				Lyc.	Verat.	Calc.	Acon.	Bry.	Ferr.	Sulph.
Hits				6	6	6	6	6	6	6
Sums				20	16	15	17	15	10	17
Polarity Difference				10	9	8	7	6	6	5
37	< warmly, from wrapping up [worse]	P		4	3	3	3	1	3	2
73	< warmth, in general [worse]	P		2	1	1	1	1	1	2
70	< physical effort [worse]	P		5	4	3	3	4	1	4
64	irritability (anger, aggression)	P		3	3	2	4	3	3	3
56	< winter [worse]			2	3	2	3	3	1	2
123	skin, eruption, in general			4	2	4	3	3	1	4
56	> warmly, from wrapping up [better]						1	1		
90	> warmth, in general [better]			1	1	1	3/CI	2	2	3/CI
6	> physical effort [better]									
37	mildness			3	1					3

Interpretation

- ▶ Twelve remedies cover all symptoms, six of which are excluded due to contraindications.

The patient has already taken Calc-c and Bry. *Lycopodium* is now first choice, *Veratrum album* second.

Materia Medica Comparison (GS)

Lycopodium

- ▶ *Unhealthiness of skin; dry, hot, burning, itching when warm; humid, suppurating or vesicular eruptions.*

Veratrum album

- ▶ Nothing relevant



Prescription and Progress

- ▶ With *Lycopodium 200 C, M, XM, LM and CM* at monthly intervals, the acne improves by 90%.
- ▶ Long-term progress: the skin becomes completely normal.
- ▶ *Period of observation: 3 years.*



Comment

- ▶ Remedy selection with skin symptoms has a success rate of less than 30%. With inner symptoms accompanying the skin disease it is possible to find the correct remedy in two out of three cases.

4. Hay Fever and Asthma

Causes

- ▶ Sensitisation to inhaled allergens
 - Pollen: seasonal
 - House dust mites: all year round
- ▶ Bronchial hyperreactivity to either of following:
 - Cold
 - Physical exercise

Frequency

- ▶ 15% - 25% of general population, 30% of teenagers

Symptoms and Treatment

Hay fever symptoms

- ▶ Blocked nasal breathing, sneezing, coryza, itching of nose, conjunctivitis, watering of eyes

Asthma symptoms

- ▶ Stridor on exhalation or inhalation
- ▶ Breathlessness
- ▶ Reduced O₂ saturation, cyanosis
- ▶ Tachycardia

Treatment Antihistamines, sympathomimetics, steroids, mast cell stabilisers, Desensitisation, **Homeopathy**

Pollen Modalities

< Spring

< Summer

< Autumn

< Open air

> Room

< Weather warm

> Weather cold

< Weather dry

> Weather rainy

< Wind

< Draught

< Windy weather

Modalities of house dust mites

- ▶ < Winter (heating period)
- ▶ > Summer
- ▶ < Room
- ▶ > Open air
- ▶ < Warmth of room

Case 5

- ▶ 12-year-old **Nina** has suffered since early childhood from eczema, hay fever and seasonal asthma. She also has recurrent tonsillitis, is very anxious and needs to control everything. She has trouble falling and staying asleep, and suffers from painful flatulence.
- ▶ *Examination:* Dark rings with wrinkles under the eyes, perinasal redness, expiratory stridor, O₂ saturation 95%. Eczema on hands, knees and elbows.

Checklist

Patient modalities

- < Cold–P
- < Getting cold–P
- > Wrapping up warmly–P
- < Lying–P
- > Sitting–P
- > Standing–P
- < Movement–P
- < Physical exercise–P

- < Mental exertion – P
- < After waking up – P

Pollen modalities

- < Wind, draught
- < Open air – P
- < Weather warm – P
- > Weather wet – P

Hay fever / conjunctivitis

Coryza corrosive

< Coryza

< Light, bright-P

Eczema

> Getting warm in bed-P

Inflammations of throat

< Swallowing-P

< While falling asleep-P

Flatulence

Compulsive checking

Doors closed? Cooker
hob turned off?

