

Ian Watson

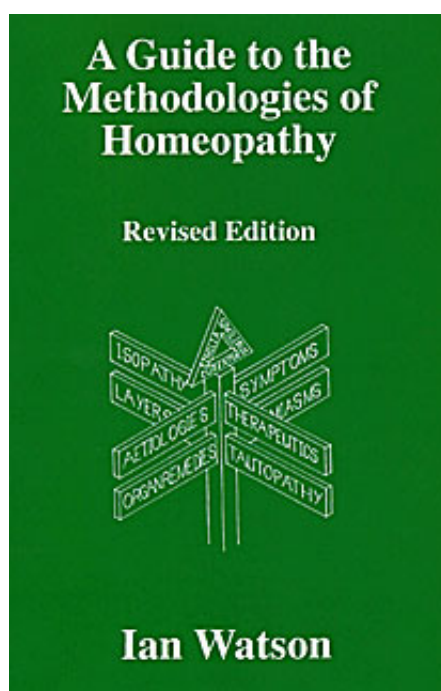
A Guide to the Methodologies of Homeopathy

Reading excerpt

[A Guide to the Methodologies of Homeopathy](#)

of [Ian Watson](#)

Publisher: Cutting Edge Publications



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Genus Epidemicus

Definition

A prescription is based on Hahnemann's¹ observation that during a true epidemic of acute disease a majority of cases will respond to the same remedy, provided the remedy is similar to the characteristic symptoms of the epidemic.

Prescribing technique

Details are taken of the characteristic symptoms (see *Symptoms*) of a number of cases during the epidemic, and these are put together to form an image of the disease in its entirety. A remedy is chosen which bears greatest similarity to the characteristics of this complete image, and if it is found to act curatively in the majority of cases it may be said to be the genus epidemicus of that epidemic. Such a remedy will also act prophylactically for contacts who have not yet developed symptoms of the disease.

When to Use the Method

This method appears to be most applicable to the more serious acute diseases such as cholera, typhoid, smallpox etc., although this is not exclusively the case. The homeopathic literature suggests that the acute diseases of childhood such as measles and whooping cough could be effectively treated by this means where a number of cases are found to occur in the same locality. Epidemic influenza is another area where the method could be successfully employed. I have yet to find opportunity to employ this method in my own practise.

Case Examples

Certain remedies have found fame through being used successfully in epidemic outbreaks. Reisig of New York found *Lac caninum* to be the genus epidemicus for an outbreak of malignant diphtheria², and the astounding results he obtained caused the remedy to be accepted by those who had previously scorned the idea of using potentised bitch's milk as a medicine. It is recorded³ that Hahnemann recommended the administration of *Cuprum*, *Veratrum* or *Camphor*, according to the symptoms of the case, for the sufferers of a cholera epidemic. This was despite the fact that he had not seen any of the patients for himself but had studied carefully the case reports sent by others. His suggestions, when acted upon proved remarkably effective nonetheless. Tyler reminisces⁴ how *Pyrogen* was found to be the genus epidemicus for every single case of an influenza epidemic she was called to treat.

Group Analysis

Definition

This refers to the method of thematic prescribing developed by Jan Scholten and his colleagues in Holland and elsewhere. The method involves identifying the key themes which relate to the minerals and elements, enabling these to be matched to similar themes in patients. The result is that whole groups of remedies, such as the *Calciums* and *Ferrums*, may be studied together, and remedy differentiation and selection is made considerably easier. See also: Thematic Prescribing

Introduction

It was Kent, I believe, who put forward the idea that if we were to prove just one kingdom of nature thoroughly then we would have a fairly complete materia medica. Given the diversity within the plant and animal kingdoms, the minerals and elements are the only kingdom that can readily be explored in this way. In his *Lesser Writings*, Kent included a number of remedy pictures that were created by combining what he already knew about the constituent components of some of the polychrest mineral remedies. For example, from his knowledge of *Silica* and the potassium salts such as *Kali-carb.* and *Kali-bich.*, he was able to assemble a fairly detailed picture of *Kali-silicatum*. By replacing the *Silica* component with *Arsenicum*, he pieced together a tentative picture of *Kali-arsenicum*, and by substituting *Alumina* in place of potassium, he arrived at a picture of *Alumina-silicate*. Thus was a new way of expanding the materia medica created!

In 1993 Jan Scholten's book *Homeopathy and Minerals* was first published in English, giving a detailed description of the key themes belonging to many of the major minerals and elements used in homeopathy. This enabled many of the gaps to be filled in with regard to the materia medica of the mineral kingdom, expanding the pictures of familiar but not so well-known remedies, and introducing a number of completely new remedies at the same time. I, like many others, was both intrigued and a little overwhelmed at the possibilities that Scholten opened up.

The emphasis of Scholten's work was to develop the psychological themes of the elements, and this led him to reveal a number of insights which seemed incredible in their simplicity and precision. For example, he claimed that the *Carbonicums*, as a group, all had issues with the father, whilst the *Muriaticums* all had mother issues. That idea alone gave me enough food for thought for

many months! Eventually, after some deliberation, I decided that the only way to test the validity of his claims was to try some of the remedies based on the pictures he described. As was my habit, I ordered in a supply of some of the strange new combinations and awaited my chance to try them out. I didn't have to wait very long....

