

Sinking Sepia Surfaces from Stress

By Vatsala Sperling, RSHom(NA), CCH, MS, PhD, PDHom

Diana, fifty years old, is seeking help with her menopausal issues, headaches and hormonal imbalance. She is a very thin Caucasian woman with sandy brown hair, dry, pale, wrinkled skin, grey eyes, a pinched nose and thin, pale lips. She is dressed in a plain, dark purple shirt and a printed long skirt. Within the first five minutes of this session, Diana starts crying and cries throughout, swearing at times, calling her husband and boss names. She shakes her head and sighs repeatedly.

Her family history includes heart disease, hypertension and thyroid disorders. From her narrative, the following themes have been gathered.

Complaining about family and workplace

"A lot is happening. I have no time. At home I have four teenage sons and one preteen daughter. Husband is a lazy bum. He earns pennies as an instructor. We collect food stamps and coupons. House might be foreclosed. The kids are eating through my savings. Home is messy. Shoes and dirty laundry are everywhere. Our old dog poops on rugs. No one offers to clean. I have to do everything—bring money, make meals, clean the house, get homework done, keep the social calendar, schlep these darn kids from one activity to the other. What does he (husband) do—nothing, NOTHING!! A** h***. I would love to write for magazines to get some money—but I have no time. This darn job! It sucks my soul out—everyone clinging to me and demanding my attention as if they are kids. I fetch and carry for my boss, he is a f***** relentless slave driver. Whether I want to or not, I can or not is never considered. Just carry out his orders. It is all piled up high on me, at home and here at work. I have no escape. I am stretched paper-thin. I have nothing left to give to anyone. I can't do it. I CAN'T DO IT. Can anyone see that?" At this point, she screams at the top of her voice, wailing and holding on to the armrests of her chair. Raising her voice, she says, "You see what they have done to me? Can anyone see that I can't do it all?" As she calms down, she sighs deeply, which continues throughout the interview.

"I get very hard on myself. I do want to do it all and do it well. That is how I was in my youth. But can't anymore. I get angry and I yell so no one can come near me. I yell at my children—scream, shout, throw things at them, use foul words, cry, berate them, put down my husband on a daily basis. It gets so dark around me, so nasty, what with all the screaming—just so that they will stop staring at their stupid screens and look at me for a minute, help me, understand what I am going through to put food on the table. I could fall dead multi-tasking and no one will notice."

"It was the same in my family growing up. Mom called me names, said, I was the parent and she was the child, and that I was not doing a good enough job of being her parent. Even now, she depends on me for a lot of things. I can keep doing for her but I can never do enough or do it right to make her happy. Now, I yell at her on the phone, don't speak to her for months. Because of her, my life is so ugly, brutal."

Exhaustion

"This is with me 24/7. I am at my very worst at mid-morning, late afternoon, and before bedtime. I am so exhausted I don't have the energy to even say good night. I don't even look at my husband in the evenings—I don't want him coming to me for some fun."

Headache and other pains

"I have been having these for so long! They last for two days, are dull, searing and constant, come many times during every month, and are located on my forehead, exactly above my right eye. The painful area is the size of a coin—I can cover it with a finger. Pressing it hard feels good. Before the headaches come, I am very sensitive to light and sound, I get nausea, and I am very unstable. The first day is the worst, the second day it ceases a bit. I get very nasty during the headaches. I feel better when I pull the curtains, keep it dark around me, keep noise out, pull covers over me, have peace and quiet, no one is allowed to get near me. Besides headache, I also get low back pain, hip joint pain—from time to time, but they are quite erratic, come and go, can't really describe any better."

Periods

“No rhyme or reason to them anymore. Before my periods, I get very emotional, I rant and rave, shout at every one, so they will leave me alone. Flow used to be excessive when I was diagnosed with thyroid issues. I was a mess, mentally erratic and depressed. Felt like with my non-stop menstrual flow, my entire innards will come out. They found a huge cyst in my ovary, got the ovary out in 1995. During my third pregnancy, there was a huge cyst, the size of a football, right in my uterus, alongside the baby. It is a miracle he was born alive.”

