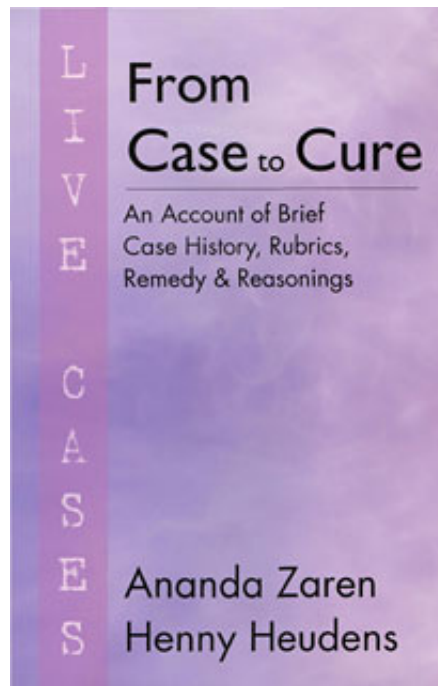


# Zaren / Heudens-Mast

## From Case to Cure - Live Cases

Reading excerpt  
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## CASE 1

Woman, about fifty years old. She is in menopause.

Her main complaint is **sleeplessness**.

She is on tranquilizers and sleeping pills. She has a despair about the future and grief.

Observation: She is leaning forward in the chair.

She is unmarried, but she is in a relationship. Her boyfriend had a relationship with another woman in her bed. She is jealous.

-Visions, delusions. When she is in bed she has visions, delusions that her boyfriend is making love to the other woman.

-Fear. Fear that her husband is seeing another woman.

-Dreams. Dreams of sexual stuff: Delusions of husband having sex with another woman.

Options: Lachesis, Ignatia, Pulsatilla.

Early in the interview she is weeping uncontrollably, she bursts into tears all the time. She is very much ashamed about this and can't stop it.

She has no trust anymore. She found out from her mother that her friend slept with another woman in her bed. Every time when she gets into that bed, she has the delusion. Her friend told her he quit the other woman, but she can't trust him anymore although he says he wants to go on with her. She can't overcome it. She can't go shopping anywhere, when someone talks to her, she starts trembling. She is depressed and has suicidal thoughts. She has an inner restlessness and trembling.

She talks a lot. She has a lot of power in her expressions. During the interview she holds herself, rubbing both underarms, restless. Today she took a double doses of tranquilizers. She has her hands in the lap, sort of wringing with her hands. She can't keep the hands still. She used to do needle work, knitting. She tries to con-

trol the emotions with the hands, to hold it inside. Her hands and palms perspire. She has numbness in the fingers, not only in the tips. When she holds a book, the numbness aggravates.

She lost her memory after her boyfriend cheated on her. She doesn't remember what she read in a book. She has a bad concentration. She can't concentrate anymore.

Options: Hyoscyamus, Stramonium, Kali bromatum, Asarum.

AZ: Good choices.

## RUBRICS

Mind, jealousy Mind,	(page 60).
mortification Mind, memory,	(page 68).
weakness Mind, weeping	(page 64).
causeless Mind, grief, ailments	(page 93).
from Mind, restlessness,	(page 51).
internal Sleep, sleepless, grief,	(page 74).
from Extremities, numbness	(page 1253).
fingers Extremities,	(page 1039).
perspiration hands Extremities,	(page 1181).
restless hands Gestures hands	(page 1187),
	(page 50).

## HYOSCYAMUS

Doesn't have this kind of restlessness, power and trembling.

There is some jealousy, but not enough for it to be Hyoscyamus.

AZ: Does she look sexual ? Tight pants, sweater, always touching her legs: Sexuality.

AZ: Does she have numbness ? Hyoscyamus has more numbness.

## **PHOSPHORUS**

Numbness in the finger tips.

## **STRAMONIUM**

Expresses himself in the total body, not especially in the hands alone.

## **KALI BROMATUM**

The memory goes.

Suicidal thoughts.

Ovarian cysts, fibroid.

She has so much trembling and restlessness.

There is a lot of power (the Bromium element), a tremendous, intense case.

She steals things, without realizing it { add to the repertory, Ananda saw in about ten Kali bromatum cases: Stealing things.)

Sleepless after grief (Ignatia, Natrum muriaticum. Kali bromatum).

Obsessiveness. The obsession about the bed, the other woman in bed with her boyfriend.

**KALI BROMATUM** is the remedy

*FOLLOW UP 1* (two weeks after the remedy)

The inner restlessness has calmed down. She is relaxed, sitting back in the chair.

She has a different attitude towards life, she was tired of life. She sometimes still cries, but it has ameliorated fifty percent. She is not so desperate anymore.

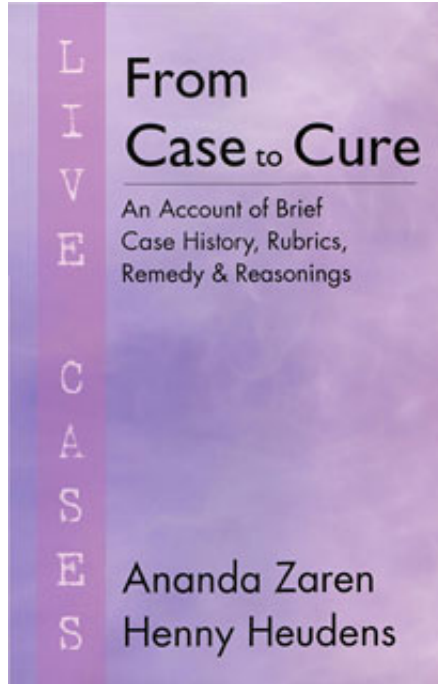
The restlessness is fifty percent better, she says. In the evening, when she goes to bed, the thoughts come back again and she aggravates. But in the daytime she is fine. It is still difficult to go to sleep. She falls asleep at 2 AM.

*FOLLOW UP 2 (one month after the remedy)*

She is sitting back in the chair. The fear and restlessness are almost totally gone. She is still restless at night (fifty percent), not in daytime. She is still sleepless, but it has ameliorated again a bit.

The concentration is better, but it is still difficult to remember things that happened two days ago. The memory is still poor,

AZ: This is a very deep case and it is difficult to manage it long term.



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