Case Examples

One of my first cases where I was able to apply the group analysis method to good effect was a woman who had back trouble, a tendency to weight gain, periodic headaches and a history of suppressed grief. Her overall appearance and the physical generals of the case pointed strongly towards *Calc.-carb.* as the indicated remedy, yet her emotional state of suppressed grief, inability to cry and with a tendency to periodic headaches suggested *Natrum-mur.*.

My usual strategy in a case like this would have been to prescribe a course of *Natrum-mur.* first, with the expectation that *Calc-carb.* would be needed later to complete the cure - in other words, to use a layers approach. This case though, presented an ideal opportunity to try out the group analysis method, so I studied the various permutations based on those basic components. *Calc-carb.* itself didn't quite fit the bill, and neither did *Natrum-mur.* or *Natrum-carb.* This left only one alternative, which was *Calc-mur.*, and I decided to give it as the first prescription. Interestingly, Scholten said that this particular remedy was especially indicated for people who found it hard to receive any care or nurturing from others, although they did in fact crave it. On questioning, this seemed to match the patient's internal state almost exactly. I gave her *Calc-mur.* IM, and to my surprise she had a rapid and dramatic healing response on all levels, including a considerable weight loss without any change in dietary habits.

This first success spurred me on to try out many of the other combinations that Scholten described, and time after time I found his approach to yield good results. Not only was it helpful to have a range of new remedies to prescribe, but I found that my casetaking and case analysis were often enhanced by the information given in Scholten's book. By way of example, if a patient clearly had an issue with aggression - say it was someone who couldn't stand arguments or fights of any kind - then this would point immediately to the *Magnesium* group. With this in mind, I found it a fairly straightforward process to identify which of the *Magnesium* salts was required simply by questioning around that area of the person's life. If the issue was connected to the mother, then *Mag-mur.* would be the choice, if it was the father it would be *Mag-carb.*, and so on. I found this approach to be astonishingly simple once the basic

themes of each of the major components have been grasped.

I remember a case of someone who had a lot of resentment towards their partner, and for whom *Staphysagria* and *Natrum-mur.* had been given with only partial success. By combining the themes of resentment (*Ammonium* group) and partner (*Sulphuricum* group), the remedy *Ammonium-sulph.* was arrived at, which produced a fantastic result, despite my never having heard of it before!

I saw another case of a man who was afraid to enter into a relationship because his previous partner had left him, saying she thought he was childish and stupid (these were clearly things that he had come to believe were true). Combining the themes of childishness and stupidity (*Baryta* group) with partners (*Sulphuricum* group) I gave him *Baryta-sulph.* over a period of time, which helped his self-esteem in this area enormously.

I saw another case of a woman whose pre-occupation was to be seen by others as someone who was rich and successful. Combining the themes of worrying about what others think (*Calcium* group) with money and social status (*Fluoratum* group), the indicated remedy was *Calc-fluor.* Interestingly, she had a history of bony spurs and a tendency to dislocations, both of which are physical keynotes of the remedy. Needless to say she did very well on it. This, for me, was an example of how the group analysis method can enhance our knowledge of remedies that are already well-known in a certain area.

Once I had tried out many of the combinations introduced by Scholten, I found opportunity to prescribe other combinations which I hadn't even seen described. It was simply that a patient would present with a particular combination of features which suggested to me that a group analysis approach might prove useful. For example, I saw a man with a history of heart trouble and high blood pressure who had always been driven to succeed - all typical features of *Aurum*. In addition, however, he was extremely fastidious and had a high degree of anxiety about his health, bordering on hypochondria. This aspect suggested *Arsenicum* to me. Applying the group analysis method, I decided to give him *Aurum-arsenicum* (without knowing anything about this particular remedy), which helped him a great deal in every area. Another man with an *Aurum-type* personality presented with asthma and low energy, plus he had a marked tendency to theorize and a number of physical keynotes suggesting *Sulphur*. On this rather unusual combination I prescribed *Aurum-sulph.*, again with a good result.

Recent Developments

Several years after the appearance of his first book, Scholten produced a follow-up volume entitled *Homeopathy and the Elements*. In this work, he took the idea of themes into the periodic table, identifying common threads and matching them to each of the series of elements to be found there. Again, the result has been an enormous number of new remedies and many new insights into familiar polychrests. Thus far my own experiments have been confined mostly to the mineral combinations outlined in Scholten's earlier book, and I recommend this first book as the best starting point for those who have no experience of using the group analysis method.

Further Reading

J.T. Kent

New Remedies & Lesser Writings

B. Jain Publishers, India

J. Scholten

Homeopathy and Minerals Homeopathy

and the Elements Stichting Alonissos,

Utrecht, Netherlands

A Guide to the Methodologies of Homeopathy

Revised Edition



Ian Watson

Ian Watson

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144 pages, pb
publication 2004



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