

The Wisdom of the Organon: Two Cases Applying Hahnemann's Aphorisms

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Just like other fields of knowledge, the frontiers of homeopathy keep expanding. The ongoing process of inquiry ensures that instead of being static, homeopathy is a dynamic subject. Homeopathy has survived for over two centuries since the time of Samuel Hahnemann and continues to grow, develop and change. However, the essential aspects of homeopathy are firmly rooted in its foundation and philosophy as laid out in the *Organon*. We can rely on this foundation today just as we could if we were working alongside Hahnemann a couple of centuries ago. When we adhere to the foundations, we can achieve results that continue to motivate us to love homeopathy and use it for the well-being of our clients.

In this article, I will share two cases that reminded me, despite my openness to innovation, that I must always stay firmly rooted in the foundations of homeopathy. The following summaries of aphorisms contained in the *Organon* helped me solve these cases:

Aphorism §18: The totality of symptoms and circumstances in each case of disease must be the sole indicator in choosing a remedy.

Aphorism § 84: Let the patient talk. Obtain information from the patient's relatives. Observe the patient. Write the case accurately. Do not interrupt.

Aphorism § 87: Ask only open-ended question.

Case of Miriam

Miriam came to me in December 2014. She speaks English well enough, but haltingly. She has driven for over three hours with her husband and come for a Sunday morning session on time. It is interesting to observe that she is a full

head taller than her husband, has broader shoulders than he has, walks ahead of him and has a sharp look about her face with a frowning expression. The husband greets me with a handshake and comes across as much gentler than Miriam. I notice that Miriam is wearing an orange-yellow top and has adorned her short, unruly, boy-cut hair with a parrot-green plastic beret which looks totally out of place. Little girls might decorate their hair like that but Miriam is fifty-five years old. I am aware that even though women in this part of the world love to project their sexuality by wearing provocative clothing, I do know from my years of observing them that their color choices are usually subtle and well-coordinated. They do not wear a parrot-green beret with an orange-yellow top. This color combination strikes me as unusual. I also note that the husband looks totally dominated by his wife. His voice, build, stride and even his appearance look feminine when compared to her.

Miriam begins the session by wanting to show me her entire folder. All test reports, X-rays and ultrasounds are filed. Just as I begin to hear "fastidious" in my mind, I watch the papers fall out of the folder onto the floor. Unfazed by this accident, she begins to gather the papers and shoves them haphazardly back into the folder. "Fastidious" is quickly replaced by "messy" in my mind and I am still intrigued by her parrot-green, mismatched beret.

Presenting complaints:

- Sciatic nerve pain/inflammation
- Uterine cyst
- Sacroiliac joint pain
- Bursitis, tendonitis located in knees, lower back, groin and pelvis

History:

She was widowed and impoverished at the age of sixteen, during the second trimester of pregnancy. She had one irregular Pap smear twenty years ago. In 2002, she had an episode of vertigo, sudden high and then low blood pressure, and was unable to move. Now she occasionally wakes up with palpitations and giddiness, which has happened once this year. All tests are normal.

Medications:

- Atenelol 25 mg daily with hydrochloride for hypertension
- Tibolona 2.5 mg daily for hormonal issues
- Glucosamine chondroitin for joints.

Time line:

The sciatica complaints started two years ago during a gym workout when her right hip and both shoulder joints cracked. The pain incapacitated her at work, home and in her meditation practice. The lower back pain started about twenty-five years ago.

Case taking:

Tell me about your complaints. "I WANT TO TRAVEL, WALK, COOK, BE INDEPENDENT. I want to know as much as I can about as many things as possible," she says loudly. "I do not want to depend on anyone. I want to go on a trip, enjoy, but I cannot. I cannot stand. My pain takes too much energy from me. I get impatient, anxious, in a bad mood. The sciatica pain makes my right foot go numb. My left hip has one painful spot. I have painful bursitis on my left thigh."

Describe the pain. "The pain is like an electric shock, like a sharp knife inside the painful spots. It feels hot, burning. I feel better when I sit or lie down. I do not feel any pain in my sleep. I go to sleep, wake up in the morning, stand up, and feel pain again. I have a chair in the shower. Standing is very hard for me. I feel better when walking or moving. But if I walk for too long, I must sit and rest. If I sit on a cushion, it feels hard like a rock. I feel nice when I get a massage; the pain is relieved a bit. I have tried hot packs. It helps the pain a bit but makes me feel worse. I do not like heat."

