

Bernd Schuster

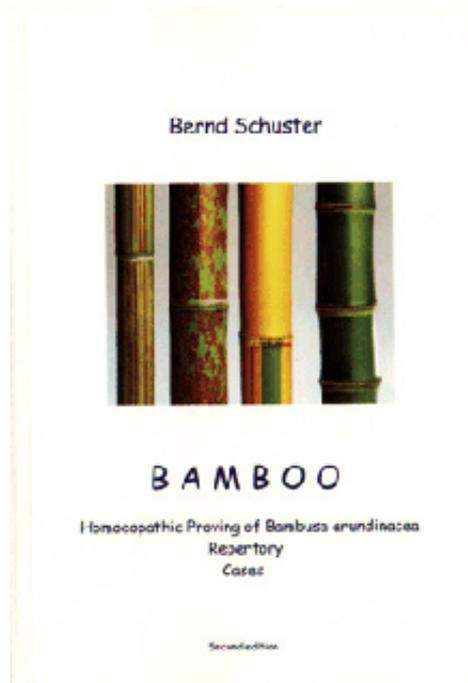
Bamboo-Homeopathic proving of Bambusa arundinacea

Leseprobe

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von [Bernd Schuster](#)

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7.0 The idea of Bamboo

One idea of bamboo is a lack of elasticity in terms of tension, tightness or stiffness, but also at the other extreme excessive looseness in the form of laziness, day-dreaming and hypermobility of the spine. This is manifest in the study at all levels, from the psychological to the physical sphere.

All participants in the proving make comments about "tension and relaxation": 18 out of 19 refer to tension and 10 out of 19 refer to relaxation.

The plant's reputation for persistence and survival powers (German "Hartnackigkeit" suggests "hardness of the neck") is expressed literally: tight, painful neck, immobility "as if I had swallowed a stick", immobility which stops the person looking to the side. One has to watch out and avoid any more "blows to the back of the neck" and "not break one's neck". One must keep one's head "up", stand firm and assert oneself.

Psychosomatically the neck and back muscles of the cervical spine are the "weeping muscles", in other words they are moved when weeping. Any tightness means "not being able to weep" or activation of the muscular "back armour" (like a tortoise) in order to ward off attack, to protect against the risk of someone "attacking your back".

The study also reveals tension headaches "as if too tight" or "feeling like a stick in the occiput", tightness of the skin, stiffness of the spine and the sternum, tension of the breasts, cramps of the hands and stiffness of the fingers, cramping pains in the abdomen and bowel, in the rectum when moving the bowels, cramping pain in the bladder, in the buttocks, tightness of the jaw (clenching the teeth!), mental tension ("Want to get rid of excess baggage"), over-exertion at work, irritability, bad mood.

The **idea of tension** with the secondary idea of swelling or "space occupying" is captured very well by the image of the hot-air balloon:

"Head is slowly developing into a hot-air balloon.

The top part (forehead above the eyebrows) is opening out and

lifting off and the bottom part (chin) is joined to the body.
The top part of my head was the hot-air balloon, the chin the basket. Felt as if my neck was getting long and thin as it was pulled upward. Afraid the neck would break off at the attachment. Better for pressure on the top.
Feel as if my skin was very thin. (Thin-skinned)
Bladder painful, slight cramping. (Prover 3)

I feel cut off from the right kind of life. All I have are obligations, work, earning money. My needs fall by the wayside, there is no chance for my soul to take flight, no freedom from and freedom for other things. Feel restricted, kept on a short lead. Stiff neck all day, can only turn my neck with difficulty.
Painful stiffness of the neck, persistent. Stiff feeling in my left shoulder which does not seem to be free-moving. (P 1)

Feel overworked. (P 15)

Thinking about integrating "motherhood" into my overfull working day. Woke with stiffness in the lumbar region. (P 14)

Very tense.
Tension headache in the forehead, as if too tight.
Swelling and tension of the breasts.
Painful contraction, tension of the back muscles.
Cramp in the hand when writing.
Stiffness of the hands and fingers.
Cramplike pains in the rectum when walking.
Sudden, extremely strong urge to defaecate with passage of diarrhoea, followed by cramping pains in the back.
Pain as if cramped between the shoulder-blades, in the evening.
After diarrhoea, at 12 o'clock, cramplike pains, contracting, in the back muscles, cannot stand up straight. (P 8)