Fears

Especially fear of losing
something

Procedure for Repertorisation

- ▶ Since we have a multitude of symptoms we repertorise only with the chief inner complaints - asthma and hay fever (following Boenninghausen).
- ▶ **And we avoid:** Modalities of nature, skin symptoms (= superficial), mind symptoms (= imprecise)

N. F.

Atopic Disease

			Nux-v.	Ars.	Arn.	Cocc.	Phos.	Nat-m.	Borx.	Chin.	Nux-m.	Ign.
Hits			14	14	14	14	14	14	14	14	14	14
Sums			46	37	34	33	35	31	26	30	24	28
Polarity Difference			31	25	24	23	20	20	18	13	13	7
90	< cold in general [worse]	P	4	4	2	3	2	1	3	2	3	3
78	< cold, when getting cold [worse]	P	4	4	3	3	3	1	2	2	2	2
56	> warmly, from wrapping up [better]	P	3	3	2	3	1	2	1	2	3	1
125	< lying position [worse]	P	1	4	1	1	1	1	2	1	1	2
101	> sitting [better]	P	4	1	2	1	2	2	2	1	2	1
71	> standing [better]	P	3	2	2	2	4	2	2	1	1	1
126	< movement, during [worse]	P	4	1	3	3	3	3	2	3	2	1
70	< physical effort [worse]	P	3	4	4	3	2	3	1	3	2	1
65	< mental effort [worse]	P	5	2	3	3	1	4	2	2	1	4
111	< sleep, after waking up [worse]	P	4	5	3	4	4	4	1	5	1	4
117	> resting (not moving) [better]	P	4	1	3	3	3	3	2	1	2	1
92	breathing, quickened	P	3	3	2	2	4	3	1	2	1	3
100	< breathing, in (inspiration) [worse]	P	1	1	3	1	1	1	3	2	2	1
80	< light in general [worse]	P	3	2	1	1	4	1	2	3	1	3

Interpretation

- ▶ Everything is covered by ten remedies, only four of which have no contraindications.
- ▶ Of them Arsenicum album, Cocculus and Phosphorus have the highest polarity difference.
- ▶ The contraindication found for Nux vomica (*< lying*) is confirmed by the child.
- ▶ Shyness and anxious perfectionism argue against Phosphorus.
- ▶ So Arsenicum album and Cocculus are the favourites.

Materia Medica Comparison

Arsenicum album

- ▶ *Breathing short and anxious ...*
- ▶ *Conjunctivitis. Burning and swelling of eyes.*
- ▶ *Burning, corroding discharge of nose.*
- ▶ *Anxiety and restlessness.*
- ▶ *Eczema; sore burning.*

Cocculus

- ▶ *Respiration quick, anxious and oppressed.*
- ▶ *Sclerotic of left eye most inflamed.*
- ▶ *Sneezing; coryza.*
- ▶ *Timid, fearful persons.*
- ▶ *Skin: nothing relevant.*

Prescription and Progress

- ▶ Nina is given **Arsenicum album 200 C**. One month later the asthma is better, the coryza has ceased and the eczema is scarcely visible any longer. The sleep disorder persists.
- ▶ **Arsenicum album M**: Now the asthma disappears. The eczema is reduced to a small crust in the right elbow, and she is sleeping better. Compulsive checking and fears are somewhat better. Overall improvement 90%.
- ▶ With **Arsenicum album (XM, LM, CM)** the remaining symptoms disappear and the improvement reaches 100%. *Period of observation: 1 ½ years.*

Comment

- ▶ With allergies the **modalities of nature** must not be used for the repertorisation.
- ▶ Dealing with a **multitude of symptoms**:
 - Chief symptom takes precedence over additional complaints (*Boenninghausen*)
 - Recent symptoms take precedence over older symptoms (*Hering*).
 - Inner physical symptoms take precedence over skin and mind symptoms (*Hahnemann*).

5. Psychological Problems

Frequent psychological problems in adolescence:

- ▶ Anxiety disorders
- ▶ Depression
- ▶ Post-traumatic stress disorders
- ▶ Self-harm
- ▶ Tics, Tourette syndrome, stammering
- ▶ Eating disorders
- ▶ Abuse of alcohol and narcotics

In this seminar we look at two such examples.

Self-Harm

Causes

Post-traumatic stress disorder (75-90%)

Borderline syndrome

Reasons for self-harm

Release of inner tension, self-punishment, feel oneself properly, achieve recognition, group pressure (epidemics in school classes)

Conventional treatment

Psychotherapy (but 30-70% of patients break off treatment)

Case 6: Self-Injury

Sina is a tall, slim 16-year-old girl with ADHD, who has always been difficult. Shortly before finishing school she falls into a deep depression, almost stops eating and loses 7 kg in a few weeks.

She also starts cutting herself, only wears black, the t-shirts decorated with skulls, and she puts suicidal sketches on facebook.

Her psychiatrist diagnoses **unipolar depression and agoraphobia**, prescribes an antidepressant but Sina refuses to take it.



Additional Complaints

- ▶ Problems falling and staying asleep, restless legs, only wants to sleep with parents.
- ▶ Pain in the right upper arm (“like being bitten by a wolf”, she loves wolves ...).
- ▶ Attacks of ravenous hunger.