"I have gained twelve pounds, I used to be skinny. My physical therapist says I have tendonitis in my groin and suprapubic area. Excessive use of my lower back—lifting, moving, twisting, pushing furniture—brings on pain. The lower back pain began when I was a postgraduate student. I was on a beach, bending down repeatedly to pick up pebbles and shells. It was the most stressful time because I was starting a new job. My back froze. I was rushed to the hospital. In the last ten years, my lower back has been very bad. I am better lying flat on the bed. I can move very slowly, carefully. Quick motion bothers my back. My lower back feels very tight,

THE ESSENTIAL ASPECTS OF HOMEOPATHY ARE FIRMLY ROOTED IN ITS FOUNDATION AND PHILOSOPHY AS LAID OUT IN THE ORGANON

painful. Sometimes a heating pad helps my back. I cannot sit cross-legged or do any yoga."

Describe your nature. "I am a stubborn workaholic. I never say, 'No, I am not a super woman.' I take on many things without recognizing my limitations. It really bothers me that I cannot move. I have to depend on others. As a sixteen-year-old widow with a child, I had learned to be independent. I am very active. I love to talk to friends, have coffee, be at home, cook, entertain, watch TV. I cannot relax and do nothing. Ideas storm into my brain ... though I have a hard time turning them into reality."

"I am not lazy. If the maid is working, I work alongside her. I must be busy. I worry that she would think I am lazy. I used to be too busy doing everything for people and not caring for myself. Now I am taking care of myself."

"I am always chilly, I carry a jacket, a scarf, a sweater ... wear socks even in the summer. But if it is too hot and sweaty, it bothers me. It makes me feel lazy. My feet and hands go numb and swell a little. I like to live in a cool climate."

What does "dependent" mean? "Dependent means useless." Now she begins to cry. "If I depend on others, I don't deserve to be happy. I have done bad things—made mistakes—but I am a positive person. I must keep going ahead. I fight with my husband and want to end the marriage because I feel I don't deserve to be happy. I depend on him. He is a good man. I cannot ask his forgiveness. I am too arrogant—always right—and I justify myself even when I am wrong. I have to keep going in life. I cannot be held back by pain or mistakes."

"Menopause at forty was hard for me and I felt sick—hot flashes every minute and a half, migraines, dry skin, painful sex, no desire. My vision deteriorated fast, heart palpitations."

"I am very afraid to fly. When turbulence happens, I am even more afraid—life depends on the elements, the plane and the pilot. I get bad headaches when I miss my meals. I must eat on time—anything salty, spicy and starchy. I hate fruit."

During this case taking, Miriam cried a few times, especially when she spoke about having to depend on anyone,

how she must keep busy because she has so many ideas and how her pain gets in the way of being busy.

Now I sense that she has reached her limit of answering me in a language that she is not very comfortable in. Since I had observed her struggle with the folder earlier, I decided to ask an open-ended question.

You said you loved to be in the house. Can you describe your house? "It is a mess. I walk between piles of stuff on the floor. My husband picks up after me and tries to keep order, but I know where my stuff is so he cannot tell me anything."

Since I had observed her mismatched, parrot-green beret the moment she had walked in, I also decided to check into that.

I see you wear a beret on your hair. Can you tell me anything about it? I was taking a chance with a new client whom I had just met. She showed her discomfort by saying, "I have been to many doctors. No one ever asked me such a silly question about my beret."

I am curious. "Well," Miriam said, "I have had it for as long as I can remember. I wear it daily. No matter what outfit I am wearing or where I am going, I must have my beret on."

You might have several of them? "NO. ONLY ONE! IT IS VERY GOOD. I WILL NEVER REPLACE IT!" she said in a strong voice, emphasizing every word.

This bit of conversation reminded me of the rubric: "Delusion: thinks rags are silk," a leading indication for *Sulphur*. Though the beret in question was a well-worn, scratched up piece of plastic and not silk, it was precious to her, and she would not buy another to replace it.