Diana, the individual

“Before my marriage, I used to run marathons. Running is a release for me. I can run till I can’t run anymore. Helps me get away. No one can get to me and bother me with their silly issues while I am running. Even now, first thing in the morning, rain or shine, before my family stirs, I pull my sneakers on and head out. I run for an hour. This is the only thing that keeps me sane. When I am angry, I go outside and run wildly, then I get creative ideas, my anger calms down, I get some peace. I feel better with rest and quiet, when no one is bothering me, no one is expecting anything from me, they leave me alone and mind their own freaking business and go away. I love that and feel safe. When I need this, all I have to do is throw one of my fits. Everyone shuts up and goes away. I hate the kids fighting, my husband asking for sex, the messy house. I do all the work till I drop dead, I get stretched paper-thin. I am not nice. Take it out on everybody.”

“I love to dance. It is freeing. Flowing, relaxing, in union with music, joyous, happy emotion. I would love to live near water, on a lake maybe, swim with the fishes every day. In the winter, ice skate on the frozen lake. I love seafood. My favorite color is bluish-purple—the color of the deep seas. I love to be in nature, near streams and rivers. I hate violence, mutilation, aggression, hurting people, kids and animals, when people let me down, cheat on me, judge me. I want to smack their face, hurt them, yell and give a piece of my mind so they would get off my back, throw a little fit to scare them away. When I have no avenue, I get headaches; I sigh, go outdoors and take out all my rage in running. If I can’t do that, then I withdraw into myself, make a scene and show my unhappiness, so no one can get to me. I am just trying to survive. I have nothing more left to give. What would give me relief is if I could get back into my bubble so no one will see me, keep a steady course, stay away from everyone, keep my emotions in balance. Can you do that? Can homeopathy do that?”

Central theme

Diana presented in this session a need for help with her hormonal balance and headaches. She is overwhelmed with her life at home and office. Her emotional outbursts and headaches help her survive, so that she can keep others at bay and find the much-needed rest and respite from her relentless daily grind. This appears to me to be the center of this case. The chosen remedy must bring relief in these two areas—emotional outbursts and headaches—so that she can cope with her lot.

Rubrics

I used *MacRepertory* software and the *Complete 2008 Repertory*. I made a list of symptoms that describe Diana in totality. Weeping, shrieking, sighing and using abusive language indicated her current state. It was clear from her narrative that she is independent-spirited and does not like to be told what to do (by her boss, husband and kids). She is weak and exhausted to the point that she does not have the energy to carry on her daily activities. She wants to get away from her family and her work; her regular headaches aid in this mission. Even when she is exhausted, she loves to exercise (run). The selected rubrics cover the totality of Diana’s symptoms as summarized here.

- Mind; Weeping, Tearful mood; Telling about her illness, when (22)
- Mind; Sighing; Climacteric period, in (2)
- Mind; Shrieking, Screaming, Shouting; Holds on to something, unless she (1)
- Mind; Abusive, Insulting (93)
- Mind; Domination by others Agg. (17)
- Mind; Business; Averse to (67)
- Mind; Escape, desire to; Family and children, from her (12)
- Head; Pain; Constant (63)
- Generalities; Weakness; Women, in; Worn out (4)
- Generalities; Exercise, Exertion; Amel (106)

	Total	Sep.	Nat-m.	Staph.	Lyc.	Kali-c.	Sil.	Phos.	Ferr.	Tub.	Nux-u.	Stram.	Con.	Ign.	Cart.	Hep.	Meningoc.	Puls.
WEeping, TEARFUL MOOD; TELLING about her ... (22)	11	6	5	5	4	4	5	4	3	4	3	2	4	1	4	1	3	3
Mind; SIGHING; CLIMACTERIC period, in (2)																		
SHRIEKING, SCREAMING, SHOUTING; HOLDS on ... (1)																		
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ESCAPE, DESIRE TO; FAMILY and children, from her (12)																		
Head; PAIN; CONSTANT (63)																		
Generalities; REST, REPOSE; AMEL. (250)																		
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Generalities; EXERCISE, EXERTION; AMEL. (106)																		

Based on the repertorization shown above, and with Diana's individuality in mind, I chose *Sepia*, *Natrum muriaticum* and *Staphysagria* for consideration.

