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"Now, watcha want eh? Lookin' for trouble?"



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Parrots do not need to fight for food in the rainforest.



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Aquila chrysaetos is well known in homeopathy.



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Hemiphaga novaeseelandiae, a little know remedy from Down Under.



The Turkey is closely related to the marabou.

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# AGGRESSIVE YET HELPFUL

The claws of the sparrow hawk and autoimmune disease: what this bird grabs hold of, it will never let go of again.

AUTHOR | Markus Kuntosch

**SUMMARY:** A female patient suffering from the early stages of lupus erythematosus is first treated with Lanthanides. The opposite of her sensation of pain leads to a differential therapy with bird remedies. The healing reaction confirms that the so-far unproved *Accipiter nisus* is the simile.

**KEY CONCEPTS:** *Accipiter nisus*, autoimmune disease, Dysprosium, birds of prey, claw gesture, Lanthanide, Lupus erythematosus, sparrow hawk, birds

## CASE TAKING

The patient is in her mid-forties; she is thin and short, with sharp facial features. She comes across as tense and restless, and frequently describes her complaints in an exaggerated fashion, with quivering eyelids and chin. She says her pain is “as strong as a hammer”, “brutal”, “crazy”, or “appalling”. She has an almost compulsive need to take care of family members and acquaintances, even going as far as dragging them to see a doctor against their will. Once she has a “victim” in her “claws”, she will not let go and does everything in her power to make sure that the supposedly ill person has been checked over and subjected to a battery of tests. She can then become very stubborn and righteous, and raises all sorts of objections to any suggestions made to her.

While ironing, she talks to herself, working through the next steps aloud. The worst thing for her is emergencies because then you have to help without having been able to first plan what to do. Despite doing her best, she feels betrayed by her mother-in-law, who she feels repeatedly stabs her in the back.

She is seeking treatment for recurrent laryngitis with hoarseness and even loss of voice, as well as diffuse pains, particularly in the area of the neck, both arms, and abdomen. She has a feeling in the abdomen “like it’s dead”, as if someone were stabbing it with a knife or as if there was something stuck or tight, like a hard blister, underneath the left costal margin of the ribs. The upper abdomen can feel as stiff as a board or can contract like a sack that is constantly being

drawn tighter. She also has tension and cramping in the neck, chest, and lower abdomen. She has complaints of wandering pains in the joints of the hips, knees, and shoulders.

The outer three fingers on the left hand are often numb at night, as if lifeless. The neck is often tense and rock-hard. The neurologist diagnosed spinal root irritation with evidence of stenosis of the intervertebral foramina in the neck vertebrae 6/7.

When she is under stress, the corners of her mouth crack, and she has aphthae, herpes blisters, and diarrhea. Inside, she feels pursued and driven, like a hamster on a wheel.

**Accompanying hand gesture:** she repeatedly opens her clenched hands, which then look like opened claws.

She generally feels very cold and in winter she feels even worse, as if she has fallen into a state of winter rigidity. At the beginning of winter she often has laryngitis with persistent hoarseness.

Since she is continuing to lose weight and is eating virtually nothing but oat porridge, she is admitted to hospital for tests, but sonography and endoscopy of the stomach and colon do not give a clear diagnosis. The painkillers just cause her tongue to swell and the abdominal cramps remain. The rheumatology outpatients department of the university clinic suspects the early stages of systemic lupus erythematosus, due to the changeable arthralgia, night sweats, initial cachexia, and the evidence of anti-nuclear (maximum 1:1600, normal level < 1:100) and antiphospholipid antibodies together with accelerated blood sedimentation. She refuses to try cortisone or other immunosuppressive treatment, due to fear of the side effects.

She managed to more or less get by for four years with *Cactus* and *Mur-ac*. *Dysprosium* made her worse, particularly her mood. “I began to absolutely hate everyone. I became dissatisfied with everything and couldn’t control it at all.”