Analysis:

I noticed the following features in this case:

- Dependence/independence
- Arrogance, haughty, I AM ALWAYS RIGHT mentality
- Desire to be busy; cannot relax and do nothing
- Many ideas, trouble turning them into action
- Love of travel
- Messy handling of papers (and house)
- Mismatched adornment, a beret she would not give up because she thinks it is very good.
- Stubborn, workaholic
- Does not want to be perceived as lazy
- Desire to take care of herself (selfishness?)

Besides these personality aspects, her lower back pain of twenty-five years and her sciatic nerve pain of the past two years also need to be addressed.

I selected the following rubrics that cover the entire case.

Generalities; FOOD AND DRINKS; SALT or salty food; Desires (117)

	Total	Sulph.	Lyc.	Agar.	Calc.	Verat.	Nat-m.	Sep.	Bell.	Puls.	Staph.	Arg-n.	Phos.	Ars.	Caust.	Arn.	Lach.	Chin.	Alum.	Rhus-t.	Bar-c.	Kali-c.	Zinc.	NUX-U.	Alco-s.	Merc.	Pall.	Plat.	Bry.	Thu-j.
FOOD AND DRINKS; ... (117)	117																													
FOOD AND DRINKS; ... (39)	39																													
FOOD AND DRINKS; ... (43)	43																													
ANESTHESIA, ... (1)	1																													
HEAT; VITAL, lack of, ... (65)	65																													
Mind; BUSY (111)	111																													
FEAR; TRAVELLING. of, ... (1)	1																													
Mind; HAUGHTY (98)	98																													
OBSTINATE, ... (159)	159																													
EGOTISM, SELF-ESTEEM (49)	49																													
DELUSIONS, ... (12)	12																													
Mind; INDEPENDENCE (16)	16																													
PAIN; LUMBAR region, ... (11)	11																													
PAIN; LUMBAR region, ... (12)	12																													
PAIN; LUMBAR region, ... (4)	4																													
PAIN; LUMBAR region, ... (49)	49																													
PAIN; SCIATICA, sciatic ... (252)	252																													

Generalities; FOOD AND DRINKS; FARINACEOUS food, starchy; Desires (39)
 Generalities; FOOD AND DRINKS; FRUITS; Aversion (43)
 Generalities; ANESTHESIA, INSENSIBILITY; PERSPIRATION, during (1)
 Generalities; HEAT; VITAL, lack of; Warmth; agg. (65)
 Mind; BUSY (111)
 Mind; FEAR; TRAVELLING, of; Airplane, by (1)
 Mind; HAUGHTY (98)
 Mind; OBSTINATE, HEADSTRONG (159)
 Mind; EGOTISM, SELF-ESTEEM (49)
 Mind; DELUSIONS, IMAGINATIONS; SINNED away his day of grace, unpardonable (12)
 Mind; INDEPENDENCE (16)
 Back; PAIN; LUMBAR region, lumbago; Lying; amel.; back, on (11)
 Back; PAIN; LUMBAR region, lumbago; Exertion; agg. (12)
 Back; PAIN; LUMBAR region, lumbago; Applications, warm, hot, amel. (4)
 Back; PAIN; LUMBAR region, lumbago; Walking; amel. (49)
 Extremities; PAIN; SCIATICA, sciatic nerve (252)
 Extremities; PAIN; BURNING, smarting; Legs (101)
 Extremities; PAIN; LOWER limbs; Sitting; agg. (36)
 Extremities; PAIN; SORE, bruised; Lying on something hard, as from, lower limbs (1)

Remedy selection:

Using *MacRepertory*, I arrived at a remedy that was a good match for her overall personality as well as the right-sided lower back pain worse on standing. Since her complaints were chronic and she was quite emotional while talking about her issues, and she was on allopathic medications, I decided in favor of a daily dose of *Sulphur* LM3 (liquid potency, two drops mixed into a teaspoon of water). For immediate relief of her pain (never been well since sustaining injury two decades ago while picking up pebbles on the beach and while working out in the gym two years ago), I chose *Arnica* 10M, one dose, which I administered in my office. Her symptom of finding even soft cushions to be hard pointed to *Arnica*. I assured her that her constitutional remedy would be mailed to her in the near future. I sent *Sulphur* LM3 to her in February 2015.

