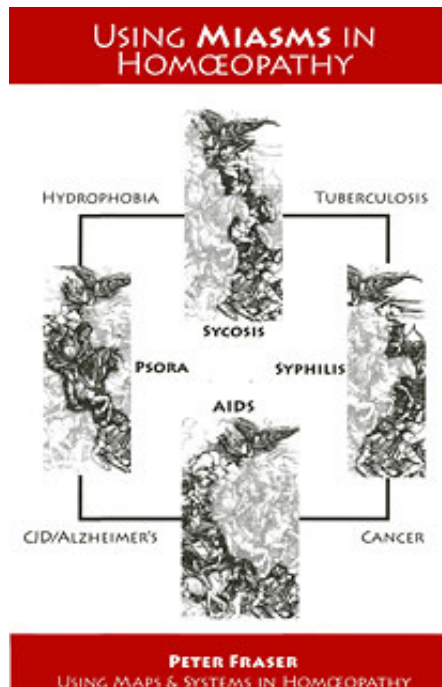


Peter Fraser

Using Miasms in Homoeopathy

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
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The ailments found in the Psoric Miasm are ones of underfunction and slowness. Sluggishness is the word that best describes Psoric symptoms. These are the symptoms that are receded by the prefix "hypo".

There is a lack of vital heat and so a susceptibility to cold and a desire for warmth. However, a poor regulation of heat can lead to being worse for heat and overheating after exercise. The skin symptoms tend to take the form of rashes and usually the skin is only broken by the scratching caused by the terrible itching which is often worse from warmth. On the whole secretions are suppressed and dryness is present. What secretions do occur tend to be foul and especially stale.

There is often considerable appetite and an urgency in appetite but as the digestion is sluggish fullness and bloating follow very quickly on starting to eat. There is a desire for stimulant foods especially sugar, but also for sustaining, warming and stodgy food. Slow digestion leads to constipation and also to forms of malnutrition. Pains tend to be burning. Breathing is shallow and difficult. There is urinary incontinence or retention as the bladder is ineffective. Sexually the libido is low in both sexes and there is impotence. They are easily exhausted and tend towards stupor and paralysis.

The time modalities are not as strong as in other Miasms but generally Psoric ailments are worse in the first half of the day and the first half of the night i.e. in the morning and evening.

There tends to be an alternation between physical and emotional symptoms as if the body is unable to deal with more than one thing at a time. The most important emotional symptom is anxiety which can be about anything but is usually concentrated on the self the family and the

home. Hypochondria is common. There is also a feeling of inadequacy which leads to timidity and cowardice and a belief that they are being observed and criticised.

The Psoric lack extends to the immune system which is slow and inefficient in responding to infection. When it does eventually react it tends to go to far and so oversensitivity and overreaction are part of the picture of Psora. However, when this oversensitivity and overreaction and related symptoms such as vertigo become established and chronic then they become the Hydrophobic Miasm.

Just as the Psoric symptoms are around having too little so the Sycotic ones are around having too much. They are the symptoms having the prefix "hyper".

Many of the symptoms are around oedema and fluid retention. They are worse from changes in weather and particularly for damp weather. There is excessive production of mucus and various forms of catarrh. They are better when they can get rid of some of this fluid and so discharges almost invariably bring some sort of relief. These discharges tend to be yellow or green and somewhat sweet or fishy. These discharges also tend to stain the bedding and the clothes.

The skin and superficial symptoms tend to warts, cysts and benign growths. The glands are often swollen so there may be swollen breasts and uterine pain at menses. The genitals and reproductive systems are a major site for disease and so gleet and other discharges are common as are repeated incidents of cystitis.

Vaccination is a common aetiology for Sycotic symptoms as it causes the immune system to be always on high alert and so working in overdrive. Obesity is a Sycotic symptoms and may be an important symptom of vaccinosis as are cysts and growths.

The appetite is strong and tends to be for rich foods and meat. These can not always be processed efficiently and so

diseases like gout are a possible consequence. The digestive system works at an accelerated pace but not terribly efficiently. There is diarrhoea, often accompanied by painful cramps and there may be nutritional deficiencies in spite of the amount of food consumed.

The emotional symptoms often come from a feeling of unworthiness and so involve bravado and covering up and a feeling of guilt. In compensation there is considerable drive and ambition and a need to prove themselves. In order to do this they often need outside stimulation and so will tend to take stimulants such as coffee and alcohol. Addiction is a common outcome but it is out of a continuing need for the stimulation.

Because of the guilt and need to hide their nature they are better in the anonymity of darkness and so ameliorated at night and worse in the revealing glare of daylight.

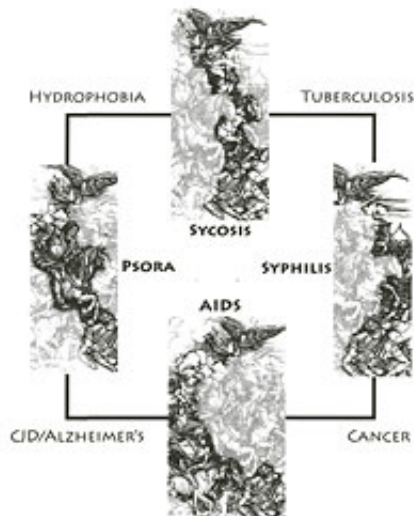
The need to prove themselves and the continual struggle to cover up for their deficiencies leads to dissatisfaction and a sense of being trapped. When these sensations are experienced repeatedly and become chronic then the Miasmatic picture of the Tubercular Miasm becomes established.

The overwhelming sense of the tubercular Miasm is one of suffocation and the lungs are the central affinity. Coughs, difficulties in breathing and lung infections are the main symptoms. The other physical affinity is to the blood and blood disorders and all form of haemorrhage are likely to be seen.

The emotional symptoms are around feeling trapped and of the desire to escape, which is expressed in a need to move and so restlessness and in a desire for travel and exploration.

The ailments of the Syphilitic Miasm are those that have the prefix "dys". These are the symptom where the system in question has gone awry. On the whole the symptoms are painful and pains deep in the bones are a particular Syphilis

USING MIASMS IN HOMŒOPATHY



PETER FRASER

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