

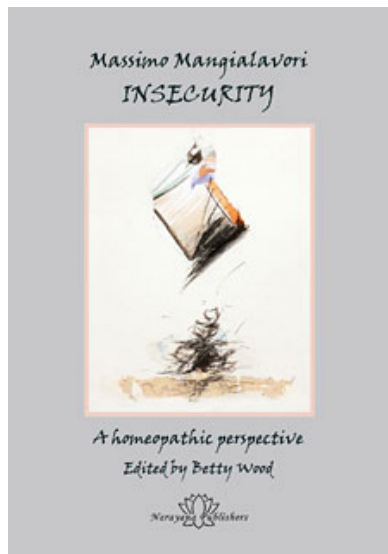
# Massimo Mangialavori Insecurity

Leseprobe

[Insecurity](#)

von [Massimo Mangialavori](#)

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## SACCHARUM ALBUM

### CASE

This is a very interesting and a very serious case.

Silvano is a 62 year old man who comes to the office with a very, very sad and depressed appearance. To be more precise, he is more sad than depressed. He is extremely lean and so lean that as soon as you see him you have to wonder what kind of malabsorption problems he must have. He is really severely cachectic.

He looks at me with a frown, but once he felt more relaxed he started to show a very intelligent and in the meantime, extremely caustic, and bitter sense of humor. He started to make a lot of jokes; most of them were against himself, making jokes about how poor he was, how many defects he had and able to laugh about it. But this was done in a very, very critical way. I could not publish these jokes in his case as he asked me not to do this; when he read what he had told me he thought it was really bad.

The first thing he tells me is that he has come to see me because a friend suggested this to him. This was a serious issue for him because he was already having treatment from another homoeopath, although not such a good one. He is extremely faithful, and so for him to change doctors was extremely difficult. His friend had told him, "You are so sad, so depressed now, you are not able to eat anymore and are losing weight, it seems pretty clear that this kind of therapy does not work." He had taken tons of *Ignatia* in every kind of potency. This homeopath had told him that *Ignatia* was a good remedy for him, but he was getting worse and worse and worse. Finally he decided to do something for himself.

On the physical examination there was an awful smell from his mouth, with severe problems of deep large aphthae. On both legs he had two ulcers, where the inner part was black. They also had a bad odor and looked very serious.

This is how he begins.

\*\*\* I know why I'm unwell. My wife left me for someone else and we had

been together for 20 years... I'm a broken man and I feel the way that I did then... Twenty years ago I came out of a similar experience... I got to know her in hospital where I was admitted because my brain had decided that I could live without eating... or that it was better for me to stop living by not eating...

What happened?

§ They made me eat and if they forced me I would eat... to please them because I could see that the poor souls were worried about me and I had no wish to be a burden on anyone... but then I would vomit or get diarrhea... I could eat a horse, too but...

But?

§ I just wasn't interested at all: I could eat like anything... the thing didn't touch me at all... not one bit.

Is this similar to what occurred this time?

§ Yes, it's similar to what happened then... I feel lost without knowing where to go. I'm completely empty inside... something that I know I will never be able to fill and I DON'T want to fill it, you can't... I only know that I must suffer INSIDE... because only in this way can I manage to overcome it if the worst comes to the worst... But despite everything I still love her, even though she left me...

Do you mind telling me what happened?

§ We had been speaking about how we wanted to live our retirement when we got older... I've been working for ages. I'm not from a rich family but I've put something aside during the last years and I was thinking about getting a house in a quiet place and living out my last days there...

For my wife, it seemed that it was really important to have the house made out in her name and I thought that she wanted it as a sign of affection. Then she wanted to make it so lovely that in the end we sold the house that we lived in to buy the new one... and that was fine by me. I'm a nitwit... some say that I'm too good, but I'm a fool... despite everything, I still love her...