First follow up July 2015:

Miriam looks happier, slimmer, more expressive, and agile. She says, “In general I have improved a lot (since taking *Arnica*). My muscle and joint pains are much better. I started yoga, swim twice weekly, and also walk four kilometers twice weekly. If something feels too much, I back off. I don’t act like I am a superwoman and feel very happy that I am able to do this. I was quite inactive for a couple of years. I have suffered a lot of pain for twenty-five years. Bending my knee too much is still a problem, but, overall, I am very happy. I take *Sulphur* in the morning, and I sleep well at night. I wake up

without pain. I have trouble sleeping because of bad pillows. I use down feather pillows.

“After showering, I get itchy spots on my hands and feet. No rash, just itchy. This has been happening for the last five years. Two days after taking the remedy (*Sulphur* LM3), I felt pain in my gluteal muscles and lower back. It went away quickly.

“Attitude-wise, I feel better—more flexible. Still feel pain in my groin and left shoulder, but it is much more manageable.

RECALLING APHORISM § 259 REGARDING OBSTACLES TO CURE, I MAKE SOME RECOMMENDATIONS TO HER ABOUT EXERCISE AND LIFESTYLE

“Recently, I had a lot of brownish, non-smelly vaginal discharge with pain in my right ovary. I developed an upset stomach during my travels and then noticed ovarian pain and discharge. It was sticky, elastic and brown, and stopped on its own. I did not have any sexual encounters before the discharge. No smell, no itching, burning or pain in the vagina so I don’t think it was an infection. In the past ten to fifteen years, I have had a few smelly discharges. I wonder if my cyst broke. You gave me a remedy for the cyst?”

Your remedy was chosen to match your constitutional type. It was not selected to address just one or two symptoms, but if it does help with a variety of issues, I will not be surprised. Homeopathic remedies are known to have side-benefits. She got the humor and gave a throaty laugh.

She continued, “While visiting relatives, my husband and I walked a lot on rough terrain. My back and sciatic pain began. In the past, this pain would last a week, and I would have to take two different painkillers with no benefit. This time, the pain went away very quickly without any painkillers. In fact, in the past six months, I have not had any pain at all until this episode.”

Plan:

No need to repeat *Arnica*. Continue with *Sulphur* LM3 because she still has pains, though she says they are better and manageable. She mentions itchy spots on her limbs after showering. *Sulphur* is known to be worse from washing. Now, recalling Aphorism § 259, which discusses obstacles to cure, I

make some recommendations to her about exercise, lifestyle, hygiene, and even a brand of pillow that might give her better support. While the remedy is acting wonderfully, she should do everything within her power to stay well and keep away from obstacles to cure. She assures me that she will comply.

Second follow up, December 2015:

Miriam is beaming. “My ultrasound report came back normal. The cyst is gone. Attitude-wise, I am so much more accepting and getting so much better all around. I allow my husband to help. Earlier, I yelled at him because he was so slow. Now I say to him, ‘It is okay my dear.’ He can hardly believe how I have softened towards him. This has helped me feel happy. I feel good about my treatment and about my relationship. I feel very grateful for the remedies and for all your help. I feel grateful over all—more tolerant, patient, strong and accepting. I feel well.”

At this session, Miriam has not spoken at all of her physical discomforts, particularly her lower back pain of twenty-five years duration. She reported feeling grateful to the remedy and for the care. She feels well all around and has chosen to wear a dress in soft, earthy tones and a matching beret instead of her usual parrot-green plastic one.

I arrived at such an optimal outcome by staying true to the foundations of homeopathy as expressed in Aphorisms §18, § 84, § 87 and § 259 of the *Organon*.

Case of Manisha

Manisha, a slim, attractive, plainly dressed twenty-two-year-old law student came to see me in January 2015. She speaks in a low, whispering voice. When she smiles, her even, white teeth flash readily, and her eyes smile too. She appears friendly.

Presenting complaints and history:

- Allergies since the age of eleven, which were very intense through high school. She would get red teary eyes, itchy nose, mucus and sneezing. The allergies are less in the past few years, though mucus and itchy nose happen daily.
- Every cold turns into a really bad cough and phlegm.
- As a toddler up until the age of five, she had an odd appetite. She did not like to eat.
- From six to twelve years, she would get angry, weepy and nauseous if she missed her regular mealtime. From age thirteen years of age onward, she ate in an anxious way.
- She had low blood pressure and anemia when she was ten years old.
- Occasionally, she gets ear pain on cold days. Her hearing is diminishing slightly.