Tense feeling. I am nervy and curse my condition. (P 11)

Irritable, listless and tense all day. (P 16)

Keep thinking about our financial future.
It weighs on my mind that cash is always so tight.
(Tense situation!)
Pressure and tight feeling when moving my jaw. (P 10)

Tension of the scalp. (P 6)

A slight feeling of tightness throughout my head in the evening.
Woke up with neck and shoulder region totally seized up.
Cramplike twinges in the right hypogastrium, around the right
ovary and the gall-bladder area in the morning. Gone in the
afternoon. (P 7) A painful feeling of tension at the opening to the left
ear. (P 12)

Dryness of the facial skin with a feeling of tightness.
Painful tension of the breasts.
Stiff neck on the right, worse when turning the head.
Peevish, irritable, fit of rage in the morning. ("Blow my top")
Beat my fists on the table for no reason. (P 13)

Feel as if the tightness in my abdomen is subsiding and the
relaxation is extending to the back. (P 3)

Tension of the breasts. (P 5)

Neck seized up.
Nape of the neck tight after walking outdoors.
Facial muscles are tight. Upper and lower jaw are firmly clenched.
Feeling of stiffness in the sternum.
8 o'clock stiff neck and stiffness of the cervical spine.
Difficult to talk to people on the right and left in company because
of stiffness of the shoulders. (P 17)

Back stiff, unable to bend down.
Cramp of the cervical spine.
Cramping pain in both buttocks.
Don't want to be responsible for everything and everyone all the
time.
It is too much for me.
Irritable. My children say, "Mum, don't be so bad-tempered"!
I'm very irritable! Everything is getting on my nerves!
Feel I have built up a charge of energy that I cannot get out.
Feel like a "caged tiger". (Cimicifuga has "encaged in wires") (P 20)

Hand stiff and numb. (P 2)

Cramping of the thigh muscles.
Unable to laugh. Only say the bare minimum. (P 19)

In the above statements there is sometimes an alternation between
tension and relaxation.

Now the statements which mainly refer to **relaxation**:

I have a feeling of relaxation, things do not affect me so deeply any more, I do not get worked up about things that usually make me furious.

I have learned to ask for help and not do everything myself until I drop. But I can also relax in stressful situations. (Prover 20)

I feel fine as far as feelings are concerned. In a good mood, relaxed. I laugh more than usual. Silly. (P 8)

I am feeling rather silly, must take a grip on myself and not make silly remarks all the time and giggle. Don't want to get up.

Could just sleep, eat and drink all day. (P 3)

More relaxed about tackling the day.
Couldn't care less, despite lots of work.
No tension in the breasts before my period! (P 9)

Feel less stressed and more resilient than I have for some time.
(P6)

Feel increased indifference. I don't give a damn about anything.
Fell asleep in a chair in the evening (never usually happens), totally lazy and worn out.
Wasting the whole morning, don't feel like doing anything.
Feel more relaxed again today. On the medicine, taking everything more easily. Easy!
A totally unfamiliar heaviness of the limbs on waking in the morning, as if I had done intense "autogenic training". (P 1)

Sluggishness, laziness, listlessness, apathy. (P 15)

Lazy day! (P 17)

Very lazy overall. Don't want to get up in the morning. Want to stay in bed and read. (P 13)

At this stage of my cycle I usually get premenstrual symptoms such as tension in the breasts. Entirely absent this time. (P 7)

This selection shows quite clearly the decrease in tension in the

emotional and physical sphere, looseness, silliness, exuberance and relief from pressure, but the proving also shows clearly how this can slip into the pathological in terms of laziness, sluggishness, apathy, tiredness, listlessness, inability to make an effort at attentiveness, totally weakened memory and dullness. Relaxation or easing of tension probably have something to do with the progestogenic effect of bamboo. Progestogen relaxes the uterine muscles and calms them during pregnancy. However, this effect also relates to other involuntary muscles and hence may lead to a general relaxation.