*More than the word 'fool' the word he used has the meaning of a nice guy, sweet person, accommodating and willing to adjust everything, and at the end everyone takes advantage of you. While he was talking it was difficult for him not to weep.*

§ In the end after a month when we were just finishing off the last bits and pieces, I discovered that there was someone else... and perhaps this, or other affairs, were going on for a long time... I've been a sales rep for years and I was often away from home. We lived a simple life and she never wanted to work... she stayed at home with the children... we had them late because she had problems holding on to a pregnancy...

And so?

§ The eldest is 12 and the youngest 8... and after the separation they will go with her... I know too that she has already made plans to go to live with her lover in MY house in a few months... And the law allows it... I've got nothing against her, but these judges... I've been working all my life and now I am ALONE. We sold the house where we lived and I will go to live with my sister...

How did you react with this news?

§ I've done nothing but dream about my old house lately... the one of my childhood... it often happens to me when things are sad and tough... What can I do? Perhaps it's my internal shelter or maybe I've never been as well in my life since we left it (his childhood home)... but it was the place in my dreams...

What do you mean?

§ There was my mum, the smell of her cakes, my grandmother... my games... my first experiences with girls in my room... IT WAS MY STORY, MY MEMORY OF HISTORY...

What do you dream about that?

§ I dream that I'm there and I would love to take pleasure in that place... but in the dream I'm an adult, with shorts... and the braces I had when I was a child. The funny thing... that I like immensely... is that in my latest dreams there's a kind of pen, and instead of being for the dog or sheep there's a rhinoceros grazing... blissful as a little lamb.

Rhinoceros? What is your relation with this animal?

§ It's my favorite animal, I love it... can't you see what a big nose I have?

What do you mean about your big nose?

§ They made fun of me about this ever since I was a child... everyone liked dogs or cats or horses or little mice... I grew up in the country: I liked the rhinoceros... I've never had one... but I'm a collector...

Collector of what?

§ At home I've got a collection of all kinds in my office... even the little toys that I collected when I was little... lots of little plastic rhinoceros that are the nicest. I'm attached to them most of all...

Ok, do you mind telling me something about your work?

§ \*\*\* I've never wanted... or rather KNOWN how to get on in my job. They have suggested promotion to me on different occasions... but I'm grey - a man without any ambition...

*The expression 'man in gray' identifies someone who has no ambition at all, who doesn't want to be black or white. It is a kind of feeling of being like all the others.*

Do you mean gray like this rhinoceros?

§ No, not like a rhinoceros... in the sense that I'm neither black nor white... I just don't want to be visible, everything is fine for me... and even if they say that I've got talents, I've never given them any prominence... I feel that I can't do it... but this is fine for me: I want my life...

*What is really striking was that in my personal opinion, this man has many reasons to express a lot of anger toward his wife and yet he talked about her in a very sweet and nice expression, even when he talked about this other guy entering his house. The only feeling of anger that was expressed was towards the judge that allowed this woman to do this, but was said with a nice, smiling, warm expression.*

What about your anger? Can you tell me something about that?

§ \*\* I'm the type who never forgets... so maybe from that perspective I'm more similar to an elephant... but he's grey too, so...



What do you mean by that?

§ I think that I've suffered many wrongs in my life, but I just can't react... I don't say what I feel and I just can't bring myself to say something troublesome... I suffer in silence and I pine away...

What happens to you when you suffer that much?

§ It's quite normal for me to lose my appetite each time I have a little problem.

Is it really that common for you?

§ It's my first reaction... I can go for days without eating.

What do you do if you can't eat?

§ If the worst come to the worst, I take some fruit juice or a little water and sugar or I eat a pasty...

And does this satisfy you?

§ It gives me energy but does not fill me up... but I think that's it's more psychological than metabolic.

What do you mean?

§ I know that these foods burn up immediately and I'm a person who burns... now for example I'm burning in a low flame...

*What he says is that this burning comes from his anger; his sorrow is expressed as anger and it is consuming and burning.*

Can you explain better what you mean by burning slowly?

§ I... I am a person who burns slowly and things that burn quickly frighten me... they don't suit me...

In which sense?