- She has had weak ankles for as long as she can remember. Her right and left ankle twist at least twice per month. Her left knee hurts during physical activities.
- She had lots of white spots on the skin of her left arm during her teenage years; now she has only a few.
- She is on birth control pills.

How can homeopathy be of help to you? “I am dealing with intense situations. I cannot pull myself out of it. I am overwhelmed. My parents are divorced and both are sick. Mom has thyroid issues and early Parkinson’s. Dad has alcoholic liver cirrhosis. I have a heavy burden on me. Dad has no one to help him. I spent a month living with him and taking care of him. All that time, Mom was sad because she missed me and needed me. I returned home to help her. It scares me that both my parents are sick. Dad is like a wall to me. I communicate with everyone, but can never tell Dad anything.

“Generally, I never lose my temper. But he says one thing and I explode. I yell back at him. I do not yell at anyone else. I feel very angry with him but not with anyone else. He wants to have control; he manipulates me. He is a functioning alcoholic. I cannot say to him that he needs help. I cannot confront him. I have always had trouble communicating with him.

“When my parents divorced, I was five years old. I did not want to go with Dad because I did not like him. I still do not like him. I just cried. It is difficult for me to communicate emotional matters. I run away from pain. I need peace and quiet. Even in painful situations, I rationalize and pull away from pain. I want to be proactive and not feel sad—just deal with the situation. Simply wipe my tears and go to a rational place and not an emotional place. I do not like others to take pity on me. When Mom consoles me, I am okay with that. I am in control of myself, so I do not cry. My situation is very painful.”

How do you experience painful situations? “I feel anxiety. I sigh, feel frustrated. I cannot control the painful situation. It makes me want to close (hand gesture of closing) but closing myself while being proactive does not work.”

Anxiety? “I feel it in painful situations as well as in general. It’s anticipatory anxiety—what will happen next? What should I do to be out of these troubles and pain? My present situation brings up frustration, anger with Dad. I feel locked in, with quiet anger.”

How were you as a child? “As a child, I never liked fighting. My cousins fought. I stepped in to make peace between them and asked them to reconcile. I disliked feeling angry because anger stays with me for days. I don’t express it, at least not to the person with whom I am angry. I would tell my mom

about how angry I am. I keep my anger locked in, but eventually it comes out.

“I had a good childhood. Though my parents divorced when I was five years old, I had love and support from my extended family. In my early teens, I cried a lot when I had to go to Dad’s house and I did not want to go. I would be crying badly, and then Mom would come and I would burst out laughing.

“My allergies began in my early teens. At around the same time, my upper left arm developed white spots. Thick, bumpy spots that used to itch though there was no discharge. I like to laugh with funny people. I am calm. I like being in my home with my family. I like to be with friends and had a lot of them. Now, I have few, but good friends. I am lazy about my relationships with friends. I am loyal. I like to help others, solve their problems. I aspire to big things. I’m ambitious, a perfectionist regarding work. Structure and perfection are important to me. IF SOMETHING INTERESTS ME, I AM A PERFECTIONIST. IF IT DOES NOT, THEN I AM SUPER LAZY. I like exercise and yoga—it calms my mind. Even when I am lazy, my mind is active and fast—full of thoughts and little concerns about what I am doing, or should be doing.

“I don’t like routine—it is boring, but it is hard to do things that pull me out of my routine. I’m usually indecisive but make quick decisions under pressure. I like to work alone rather than in a team because in a team, lazy people exasperate me. I know my idea is good so I would do it alone. Lazy people do not pay attention to the common interest of the group. They drag everyone down. I put it in front of me. I do not like to cause friction in the group and fight with lazy people. I end up doing their part of the work so that the project is good. But I take this on with anger, resentment and frustration. So, I would rather do it alone. I fight with my decision of taking on other people’s work. I fight with myself. I take on extra work because I want to avoid conflict. When conflict is personal, it brings out my quiet anger, but I don’t express it; I just close up.”