Sepia

"Patient becomes progressively more detached ... any demand by the family is viewed as a further burden and met with anger... she finds herself shrieking at her children and cannot control her temper ... because of this detachment, patient can see clearly into the weakness of those around her and will lash out with cutting, accurate, sarcastic hurtful words ... These patients can be hard, indifferent, tearful and care-worn. Mother gets angry at slightest disturbance and yells at children. There is loss of libido and aversion to sex." —Morrison. "

"Mentally and physically worn out patients, crying when telling her symptoms, they have too much work to do, people are not kind to them, no one realizes how much suffering they have, or with what difficulty they have to contend ... aversion to family..." —Murphy.

Farrington: "*Sepia* patient is sensitive to all impressions. Puffed, flabby persons (less frequently, emaciated) with yellow or dirty yellow brown blotched skin, inclined to sweat ... hot flushes, headache in mornings, awakens stiff and tired, subject to diseases of sexual organs, the general attitude is never one of strength and healthful ease, but of lax connective tissue, languor, easily produced paresis."

Constant bearing down sensation, sense of pressing into vagina that compels the patient to cross the limbs to prevent prolapse. (Clarke).

In the physical sphere, this remedy covers prostration, weariness from overwork, lax feeling in pelvic organs and abdomen, as if everything would escape through the vagina; hormonal disorders and uterine issues during post-partum and climacteric period; menses irregular; old, wrinkled, parchment-like and pale skin. There is a distinct love for dancing, general amelioration from vigorous exercise and a general aggravation from coition, pregnancy, miscarriage, abortion, frequent sex, and low back pain. (Murphy)

I hold this image of *Sepia* against the picture of Diana that emerged from the case-taking. Here is a tired, worn out, weepy wife with low libido; a mother of many children who feels that she does not have anything left in her to give to others. She feels that no one recognizes what she goes through

to keep the family running, put food on the table, and what she suffers through in her job, "work, work, work till I drop dead." To make her plight known, she cries, shouts, yells, berates people, throws things at her kids, avoids and abuses her husband, and in her words, "It gets so dark around me, so nasty, what with all the screaming ..."

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In her fifties, Diana is menopausal. She has had seven pregnancies: five live births, one miscarriage and one abortion. Her ovarian and uterine cysts have been removed surgically. She has a total loss of libido and an aversion to her husband. During her diagnosis of thyroid issues, she mentioned that her menses were so profuse, she felt as if her entire innards would come out along with her menstrual flow.

Her headaches are quite frequent, and in her words, "When I have no avenue, I get headaches; I sigh, go outdoors, take out all my rage in running. If I can't do that, then I do withdraw into myself, make a scene, show my unhappiness, so no one can get to me. I am just trying to survive. I have nothing more left to give."

Diana has mentioned her love for physical exertion even though she is overworked, "Running is a release for me. I can run till I can't run anymore. Helps me get away. No one can get me and bother me with their silly issues while I am running. Even now, first thing in the morning, rain or shine, before my family stirs, I pull my sneakers on and head out. I run for an hour. This is the only thing that keeps me sane. When I am angry, I go outside and run wildly, then I get creative ideas, my anger calms down, I get some peace." *Sepia* is known for general amelioration from intense physical exercise. Diana also described her love of dancing and of being near water and swimming (with fishes).

Natrum-muriaticum

Morrison: "Deep grief and sorrow are hallmarks of the character of *Natrum muriaticum*."

People needing this remedy are highly sensitive and refined ... take life's blows too personally and deeply. To protect themselves, they create a wall around, become close and hard so that no one can get to them. These individuals are very responsible, sensitive to insults and criticisms, and can't take rejection well. They are averse to consolation, though they bid for sympathy. They may appear kind because they are sympathetic to others' pain. They can be quite controlled and perfectionist, fastidious, and try to control their environment.

