

# George Vithoulkas

## The Esalen Conferences (Vol.1 and Vol.2)

Reading excerpt

[The Esalen Conferences \(Vol.1 and Vol.2\)](#)

of [George Vithoulkas](#)

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## CHAPTER 9

### CHINA OFFICINALIS (Chin.)

*George:* *Chin.*, is a remedy which our books say is indicated when there is a continuous and long time loss of animal fluids. But in reality you will very seldom get that kind of history - at least not frequently. So we tend to prescribe *Chin.*, only when we have this prehistory with lots of haemorrhage, diarrhoeas, perspiration which exhausts the patient. That is one aspect of *Chin.* So I was puzzled with that remedy for a long time. I prescribed a lot of other remedies instead of *Chin.*, before I understood it. So sometimes *Chin.*, looks very much like *Nat-m.* and sometimes it looks like *Nux-v.* and sometimes it looks like *Lye.* So you tend to give all of these remedies before you understand the case deeper. What is the characteristic of *Chin.*, now?

*Response:* Oversensitive.

*George:* But when we say oversensitive, *Nat-m.* is also oversensitive and so is *Nux-v.* What is the difference? There is another word that could describe it more fully. There is debility and prostration but you will not always see this in a chronic case. You will see debility and prostration in cases where they have come through acute diseases. Then you may see a *Chin.* case develop, but not always.

So I think the best way to describe it is "nervous erethism". It is not irritability as we know it, straight forward. It is something which the patient feels inside and something which makes him constantly irritated and at the edge of his nervous capacity.

*Question:* Similar to *high-strung*?

*George:* Yes. I would like to describe this person more to you. They will be complaining of lots of neuralgias, sciatica. One day she will have sciatica on one side and the next day she will have sciatica on the other side or another pain somewhere. The pains are as if the nerves have been excited. But this idea of neuralgia can be transferred now to the mental state where they have neuralgia on the

mental plane. You cannot touch them at all! A woman will be dissatisfied in the house and at the least cause she will break down and talk badly to her husband and then she will feel remorse because it was too much. She will say, "I cannot control myself. I am so exciteable." "If somebody comes in or I have to go somewhere, I get so excited and then I am so exhausted at the same time."

*Question:* So the nervousness and the exhaustion are sort of hand-in-glove?

*George:* Yes, touchy. Exactly.

*Response:* *Nux-v.* is touchy as well?

*George:* Here we have exactly the idea of touchy. Don't touch her nerves or the place where she is feeling the pain. She is better from very deep warm feelings. If you give a *Chin.*, superficial feelings, you will accomplish nothing and you will make things worse. When you are not really giving warmth and going deep into the matter and showing real concern where she will feel that you are really concerned. Then we see the amelioration with hard pressure physically. This is the same idea, *with hard pressure, going deeper into the tissues.*

And going deeper into the issues which are involving the emotional sphere. They are very exciteable people. They are artistic. Because there is excitability, they have a sense of beauty which is very refined. Colours are more vivid for them. Noises are more vivid for them and they cannot stand them. They become very sensitive to noises. But *Chin.*, brings the nervous system into a state of excitement where they feel much more intensely and they think much more intensively. That is why we have in *Chin.*, people with great imagination, people who are usually of an artistic type. They will be poets and painters. Not so much painters as poets. You see the poet needs to be more on edge all the time to feel and give out. And yet they are so withdrawn into themselves. This is where you will be misled to prescribe *Nat-m.* They are closed up within themselves and they will not talk. But with all that, there is a big imagination and sensitivity which receives impressions. This big imagination wants to really express itself and it expresses itself in art and in poetry. Like *Ign.* - you remember how Kent describes *Ign.* - a girl who has been refined with education and who is playing the piano and who has been giving too much application to the piano and in learning French and German and then she breaks down and goes into a spasm and a kind of hysterical condition. The *Chin.*, is more a poet. *Ign.* is more the pianist. But all of these people have a kind

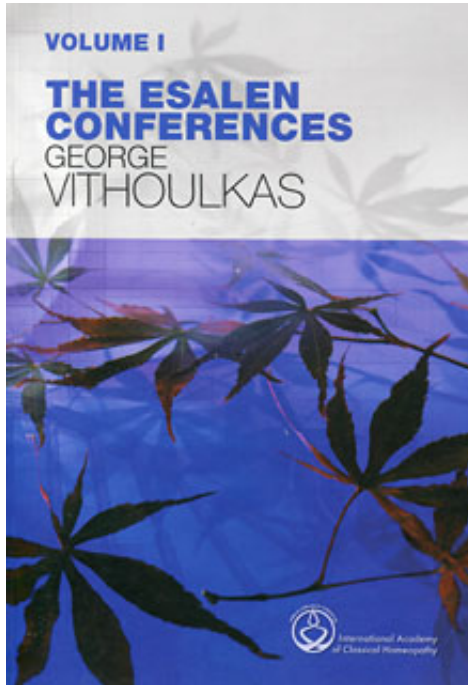
of super-sensitivity which is pathological and which leads them to a life which is not usual... a poet or a pianist is usually not a very happy person. Dostoyevsky was an epileptic. Most of the really big people, are suffering with depressions and are hypersensitive - all of them. And *Chin.*, is producing the kind of person where in the night, when they go to bed, they replace in their imagination whatever was not played in the real world during the day. When they spoke to somebody they had spoken very softly where they imagined that they should have told them certain things. Or when they have been in a situation where they had a chance to talk and they did not dare to get up and do it. They will make a speech in their mind at night in bed. They will replace that which they did not say. They have become the hero of great happenings.

*Question:* Is that similar to *Nat-m.*?

*Answer:* Not in that way. *Nat-m.* also thinks during the night about past things and how he or she did not cope with the situation, but it is usually the dark side. Usually when the *Nat-m.* will go and lie down in bed, everything will become dark. They think about what they did that they should not have done or vice versa. "I did not speak well." "That woman did not speak to me". Or, "This person did not say good morning to me." They get all these ideas and everything is dark. There is the same kind of thinking with *Staph.*, when they go to bed, but *Staphisagria's* thinking will be about sexual relationships. *Staph.*, creates sexual relationships in their minds which drive them to masturbation.

You may expect that *Staphisagria* people masturbate much more than others. Others are *Plat.*, and *Lach.* You see that all of these different remedies have a different setting under which they will express that same thing. So you see the difference between *Nat-m.* and *Chin.* *Chin.* is happy - or more like a little mad - or a little crazy. They think of things that they would do and be the hero of that situation. They fantasize. When they wake up in the morning it is another world altogether and they come back into reality. This is usually the other world which the poets live in. I will give you some examples.

China child - a little girl of about 16 years old or maybe 14. She will be the difficult child in the family. The mother does not know how to handle her. She wants to go for long walks and be by herself and then she enjoys nature and things like that. But she is never able to say a word of affection to her mother. But she feels the need to do that. Eventually one day the mother will find a nice letter written



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