Avoiding conflict? “Facing conflict causes anxiety and discomfort. I close down (hand gesture). I get nervous, want to cry, and then shut down to avoid conflict. In a conflict-ridden situation, I see others as powerful in relation to me. Something in their nature is causing conflict. I cannot change it so they have power over me. When the other person is powerful,

I know what I want is right, but I suppress it, just try to get along and keep PEACE. My desire to avoid conflict outweighs my own feelings. I always spot someone in a group whom I do not like. I spot the lazy ones who take advantage of others, who are arrogant and disrespectful and have very wrong ideas. I have strong dislike for these people and I stay away from them. I don’t like emotionally unstable people. They take my energy and make me tired. I want to escape; I feel disgusted. I don’t like controlling people who impose themselves on others. They make me angry. I want them to stop imposing.

“I would like to be happy, peaceful and calm. I want to live with freedom from conflict. Family is very important to me. I want to have a good career and more education. I like the structure and routine of yoga. It helps me sleep peacefully and wake up refreshed.

**STAYING CLOSE TO THE
FOUNDATIONS LAID
OUT IN THE ORGANON
HELPS ME REALIZE THE
TRANSFORMATION THAT
WELL-KNOWN REMEDIES
CAN BRING ABOUT**

“Generally, I am chilly more than warm. My feet get very cold at night and I must wear socks. I feel my best between 8 to 11 a.m. I feel hungry around 11 a.m. At lunch, I take a nap. I cannot stand midday sun, or to be near a heater even though I am chilly.”

Tell me about your ankles.

“My ankle has been a weak spot. My right ankle gets sprained often. Sometimes, it shows mild swelling. The routine is sprain right ankle, favor it, it improves. Now sprain left ankle, favor it, it gets better and now it is time for the right ankle to be sprained again. The sprain lasts a week. I apply ice and it begins to calm down. I can hear it click. I don’t like pressure on it. I like to massage it, can tolerate touch. This problem began in my childhood, and got worse three to four years ago. I was in the second year of university. I began working with a psychologist. I was trying to lose weight. I had just broken up with a boyfriend of four to five years. He was aggressive.

“My left knee hurts. It makes clicking sounds for the last year; it always hurts. If I walk a mile, my patella hurts, it moves. I also had hip joint dislocation.

“I also have an issue around urination. All the urine comes out, then five minutes later I want to pee again because it feels like my bladder is full. There is a strong urge but only a little urine comes out. This issue began one year ago.”

Core issues in this case:

- Avoids conflict, will take on others’ work to avoid conflict
- Avoids certain individuals who create conflict

- Does not like father since childhood
- Does not like particular people, lazy people
- Wants to keep the peace
- Does not express anger and anxiety
- Allergies
- Ankle issues
- Urination issues

I used *MacRepertory* to search for rubrics that cover the entire case.

Mind; EMOTIONS; CONTROLLED by the intellect, need to be (5)
 Mind; SELF-CONTROL (13)
 Mind; WEEPING, TEARFUL MOOD; CONTROLLED (2)
 Mind; WEEPING, TEARFUL MOOD; ALTERNATING with; Laughing (56)
 Mind; FAMILY, AVERSION TO; FATHER (2)
 Mind; SENSITIVE, OVERSENSITIVE; DISHARMONY and quarrel, to (2)
 Mind; PERSONS, AVERSION TO; CERTAIN (32)
 Extremities; COLDNESS; FEET; Night (41)
 Extremities; DISLOCATION, SPRAINS; ANKLES (29)
 Extremities; PAIN; KNEES; Patella (99)
 Bladder; URGING TO URINATE, MORBID DESIRE; URINATION; After (70)
 Generalities; HEAT; VITAL, lack of; Warmth; agg.; fire, sun, of (37)
 Extremities; WHITE; SPOTS; Upper limbs (14)

Remedy:

The remedy picture of *Natrum-carb*(2,3) includes these features:

- Delicacy and dignity
- Self-contained, mild and kind, cheerful
- Unselfish, tendency to sacrifice, sympathetic
- Avoids sight of certain people, sensitive to presence of certain persons
- Very sensitive to noise, cold, change of weather. Worse from heat and cold; chilly but worse from exposure to sun
- Weakness of digestion and ankles — easy dislocation and sprain, hollow of knee painful on motion
- Pimples on nose, postnasal catarrh
- Frequent need to urinate with copious or scanty discharge

As shown in the graph, *Natrum carbonicum* fits the case very well. In particular, it covers ankle issues and her peace-keeping, conflict-avoiding nature.