They can cry hysterically when their inhibitions are broken, or they can be quite sad but unable to weep. They hold grudges and they have a tendency to cry from sad music that they like to hear. They have general aggravation from sun and in the midmorning (10 a.m.). Their headaches have a description, “like hammers beating the head.” Throat, neck and face have emaciated appearance. There is aversion to sex (due to closed emotions, grief, disappointment), low sex drive, lower back pain better with firm support. There is general weariness and weakness, sulking and sighing. They have great vulnerability, and they desire solitude. (Vermeulen)

What differentiates *Sepia* from *Nat-mur* is the mental-emotional state. Diana has never mentioned any disappointment, grief or vulnerability in romantic relationships. She does not come across as a refined and sensitive individual who is sympathetic to others. Though she has cried and sighed throughout the session, her crying does not show any deeply retained grief, disappointment, rejection or sadness—hallmarks of *Nat-mur*. She does not appear to be a closed, walled-off person, as she is quite open to insulting her boss, husband and kids. In fact, what she stresses is that she is bogged down and stretched paper-thin with overwork and that no one recognizes how hard it is for her to do everything that she is doing. She lets them know of her displeasure by throwing “one of my fits” and making the space around herself, “so nasty and dark” that no one can get to her. This picture does not resonate with *Nat-mur* as it does with *Sepia*.

Staphysagria

Clarke: “*Staphysagria* gives unspeakable relief to women in early days of married life, painful coition because external parts are extremely sensitive, urinary difficulties ...”

Murphy: “Ill effects of anger and humiliation, deep guilt and shame, violent outbursts of passion, morbid sensitivity to what others say about her, a feeling of being not good enough, being unlovable...”

Morrison: “...they can be overly nice, timid, defenseless, passive and have a desire to please. They have self-pity and a sense of resignation, they cannot resist others. They can cry easily and are worse from consolation. They can have acute outbursts of anger or they suppress their anger with periodic rages when they throw or break things. They have grief with anger and acute or chronic grief over broken relationships. Their ailments sprout from shame, humiliation and sexual abuse like rape, incest. One expression they often bring out is, ‘How could this happen to me?’—mortification. They appear as sweet and suppressed patients who draw out our sympathy ... they have excitement of sexual sphere, excessive romantic and erotic inner life ... majority of cases are not found through detailed information about physical symptoms or generalities or keynotes. Rather in this remedy, the

prescription is often based entirely on the basis of essence or causation.”

Diana has not appeared to be “sweet and suppressed,” on the contrary she has expressed her rage by crying aloud, wailing, name-calling and shouting during the session. In this expression, there was no hint of suppressed rage, anger, nor any clue to sexual abuse, mortification, guilt, shame or deep interest in sexual matters such as a suppressed *Staphysagria* would show. Yes, just as a *Staphysagria* personality would throw things at the offending party, Diana has mentioned that she does throw things at the children, but her need here is to draw attention to her suffering and how overworked she is.

In describing her life at home, she has not brought out any desire to please or accommodate her husband (or her boss at her work place), rather, she has described them as a**h***s who have no sympathy for her hard life. She has no interest in sex, she does not want her husband approaching her for fun—she in fact actively puts him and her children off by creating a “nasty and dark” space around her. This is unlike *Staphysagria*—it tries to please, be timid, yielding, and it finds it hard to resist sexual advances because of its “high sex drive and sexual fantasies.”—Morrison.

Prescription and dosage

Based on the differential analysis given above, and considering the entire mental-emotional and physical symptomatology of Diana, I selected *Sepia* and gave one dose of this remedy in 200c potency.