§ I'm not eating now because I'm not interested in anything... I don't give a damn about anything... why should I think about having stimulation if I don't have... What are you doctors or friends talking about? I understand that you're doing it and saying it for my good... but I... I feel my pain and I'M the

one who feels it... and with all the affection that I want to return, I need the company and understanding of my friends (WEEPS)... perhaps yours too... but then I'm alone with my pain and this hole that I have inside... it's just not filled up like this... you suffer and THAT'S ENOUGH.

Do you have any physical problems?

§ \*\* Now I have some small physical problems that I've had for years but in these situations they always get worse...

What do you mean?

§ I mean moments when I don't feel well... and now I really haven't been well for a long time...

For example?

§ My mouth is always full of ulcers that are like craters and they never heal... and then my tongue splits everywhere... if I eat a lemon or a mint sweet I have to be careful because it hurts me terribly...

Do you eat a lot of these candies?

§ I eat lots of candies...

Why do you like these candies so much?

§ They keep me company... and I often have to eat them alone, because they say that it makes me look a bit rude because I like sucking them and I don't realize that I make a noise... once they even told me at the cinema and... I left because of the shame...

Do you have any other problems?

§ \*\* Then the hemorrhoids came out... they don't bleed and now they're always outside.

On what occasions does this happen?

§ Not only after I've been to the toilet...

What happens?

§ They're terribly itchy and occasionally I go to the toilet just to give myself a good scratch.

Is there anything that makes them worse?

§ I've have to be careful about drinking coffee but I realized a little while ago that all the problems I had which were linked to coffee weren't due to the coffee but to the sugar that I put inside it.

What do you mean by that, all these problems?

§ I've already been to see one of your colleagues who treated me so caringly and kindly...

And so?

§ And he told me that I drank too much coffee and that I had to stop to ensure that the treatment would have an effect.

What happened to you?

§ I had an awful headache for days when I stopped. § I love coffee AND I DRINK AT LEAST 6 OR 7 CUPS A DAY...

Do you still drink that much?

§ Now I have much less... § I started taking it again because your colleague's treatment didn't work and coffee wasn't really the problem... If I drank something else sweet, even fruit juice made me itchy... Now I've learned to drink bitter coffee and I like it even more and I don't have the same problems as before... I've noticed too that if I eat less sweet things, my tongue is not as bad and I get fewer ulcers... but now I'm really in a bad state... I'VE LOST TOO MUCH WEIGHT.

What about your appetite?

§ \*\*\* My appetite is non-existent...

What do you mean?

§ I don't know... there are days when I'm really hungry and I eat like a pig and then I feel unwell and I feel full for hours and hours... and then I don't manage to eat any more for days... My mood is generally like this now... swinging a lot like a see-saw and very erratic... I could also say that it's capricious: almost like a child's.

What do you mean, like a child?

§ I almost take pleasure in doing everything and the complete opposite... perhaps in a way that isn't totally conscious... § Anyway, who's stopping me? And then I've tried to stick to the rules for years and what was the result? I've always behaved well... I've always done my best only because when I see people happy around me, I'm happy too... so what? Did this do me any good?... CERTAINLY NOT!

What is your intention now about your eating? It is not easy to treat you just with homeopathic treatment if you are not eating.

§ If you would like... anyhow, I have to eat something before going to sleep...  
§ Usually it's an ice cream, but more often... I suck a sweet.

*A sweet here is a hard candy. He looks more like a child sucking his fingers.*

What does it mean for you to suck these candies?

§ It's as if I were cuddling myself...

You mean that you feel you are lacking company of someone?

§ \*\*\* In this moment I've a great need of company... I need to know that I've got friends who are fond of me but I feel that I'm a sad case...

What do you like to do with your friends?

§ I love to speak and feel them near... I feel less alone but then...

Then?

§ Then I go back to my problems and so...

## DISCUSSION

This is a very interesting remedy, very interesting. It is extremely useful and unfortunately it is not used as much as it deserves. I wanted to give you an idea of how this remedy commonly appears. This case is interesting, because it is a good example for this specific kind of insecurity, and is an interesting example for many different and interesting kinds of possible prescriptions for this remedy.