In January 2009, she returned to my practice with the sensation of a large, hard balloon in the upper left abdomen, which felt like it was pressing outwards, producing a feeling of constriction. Pushing back against it and lying down ameliorated it. When asked what the opposite feeling would be, she replied:

“Something that doesn’t constrict, that can open out freely ... it’s light and free ... it floats in the open air between earth and sky, can open out ... nothing affects you, nothing restricts you, there’s no-one breathing down your neck ... no more pain ... like in a vacuum, no-one getting at you ... you’re free and can basically decide what



The sparrow hawk (*Accipiter nisus*) is a bird of prey and belongs to the hawk-like family (Accipitridae), one of the two major families in the order of the diurnal birds of prey (Accipitriformes). Along with the falcons, these are the second largest group of birds of prey, to which birds like the eagle, buzzard, vulture, goshawk, and kite belong. The females are almost twice as big and heavy as the males. They prey with great boldness on much larger and more defensive prey animals.

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you want to do ... it’s like floating ... free as a feather, light, lack of pressure, nothing limiting you, and nothing that you must do ... you aren’t controlled, just blown on the wind. On earth, I’m tied down. It’s like in an absolutely empty space, nothing is pressing,

and you never reach your limits. There’s nothing to correct you. You can look to the horizon in the distance, like at sea or in a desert. Apart from the wind, it’s absolutely calm and timeless. You can’t see any boundaries or walls, it’s just endless.”

In nature she sees this sensation in birds. She is fascinated by birds of prey, particularly the kites and sparrow hawks. “I could watch them for hours on end, the way they spiral up in the thermals ... it’s not like in a plane, where I’m shut in.”

What is being shut in? “Being shut in means being encapsulated, like being stuck in a cage. You’re responsible for your offspring and you’re exposed to danger and hunger.”

## ANALYSIS

When she described the opposite sensation to her main complaint, the patient finally led me to a bird remedy and to her basic



When seen in flight, sparrow hawks can easily be confused with goshawks, although the goshawk is far bigger and stronger, and never has orange coloring on the chest and belly. Sparrow hawks hunt in short, rapid attacks close to the ground, often chasing their prey into bushes and hedges or even closed spaces. They grasp and kill their prey with the feet (the claws), gouging the prey until it ceases to move.



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conflict. On the one hand, she feels shut in, as in a cage, due to the need to care for others (in this case for her mother-in-law, since she herself is childless), on the other hand, she has an unconscious wish to be able to look down on things and to float freely like a feather. When describing her abdominal cramps, she repeatedly made a gesture as if her hands were claws. When she described the wide-open expanse that she feels, when looking from a high point in the desert or surveying the mountains, she opened her arms as if they were wings. I actually wanted to give her Kite (Milvus), since she mentioned this bird first and it seemed

to me more suitable, as it sails and spirals upwards on the thermals, but we did not have this remedy available, so I started her on *Sparrow hawk*. In January 2009, she took her first dose of *Accipiter nisus* MK (from the Goyens pharmacy in Belgium).

#### PROGRESS

**Follow-up after two weeks:** Even on the first day, she felt some lightness in her life, as if she was being carried. After one week, she dreamed of one of her first teachers, who happened to be called Sparrow hawk ("Sperber" in German). The sensation of

plain about, were no longer a problem. I gave her Milvus on a trial basis, but this led to a general worsening. So I repeated *Accipiter nisus* MK.

**Follow-up after four months:** I then heard nothing more from her for four months. She put on two kilos (4.4 lbs) and also looked far healthier. She said that her quality of life was far better in the last three months. Sparrow hawk was the best remedy that she

Sparrow hawks stay mostly in the woods though they can also be found in town parks. They breed in many parts of Europe. They feed mostly on small and medium-sized birds, occasionally also on mammals, such as mice or bats, small reptiles, and invertebrates. In central Europe, the males prey on birds the size of tits or sparrows, up to the size of a blackbird; females can also claim birds the size of a jay or, in rare cases, a pigeon. Their preferred method of attack is to fly low near the ground, sometimes directly from their perch, engaging in a short, rapid attack. They can, however, also be found in all layers of vegetation, including the crowns of trees. They use natural structures like hedges and trees, or houses in built-up areas in a very skillful way to camouflage their flight of attack. Sparrow hawks are extremely agile when hunting. They can turn almost 90° while flying and can reverse direction in the air practically in an instant. The human eye can often hardly keep track of these maneuvers, which are reminiscent of a ricochet. They chase birds right into bushes and hedges and even into closed spaces. Sparrow hawks have been seen when attacking to fly straight through classically constructed birdhouses for songbirds (which have an open construction). More rarely, they have been observed attacking other birds by dive-bombing either from a great height or close to the ground.