First follow up, May 11, 2010

Diana has come with an outfit quite similar to one she had on when she first came to meet me. The shirt was a lighter shade of purple. She quickly settled into the chair and began, “Feeling pretty good. Had just one headache, same right side, but it lasted only part of one day—did not drag on for two days as it used to. Other than that, pretty good. Sleeping well. Job is not that stressful. I am eating better. I have lot more energy. No mid-morning energy dips. Running a lot, enjoying it. Hip joint doesn’t bother me anymore. In the past year I have been so tired I had wanted to sleep more. Now I am doing ok with much less sleep. I am ok with intimacy with my husband but don’t want sex. My son, the one who had to live with the uterine cyst while he was in my tummy, he is a constant source of irritation and tension between me and my husband. He is defiant. I have spanked him a few times, but I feel bad afterwards, want to hug him and make it up to him.”

Assessment and prescription

Diana did not cry or sigh at all. She spoke well, describing how she is doing. The main improvement is in energy level and headaches; earlier, she had no energy due to exhaustion and overwork, and she had headaches many times every month. Since taking the remedy she has had only one episode

of headache and a lot more energy. She has not mentioned her angry outbursts at home when the family expects her to do everything. My conclusion at this point is that *Sepia*, in 200c potency, is continuing to work. I do not give her any prescription after this session, except a dose of placebo to allow the improvement to continue.

Second follow up, July 7, 2010

Diana appeared quite angry, “I feel defensive and threatened. All around me people are losing jobs, except my friends—they have two income households. My husband lost his job. We can’t make it on my salary alone. And this pig, my boss, will not raise my wages . . . I feel knocked to the knees, begging for help, I have no pride left because I have to feed the kids. I want to run away but I feel squished. I have nowhere to go. Even when I am running my daily run, I am thinking about how I am going to make ends meet.”

Assessment and prescription

Despite her tears and anger, Diana appears to be responding to the remedy. She did not mention her headaches, or her expression of anger at home because she was so overworked and had no energy. She did not talk about her pains in the hip and back, or how she would create a dark and nasty space around herself so that no one could get to her. Her face had slightly better color and I looked carefully to see if this was due to makeup. No, it was not.

I tried to understand how a woman with a reduced income would feel when she has to feed five young kids. Not getting a mid-year raise at work, when she needed extra income to support her family, could genuinely make her unhappy. Is this tearfulness due to her internal constitution—hormonal imbalance—for which *Sepia* is a known remedy and has worked well for her, or it is due to the extraneous circumstances beyond her control?

Diana did not bring up her presenting complaints. She cried and wailed but it is the extraneous circumstances that appear to be aggravating her at the moment and the situation does not indicate that the remedy has stopped working. So I decided to wait and watch. However, I give Diana one dose of placebo and send her home with a second dose of sac-lac, to be taken one week later. This gesture might help her tide over the stressful times knowing that she has a remedy with her. I give placebo when a patient is continuing to respond well to the remedy but is not tuned to the underlying philosophy of classical homeopathy: minimum dose of one remedy at a time. A placebo, given with a bit of assurance that they can take it when needed for support through stressful times, can work wonders.

Third follow up, September 1, 2010

“Help me” Diana wails, “Help me please. What is happening? Is it their fault if their father can’t hold onto his silly job? They can’t stop eating. I have to feed them—even if it is plain garbage. I can stop eating. Well, I have on occasion, given my food to my son. I feel so sorry for my poor kids. What life do they have, what future? On top of this misery, my mother has arrived to spend two weeks of her vacation in our house. How can I cope? She is the cause of my miserable life. She is the one who turned me into the bum that I am. I can’t be free in my house when she is there. She ridicules me in front of my kids. When I go for my runs, I put on earplugs and listen to music. I sing along and weep. My life is so miserable. Why do I have such a mother? My tears sting as if I am rubbing my eyes with salt—or is my mother throwing salt on the old wounds that she gave me? I am eating so badly, I am constipated.”

Assessment and prescription

Attempts to calm her by saying, “Your mother is just a guest. She will soon go home,” caused Diana to snap furiously at me. Raising her voice several pitches higher, she screamed, “How dare you say that? If you had a mother as wicked as mine, you would never suggest that I tolerate her for two weeks. I want to kick her out now—right now—do you understand?”