What impression do you have of this man? What kind of insecurity are we dealing with?

¶ It is interesting how he uses his depression; his suffering gives him the sympathy that he needs. He is very sweet, but in a way to get the love and affection he needs. He pities himself, but everything is so sweet. He says, “I am the type that forgets.”

¶ He likes big animals like the rhinoceros and elephants; of nice and calm, but can change into something and can be very aggressive.

¶ He says, “I feel completely empty inside, and I cannot fill myself.” He likes his sweets; they comfort him. He sucks on them as a baby and eats them before going to sleep. His mouth is full of ulcers which is again a manifestation of how much he suffers; he has lots of memories of his childhood with his mother baking a cake, playing games. His whole personality seems to be a cry for his mother to come back.

*Insecurity and difficult integration of aggression*

We can use this case and this remedy to discuss another paradigm of insecurity. In the introduction I discussed different ways of feeling insecure; in this case there seems to be difficulty in integrating his aggression. In some ways we saw this when we discussed the *Aluminum* remedies where, “This idea of expressing my possible aggression, asserting who I am means that I have to cut off the only umbilical cord that is nourishing me and I will die.”

In this case, of course we do not have such a symbiotic situation. Rather, it is an extreme example of constipated anger. This person does whatever possible to always *appear* forgiving, understanding, and nice. His main strategy is to seduce everybody as much as possible with his sweet appearance. This is intriguing because in response to such abhorrent behavior by his wife he faces this with such a nice appearance, and with such tender and sweet behavior while talking about her. His bitterness and aggression are completely hidden.

The question is, what does this problem have to do with insecurity? In a general sense, it is a fear of loss if one’s aggression comes out, even a little. It is a fear

of being able to exert one's "male side" without destroying the relationships one has. Eventually it could be interesting to understand what is lost and to differentiate this kind of insecurity. In the case of *Alumina*, it means that they will die; "I will not exist anymore, if I allow myself to act a little bit of my spirit." In *Saccharum album* it is not that dramatic.

This almost complete lack of aggression is very interesting. If you consider other remedies like the *Rosaceae*, *Prunus*, *Crataegus* and many others, it is more or less the same kind of problem, but without arriving to the same level of self-destructiveness. *Rosaceae* cases are people that are constantly doing for others, but never do anything for themselves. The difference is the *Rosaceae* do not have this kind of grudge that is seen in this case.

He clearly declared many things about his insecurity. "I am a man of gray. I am a very insecure person. I was never able to do better work. I was able to get married only very late and did not have children before I was 50."

¶ I feel that his aggression is that he wants everyone to feel sorry for him. "If I put myself down, and if I am such a poor guy, and also I am so sweet and I am an angel, then people will sympathize with me." You have to feel sympathy for him, that is his aggression.

MM: I agree. It is a value that you take care of him in a compulsive way.

¶ His ulcers represent that, "I am a person who burns." He is turning his aggression on himself. Also it is a slow burn and is something that is just there all the time.

### *The rhinoceros*

Talking about our bestiality, our zoo. We have seen something about insects, dogs, what can we say about the image of the rhinoceros?

¶ It is a huge animal with a very thick skin; the skin protects the rhinoceros from sensation from the external world. They are like tanks moving their weight around and people have to move to get out of their way. His development is stuck; he impersonates himself as a boy, feeling this is the best position he could be in.

He mentioned two interesting animals like this. One was the rhinoceros and the other was the elephant. Consider what these two animals have in common. They have no natural enemy. The only natural enemy of the rhinoceros and the elephant is man. There is nothing that attacks these animals in nature. If you can be a kind of great, resistant, thick tank, nobody can harm you. In some way, if the strategy is to always be extremely sweet in order to oblige others to feed you, to take care of you, it is like going to a battle with thick glasses. No one can punch you, because you are just a poor short sighted person who wears spectacles and it is wrong to injure such a person. It is more or less the same kind of attitude. This does not mean that they don't have *any* aggression, not at all.