We did not recognize the more profound, underlying idea of Bamboo until we were editing videos of Bamboo patients for a seminar. It was noticeable that all the people who required bamboo as a remedy constantly supported themselves somewhere with their bodies, for instance resting their head on their hands, arms on the table, the back firmly against the back of the chair. Together with the verbally expressed facts and the results of the proving, it became clear to us that **the central idea of this new remedy is the search for support.**

The bamboo cane is indeed used commonly for props, crutches, scaffolding and as a building material. The spine is also the main support of the body; the cervical spine - on which the remedy clearly has a preferential effect - supports the head. The reason for this search for support is that one has too much on one's plate (German: "too much on one's neck"). The following statements from the proving illustrate this fact:

"Have taken on too much, still want to do everything I can but don't know how I am going to do it.
Feeling of something weighing on my mind.
At 4.00 p.m. anxious about not being able to deal with what's in store for me over the next few years.
There's just a huge mountain of things to overcome.
Everything seems uncertain to me.
Emotionally very sensitive, I feel inferior in some way, can't help crying over trivial things. Feeling sorry for myself. No-one asks if they can help me.
Feeling lonely.
Tearful because exhausted. Helpless.
Self-doubt, feeling abandoned, uncertainty and jealousy.
In the evening I doubt whether I can ever accomplish my plans.
I feel cut off from the right kind of life. All I have are obligations, work, earning money. My needs fall by the wayside, there is no

chance for my soul to take flight, no freedom from and freedom for other things.
Feel restricted, kept on a short lead.
Feel as if I need a rest.
Panic that everything is getting too much for me, cannot get things straight.
Don't want to be responsible for everything and everyone all the time.
It is too much for me.
I would like to get rid of excess baggage!
Feel totally stressed and nervy.
I feel overworked and have to force myself to do the slightest thing."

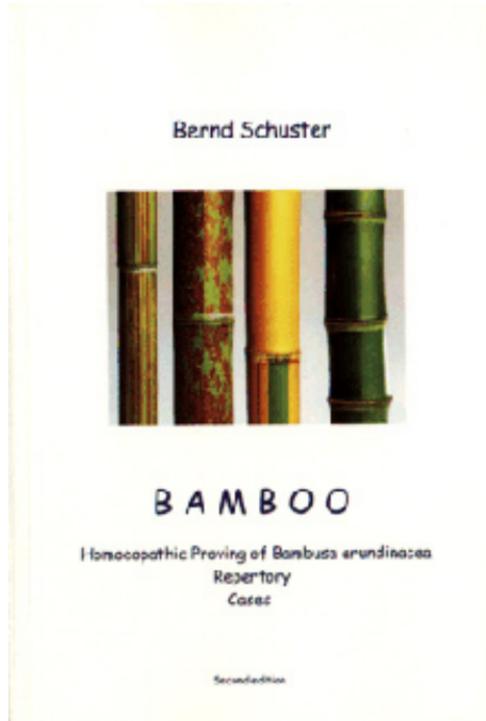
The rubric "Mind; FEAR of poverty" also shows the need to get support or a form of financial crutch.

"I feel a lasting, positive change on the medicine. I feel more composed and a stronger relationship with myself. The medicine has helped me a lot, it has been a great support in my development."

In colloquial usage there are plenty of **references to the cervical spine and the neck:**

A special unit of the American marines is known as "leather-necks" because they are supposed to be very fearless.
The enemy is breathing down our necks.
I've got someone breathing down my neck.
To let one's head drop (i.e. get disheartened).
To lose one's head (lose control).
To rack one's brains (leads to corresponding headaches).
To be pigheaded.
Breakneck speed.
Nose-heavy or top-heavy.
I blew my top.
I am up to my neck in debt (work or problems).
Up to my eyes in debt (in German this is expressed as "The water reaches up to my neck". Interesting, given the dream of Noah's Ark!)
To stick one's neck out or risk one's neck.
To wring someone's neck.
He is insatiable (German: "cannot get his neck full").

To break one's neck to do something.
To have something on the brain.



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