I observed a few new symptoms:

- Aversion to consolation.
- Sympathy for her kids. She had sacrificed eating and given her food to her son. Previously, she had complained about much her children ate and how they expected her to do all the work.
- Tears are stinging her eyes as if there was salt in them.
- Constipation.

There is no mention of creating that “dark and nasty space” so no one will get to her and no mention of any headache. These had been her chief complaints, besides severe exhaustion and nil libido.

These symptoms are new and different from the symptoms for which *Sepia* had worked so well. Referring to my repertorization, I noted that *Nat-mur* was the second remedy. It has symptoms of salty tears, constipation, aversion to consolation and sympathy for others (in her case for her children). On these grounds, I prescribed *Nat-mur* 200c. It is complementary to *Sepia* and should help.

Fourth follow up, October 29, 2010

Diana arrived a bit late, “Sorry, I got held up at work. I had to stay back and help my boss. He knows that I come to you and understands I need help. He is not such a pig after all.

My husband has found a job. My oldest son did lawn maintenance through the fall for pocket money. My daughter earns money by baby-sitting at our neighbors. I forgot to mention this before. Actually I did not think homeopathy could do anything for this condition. I was losing hair—a big bunch daily. Now seems like it is much less. I get this back pain once in a while, in my lower back, but it goes away, I don't have to do anything. Earlier, it lingered a bit. I had one period that lasted just two days. Flow was light—did not bother me. I did not even know it was coming. Earlier, I could tell right away when the periods would appear, I used to be so over-the-top nasty to everyone just before my periods and get those killer headaches.”

Assessment and prescription

Diana's hair loss was quite under control, her headaches had not returned, her mother had gone back to her own house and with a bit of extra income at home, things were more peaceful. She has not complained about exhaustion, overwork and constipation.

Apparently, *Nat-mur* and *Sepia* have complemented each other well. At the moment, there are no new symptoms. Her old symptoms have not returned. She has not cried at all in this session as she had done before. The remedy is working. I send her home with a dose of placebo and give her a dose of the same at the office. After dissolving the remedy in her mouth she says, “I don't know what, but something is helping me. I feel much better than before.”

Fifth follow up, December 10, 2010

This session began with a sigh, “I am going bankrupt—credit card debts have gone over my head, no wonder I feel in the dumps. Holidays wear me out—too much to do—everyone looking for a gift, where will I get the money for this luxury? No one helps—but everyone expects a turkey dinner. I can't even go for my runs, feel so restrained with all this snow. I wish I lived by the warm seas—could swim every day. I am hard on myself—must get everything done before the holidays—get the presents, but how, you tell me how can a woman do it all alone—with no help from anybody?”

I asked her about her kids: “Sam is baking his favorite cookies. He will freeze them and we will have them just on Christmas Day. John is cleaning his room after I asked him to. I did not have to yell at him.”

She had no headaches so far, but felt that the holiday madness might bring them on again if no one helped her and she had to do it all alone, by herself. “Just thinking about it makes me tired, I want to cry,” she said and I heard a sniffle as her voice changed.

Assessment and prescription

Money related issues, holidays, harsh and snowy winters can be hard on many people. But not everyone will sigh while talking about these issues and begin to cry. Diana's complaint here again is, “I have too much to do, and I have no help from anyone.” However, on being asked about her kids, she mentions that one is baking cookies and the other one is cleaning his room. So the situation, as it actually exists and as she perceives it, is not the same. She talks of her domestic situation as if there is no help for her and she has to do everything on her own. She even mentions that the holiday madness might bring on her headache.

I conclude that while *Sepia* is still good for her, the 200c is beginning to fade. Right now, more than any physical complaints, Diana is talking from a delusional state. I give her *Sepia* 1M, to be dissolved in half a cup of water, and taken on three consecutive days, with a very clear instruction that the remainder of the remedy must be discarded.