Before my final choice of the remedy, I wanted to make sure it is the best fit for Manisha in comparison with other close contenders: *Calc-carb*, *Natrum-mur* and *Thu.j*.

Calc-carb (2,3) is a chilly remedy with increased susceptibility to colds at every change of season, easy perspiration, craving or preference for eggs, worries about duties and responsibilities, lots of different fears, weakness of ankles, cramps in calves, feels best when constipated and most im-

Total Rubrics Kingdoms	Nat-c.	Calc.	Nat-m.	Thu.j.	Nit-ac.	Merc.	Sil.	Phos.	Sulph.	Aur.	Berb.	Bell.	Ruta	Zinc.	Alco-s.	Acon.	Caustr.	Puls.	Lyc.	Ualer.	Bry.	Sep.	Arg-n.	Ign.	Mosch.	Am-m.	Reu.
EMOTIONS; ... (5)	12	17	12	12	13	13	11	10	10	9	9	8	8	8	4	7	7	7	6	6	5	5	5	5	5	5	5
Mind; SELF-CONTROL (13)	2	5	7	7	8	4	6	8	6	4	2	4	2	4	2	3	3	3	4	3	5	5	3	2	2	3	4
WEEPING, TEARFUL ... (2)																											
WEEPING, TEARFUL ... (56)																											
FAMILY, AVERSION TO; ... (2)																											
SENSITIVE, ... (2)																											
PERSONS, AVERSION ... (32)																											
COLDNESS; FEET; Night (41)																											
DISLOCATION, SPRAINS ... (29)																											
PAIN; KNEES; Patella (99)																											
URGING TO URINATE, ... (70)																											
HEAT; VITAL, lack of, ... (37)																											
WHITE; SPOTS; Upper ... (14)																											

portantly, an apprehensive state of mind. The *Calc-carb* subject is also described in the literature as fat and flabby. Manisha is a slender, cheerful and friendly person. She is scared that both her parents are sick, but she is able to be proactive with both parents and go right ahead and help them. She is not consumed by her worries, fears or sadness. Though her dislike for her father is strong, she still sacrifices her personal happiness and helps him when he is sick. This is more like *Nat-carb* than *Calc-carb*.

Natrum-mur (2,3) is averse to consolation. However, Manisha loves to be consoled by her mom. *Nat-mur* is also reserved, closed, emotionally shut down, holds on to past unpleasant memories and holds a grudge. This remedy is worse from exposure to sun and also dampness—just as Manisha is, but what differentiates *Nat-carb* from *Nat-mur* is that *Nat-carb* has a unique dislike for a few individuals whereas *Nat-mur* is generally a closed and reserved remedy.

Thuja (2,3) the next contender, is more for a sycotic individual with a tendency to overgrowth of tissues. Introverted and private, a *Thuja* person is prone to depression and loneliness but is inclined to hide this tendency by being overly friendly and nice. There is a feeling of being fragile. *Thuja* also has several symptoms in the limbs: cracking, twitching, trembling, weakness and restlessness. These are very different from the symptoms that Manisha presented regarding ankle sprains. She also came across as an open and friendly psoric person.

These comparisons helped me understand Manisha's case better and I was able to give her *Nat-carb* with confidence.

Since Manisha was of good vitality in general, I opted for *Nat-carb* 1M and also gave her two inter-current doses of placebo, labeled Nat-c 9x and Nat-c 1M, to be taken at one-month intervals.

First follow up July 2015:

Manisha looks cheerful and comes in sporting a prominent pimple right on the tip of her nose. She says she is very well and that this pimple used to be active years ago and has now reappeared. The remedy helped her greatly in the emotional realm. Three days after taking the remedy, she had dreams of arguing with people with whom she has a difference of opinion in real life.