Checklist

Unipolar depression

Hypochondria

Irritability – P

< Anxiety, fear, fright

< Mental exertion – P

Cutting herself

Pain in right arm

< Touch–P

< Pressure, external–P

> Wrapping up warmly–P

> Movement–P

Sleep problems

> Food and drink, cold–P

Restless Legs

Hunger

Procedure

- ▶ As usual with psychological illness, we try to select the remedy via polar physical symptoms, using the mind symptoms later.

S. F.

Self Injury

			Puls.	Lach.	Sil.	Mag-c.	Sep.	Nux-m.	Merc.
Hits			6	6	6	6	6	6	6
Sums			17	12	15	11	17	11	13
Polarity Difference			9	8	7	7	6	4	3
121	< touch [worse]	P	3	2	3	3	4	2	2
93	< pressure, external [worse]	P	1	3	4	3	3	1	2
56	> warmly, from wrapping up [better]	P	1	2	4	2	2	3	2
53	> food and drink, cold things [better]	P	4	2	1	1	2	1	2
99	hunger	P	4	1	2	1	3	3	2
102	> movement, during [better]	P	4	2	1	1	3	1	3
42	> touch [better]						1		
74	> pressure, external [better]		1		1	1	1	1	1
37	< warmly, from wrapping up [worse]		2	1			1		1
47	< food and drink, cold things [worse]		1		2	1	3/CI	3/CI	2
115	appetite, absent		3	2	4/CI	1	4(CI)	1	3/CI
126	< movement, during [worse]		1	1	1	1	1	2	3

Interpretation

- ▶ With the physical symptoms we can narrow down the choice to three remedies: Puls, Lach and Mag-c.
- ▶ Now we add the mind symptoms.
- ▶ The self-harm is not listed in the BTB 2000; we attempt to supplement it from the materia medica.

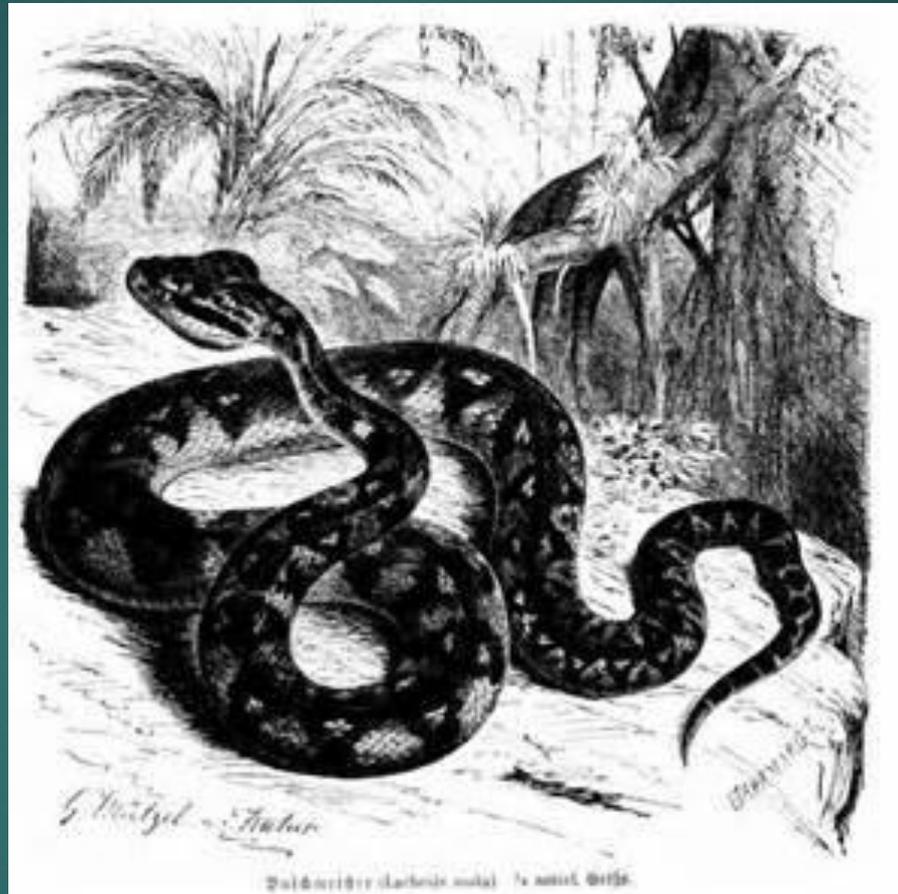
Interpretation

Only Pulsatilla and Lachesis cover all symptoms without contraindication.

Pulsatilla is very unlikely in a patient who harms herself, so we concentrate on Lachesis.