I had observed Diana to be quite hysterical. As her story unfolded I saw that she used her abundant tears and hurtful words to make an impression on her family and on me, and that she was suffering from the problems that life and ill health had presented her with. She had done reasonably well with 200c of *Sepia* and later, *Nat-mur*. However, in choosing a higher potency when she appeared to need it, I was concerned about aggravation. It would not be kind to her or her family if she went into a severe and prolonged aggravation and upset the already shaky family dynamics. Since I had learned that the split dose method assures a smooth effect of the remedy and that aggravations, if caused, are also manageable and brief, I decided to give this patient *Sepia* 1M as a split dose.

Sixth follow up, February 25, 2011

“I am so much better. I survived the holidays. Everyone pulled along. We did fine. In fact, after taking the remedy for three days, as you had asked me to, I slid back—it got so nasty and horrible around me that no one could get a word in. They just left me alone. They had not seen me this bad in a long while—actually, ever since I started to come to you way back in April last year. I took the remedy on the 16th, 17th and 18th of December. Oh boy, I became a snapping, hostile bitch spewing out foul words, groaning and crying if someone asked me so much as ‘Mom, could you please pass the potatoes.’ ‘You have hands, you s*** h***, why don't you help yourself? And why don't you serve me some of those darn potatoes?’ I would yell this at the top of my voice. My family is smart—they left me alone and allowed me to take my time to calm down. A few days later, I was out walking the dog and I suddenly felt as if a cloud lifted from my head. We had a peaceful Christmas. My husband and I go snowshoeing daily. We talk. Hold hands. I let him hug me when the kids are not looking.”

“My boss has agreed to let me take half-a-day off on Fridays. He is a fine fellow, headstrong, but he values me. I have made a schedule for walking the dog. Our old dog died, we have a new puppy. I have asked the kids to respect the schedule. Not one of them has disobeyed me and missed their dog walk—maybe they love being with the puppy, but it is a great help. I don’t have to do it every day. I don’t have to do it all on my own till I drop dead. My hair loss is nil. My friends are asking if I am doing something special for my hair. When I said I come to you, they said, they thought homeopathy does not work, that the sweet pills are just a sham. Maybe they are, but for me, they have been good.”

Assessment and prescription

This is eleven months after the first prescription of *Sepia* 200c. Diana had received a dose of *Nat-mur* 200c when her symptoms changed. When she changed back to the *Sepia* state and showed only mental-emotional symptoms, I opted to give 1M *Sepia* using the split dose method. As I discovered during her follow-up, she did have an aggravation but fortunately it did not last very long and was manageable. She felt she was being nasty to her family but they gave her some space and she snapped out of it very soon. After the aggravation of her mental-emotional symptoms, she felt “as if a cloud lifted from my head” and went on to have a peaceful holiday with her family.

Almost ten weeks after the *Sepia* 1M prescription, Diana has continued to stay well on both the mental-emotional

and physical levels. She is improving too, as her hair loss has stopped, she feels valued at work and her kids listen to her. Her physical complaints—headaches, hip joint and lower back pains—have not resurfaced. She is more composed at home and at work. She allows her husband to hold her hand and even give her a hug when the kids are looking away!

At this point, I ask her to let me know if anything changes for her in the future. So long as the “sweet pills” continue to do her good, she has no reason to see me, but if anything changes, I am here to help. She knows this well by now, and on this happy note, she leaves my office with a calm face lit by a hint of a smile. Feeling very grateful for *Sepia*—Hahnemann’s golden gift to humankind—I wished Diana well and closed her file.

Vatsala Sperling, RSHom(NA), CCH, MS, PhD, PDHom, is a clinical microbiologist with a doctorate in clinical microbiology. Before moving to the United States, she was the chief of clinical microbiological services at a children’s hospital in Chennai, India, and worked with WHO. She always remembers the sweet homeopathic pills she received from her local homeopaths in India. She is a graduate of Misha Norland’s School of Homeopathy and she continues to study with several distinguished teachers in the United States. She lives in Vermont with her family. A Classical Homeopath and author of eight books and several essays, Vatsala can be reached at her website, www.Rochesterhomeopathy.com.