She narrates her experience of visiting her father. "I used to be so angry with him but never let him know. During a recent visit, I told him everything I always wanted to tell him but with a calm voice, without any anger. I used to be scared of him—very nervous—could not get my words out without these feelings. But after the remedy, I was able to speak my mind. This was a great relief. Since then, I am able to commu-

nicate with him better. Even when I was not angry, it was an awkward relationship. Now, it is a fluent relationship.

"Now, I am more focused and decisive in my school work. My grades have improved. I am just about to graduate. My thesis proposal has been submitted. Once it is approved, I will have one and half years to complete my thesis and submit it for graduation. I am feeling overall so much better."

How are your ankles? "I have not twisted them even once after taking the remedy. Earlier, it used to be every week, one ankle then the other. They are weak but getting stronger. One ankle hurts when I move it a bit. My knees hurt when I walk or when I get up and move after sitting for a while and stretch my legs. This happens daily. Since August, I swim three times a week for an hour. My wrists also hurt. I find that in sleep, or even when I am awake, I keep my thumbs tucked underneath my folded fingers. Keeping the fingers totally flat is an issue.

"My back and left upper arm have some white spots, but much less than before. My allergies are much better but still happen in humidity or on dry and dusty days. My eyes and nose itch. I get clear mucus and many sneezes in a row. These symptoms last a few hours then clear up. In cold weather I get a daily attack of allergies. It goes away later in the morning. I am better with my pee issue and do not have the urge immediately after urinating.

"Overall, I feel good. Relationships have improved at home with Mom and my stepdad. Everyone has taken notice of my improved disposition. I am calmer. I used to feel anxious about the future. Not now. My tendency to be indecisive is also changing for the better."

How is your anger? "I used to find myself fighting with people closest to me in my mind with my thoughts, even though I suppressed and locked away my anger. I disliked some people, my stepdad, my dad...some friends and even those with whom I did not have any issues. With these people, I took on more work simply to avoid conflict, then got angry that I had to do extra work, then locked away the anger and never let them know how I truly felt. These silent mental quarrels have calmed down to a great degree. I am more serene. If I do not like someone, it is not in an extreme sense. I do not accept more work from lazy people just to keep the peace. These little mental arguments have no real consequence in life and are about issues of no importance. They are little skirmishes and not real fights, but I do feel that these conflicts pass away. They do not amount to anything real and I am happier for it. This tendency will leave me for good."

Remedy recommendation:

Manisha continues to improve. She has a few issues that are better and some that still need to be resolved. The return of the pimple on her nose appears to be a return of an old

symptom that is typical of *Nat-carb*. I have her repeat *Nat-carb* 1M one dose, and also give her placebo labeled as *Nat-carb* 9x, one dose per month for the next couple of months.

Second follow up December 2015:

Manisha could not come in person for this session as she was engaged in completing the thesis for her law degree. She called in to say that her work was going well and she was in the best of spirits, hopeful that soon she will earn her degree and land a suitable job. Her urination issue, ankle sprains and allergies have resolved. She was more peaceful while taking care of her father, who was now quite debilitated. She still had a few white spots on her upper arm but was not upset about them. "I am not fighting with anyone in my mind anymore. I like peace and quiet. I have peace and quiet."

Again, in this case, locating the core issues, asking open-ended questions, letting the client talk and express herself, selecting rubrics to cover the entire case and observing a simple pimple on the nose while keeping the entire person in my radar helped me solve the case in a manner that was satisfactory to everyone.

Cases like these keep my heart fully anchored in the *Organon*. I never tire of this book even though, like many of my peers, I am drawn to new and exciting discoveries in homeopathy. Staying close to the foundations laid out in the *Organon*

helps me realize the transformation that well-known remedies can bring about.

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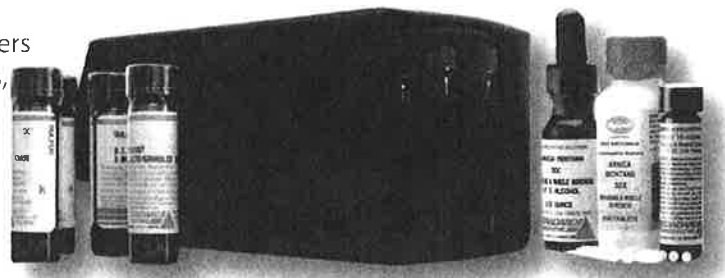


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