MM Comparison for Lachesis

- ▶ *Quiet, sorrowful, lowness of spirits ... Inclination to doubt everything; mistrusts and misconstrues ... Feels extremely sad, unhappy and distressed in mind. Loathing of life. Peevish.*
- ▶ *Loquacity; much rapid talking. Undertakes many things, perseveres in nothing.*
- ▶ *Discouraged, loathing life.*
- ▶ *I cannot find self-harm in the primary materia medica.*



Prescription and Progress

- ▶ Sina is given **Lachesis 200 C**.

Within four weeks her condition improves noticeably. She again starts to wear colourful clothes and is doing well at school. The agoraphobia has diminished and she has not cut herself again.

- ▶ With **Lachesis M, XM and LM** the improvement continues, **but...**

Further Progress

- ▶ ...after **Lachesis CM** she cuts herself again.
Since there are no fresh symptoms, I give her **Lachesis 200 C** once more.
- ▶ And the cutting disappears, this time definitely.
With further doses of the remedy she is stable – not exactly an easy person to be around but bearable for the family.
- ▶ *Period of observation: 2 years*

Comment

- ▶ If we had given priority to the mind symptoms, following Kent, a very broad differential diagnosis is the result. Nevertheless, Nux vomica, Sepia and Lachesis have the largest polarity difference.
- ▶ Lachesis CM did not seem to work. In the future we will avoid ultra high potencies in this patient.

6. Problems at Work

Key choices

- ▶ Decision academic career vs. apprenticeship taken at age 12. Choice of apprenticeship with 15 years (in Switzerland)

Problems

- ▶ 29% of the Swiss teenagers **drop out** of their apprenticeship (figures of 2012), and 3,7% of young adults between 15–24 years are **unemployed** (figures of 2014).

Transition from school to working life

- ▶ Like jumping in the water at the deep end → stress → symptoms of illness.

Case 7: Irritable Bowel Syndrome with Stress at Work

- ▶ Seventeen-year-old **Sabine** started to train as a nurse six months ago. In terms of her disposition she is well qualified for this.
- ▶ For several months she has been suffering problems during work and training, with nausea, burping, abdominal cramps, flatulence and alternating diarrhoea and constipation.
- ▶ She is afraid to be seriously ill and would like a referral to the gastroenterologist.

Procedure

- ▶ On **examination** I find meteorism and a few scybala in the descending colon, nothing else. Blood test and CRP are normal.
- ▶ **Recommendation:**
Homeopathic casetaking
Gastroenterology only if homeopathy has no effect.

Checklist

Gastrointestinal

Nausea, vomiting

Bloating, Burping,

Flatulence

Stitches in stomach

Cramps

Stool smells sour

Salivation P

< After eating-P

> After Stool-P

> Before breakfast-P

< Food and drink, warm-P

< Bread, milk, coffee, alcohol-P

< Flatulence-inducing food



Nightmares

Fear of future

Desire for open air – P

Hunger – P

Procedure: We only repertorise the polar symptoms.

S. G.

Irritable Bowel Syndrome

			Puls.	Sep.	Sulph.	Rhus.	Bry.	Carb-v.	Bar-c.
Hits			10	10	10	10	9	8	8
Sums			33	26	25	25	26	18	19
Polarity Difference			20	10	7	7	11	10	9
121	< eating, after [worse]	P	4	4	4	4	4	4	2
57	< stomach, empty, before breakfast [w	P	1	3	2	2	1	1	3
52	< food and drink, warm things [worse]	P	4	2	1	1	4	3	3
76	air, desire for open air	P	4	1	1	1	1	1	3
99	hunger	P	4	3	1	2	3	2	2
45	> stool, after [better]	P	3	1	3	4	4		1
117	saliva, increased	P	4	3	3	4	3	2	3
29	< food and drink, bread [worse]	P	4	3	3	3	3		2
36	< food and drink, milk [worse]	P	2	4	4	2	3	3	
27	< food and drink, coffee [worse]	P	3	2	3	2		2	

MM Comparison for Pulsatilla

- ▶ *Eructation, nausea; attacks of faintness.*
- ▶ *Flatulent distension, always after eating*
- ▶ *Colic, especially in upper abdomen.*
- ▶ *Alternation of hard and soft stools.*
- ▶ *Before stool rumbling, cutting colic; pains in small of back.*
- ▶ *During stool: burning and cutting in rectum; pain in abdomen.*
- ▶ *Amelioration: in open air or in a cool place.*



Prescription and Progress

- ▶ Sabine is given a dose of *Pulsatilla 200 C*.
- ▶ A few hours after taking the remedy, she has a large stool. Then all complaints disappear permanently.
- ▶ Nevertheless I continue to give her *Pulsatilla M, XM, LM, CM* at monthly intervals because I cannot remove the precipitating cause.

Comment

- ▶ According to conventional homeopathic teaching, the additional doses of Pulsatilla are unnecessary. Yet without them the complaints would recur because I cannot remove the precipitating cause.

Thanks for your attention!