They grasp and kill their prey with the feet (the claws), gouging the prey until it ceases to move. Since they have relatively long legs, this method of killing allows the sparrow hawk to claim relatively large and well-defended prey.

(Quelle: Wikipedia. See also YouTube.)

tension returned twice but only briefly and mildly. She again had a bad outbreak of herpes on the lip. She was less concerned about things, even though when skiing a woman from her group suffered a complicated leg fracture. She would previously have had all manner of ideas about how she could best help in such a situation. She was able to view it with more detachment, which surprised her. The panorama view in the mountains was marvelous – at this point, she spread her arms like wings. Joint pains and tension in the neck, which she would normally always com-



had ever taken. She said she was almost pain-free and had only got in touch again because she felt a light sensation of constriction in the chest. None of her usual complaints had troubled her during this time: herpes, aphthae, diarrhea, stomach cramps, neck tension. She particularly felt that her mood had improved. Her constant discontent and the continual, almost compulsive need to help others (she again makes a claw with her hands) had disappeared. She was able to distance herself more from the caregiving problems of her father and her mother-in-law, and felt less paralyzed by these issues.

**Follow-up after six months:** I saw her again at the beginning of July 2010. She said she felt better in these six months than she had for years. Her neck was mostly pain-free. She was even able to help a lot during the renovation of her house. She felt particularly free of guilty feelings when she was not continually looking after her parents or mother-in-law; that used to affect her badly in the stomach. In the past, she had pressurized them and not let up until they accepted the help that she had arranged. The inner restlessness had also been bad before the remedy: "I couldn't be still for a second and had the feeling that everyone was attacking me ... a single wrong word and I could have murdered someone." This had all improved in the last six months. She still liked taking care of others but only on her own terms – when she herself wanted to.

#### NOTES ON THE SPARROW HAWK (ACCIPITER NISUS)

- Desperately try to keep control over the care of relatives, so restricting themselves more and more. When they have got



MARKUS KUNTOSCH

has practiced since 1990. He first studied Hahnemann and Kent on his own, then as part of a classical training alongside his medical studies. Markus has had several years of clinical work in internal medicine, surgical, and naturopathic hospitals, including psychotherapy. Since 1999, he works in joint practice

with Ulrich Welte and Herbert Sigwart in Kandern, Germany, as doctor of general medicine, homeopathy, and natural healing. Homeopathic casetaking through the use of color preference and handwriting analysis, as well as the approaches developed by Jan Scholten and Rajan Sankaran, have brought a significant enrichment to his practice.

someone in their claws, they will not let go, and do everything possible to have the person repeatedly checked and tested.

- Differential diagnosis: stage 12 in the periodic table according to Jan Scholten + muriaticum
- The patient's favorite color during the years of treatment was orange (4/5C).

#### DIFFERENTIAL DIAGNOSIS: BIRD REMEDIES AND LANTHANIDES

Particularly with the birds of prey, we can see a striking similarity with the Lanthanides. Both have a great need to make decisions freely and independently, and to have a good overview of everything. They experience interference in their freedom of decision and any kind of constriction as a personal attack. In the bird remedies, we often find expressions such as "locked in a cage" or "confined to earth". The Lanthanides express this in a more subtle way by the tendency to withdraw into themselves. Lanthanide people tend to be loners. They are fine on their own and do not necessarily need to live with anyone. In the final analysis, they decide everything on their own, in any case. The Birds, on the other hand, have a strong attachment to the family and feel a duty to look after their relatives, which then restricts their own freedom. The necessity to return to earth in order to find food and to gather new strength for the return to the skies is often felt as painful. For autoimmune disease, as in the case discussed in this article – which would often make us think of Lanthanides – a bird remedy can often be helpful. So far, the descriptions have centered on successfully using bird remedies to treat cases of multiple sclerosis, rheumatoid arthritis, and Lupus erythematosus.

In this case, we might also think of the remedies Terbium and Dysprosium, both of which I tried. The patient suffers from a kind of autoimmune disease, is unable to control her own hatred (Lanthanide) but cannot let go of the tension, thereby becoming cramped (stage 11, Terbium).

The feeling of being attacked by everyone, the sensation of a knife, as well as the impression that her mother-in-law is stabbing her in the back, indicate stage 12, Dysprosium.



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