*Childish structure: take care of me*

¶ This man has no point where he can begin. He has no structure, no one he can compare his inner emotions with, no inner child some how. He is lonely in his dreams for the house of his childhood. It feels as if there is a big hole in his childhood, as if his structure was not developed as a child and there is a big hole. He had quite a lot of regressive behavior with sucking on his candies.

Let's say that he has a *kind* of regressive attitude. I think this observation with the sweets could give us a typical childish way of feeling. It is interesting how this inability to react to common ailments in life produces this kind of reaction. Like *Aluminas*, looking so poor, looking so pitiful, so thin, as someone needing to be fed, so weak, smiling, sweet, nice almost obliges you to take care of this person. It is as if he is saying, "There is nothing bad in me. Nothing wrong. Nothing aggressive. You *have* to consider me a nice person." Of course this is a type of lack of assertion.

*Ailments from unexpressed emotion*

MIND;AILMENTS from; admonition (33) \*\*  
MIND;AILMENTS from; anger, vexation (150) \*\*  
MIND;AILMENTS from; anger, vexation; suppressed, from (34) \*\*\*  
MIND;AILMENTS from; death; parents or friends, of (62) \*\*  
MIND;AILMENTS from; excitement; general symptoms from (87) \*  
MIND;AILMENTS from; grief, sorrow, care (97) \*\*  
MIND;AILMENTS from; love; disappointed, unhappy (44) \*\*\*  
MIND;AILMENTS from; love; disappointed, unhappy; self-confidence, affecting deeply his (3) \*  
MIND;ANGER, irascibility; tendency; past events, about \*\*  
MIND;ANGER, irascibility; unable to express (1) \*\*\*

In certain situations one needs to use their positive healthy aggression, asserting who they are in a more *Ferrum* and positive way. This is normal when facing certain situations. In *Saccharum album* this normal healthy aggression does not exist; it is badly processed, badly elaborated. It is true, that you have ailments from disappointed love, but in those people, according to what he said, you have a long list of ailments from any kind of possible frustration. What they do is to try to appear as a kind of saint that is able to understand his enemy, is able to overcome his frustration, is able to process it and not to have any bad feelings, while of course you see what kind of situation this produces.

*Aggression is impossible to process*

MIND;BLOOD or a knife, cannot look at (10)

This is a similar symptom to what we have seen in the case of *Aluminum*, but is not the same idea of cutting off the umbilical cord. In *Saccharum album* idea of aggression is impossible to process or to be considered.

It is the same idea of parents who are phobic and prevent their children playing with toys that seem aggressive, such as imaginary guns, or bows and arrows, or other tools that can be used against another person. Often these children will do this on their own as soon as they are older. When you see this, you do have



to ask about this, what do they think is wrong with a child playing with these imaginary toys, like most children in the world do? Why can't this be considered a toy? What is your problem with that? This is what you commonly see in those cases.

*Fear of homosexuality*

Often in male *Saccharum album* cases there is a strong fear of homosexuality, of penetration in every sense. On one hand these people are seeking for attention, for love, for caring. They need support from everyone. On the other hand, they cannot allow themselves to do something like this.

GM: I have seen several cases of people of *Saccharum album* that seem to be almost unable to find the real reason of their life, to fulfill "what I have to do when I grow up". More or less they commonly do something that was designed by someone else, mostly their parents or another person taking care of them.

Often, mostly in dealing with men, they are extremely sweet. Often they are with women who are much stronger, more dominant than they are and often they often have to face the experience of being abandoned; this often leads to severe depression.

In some ways this situation is a kind of an undeclared homosexuality, but something that is a shadow, that is hidden. It is a difficulty in being able to allow yourself to express your male side. Often, they need the support of another male image, like a guru or a master, towards whom they can have a kind of attraction. It is not that they act this kind of homosexuality, but it is a kind of homosexual interest. It is a kind of inability to express the male side and at the same time, seeking for another male image that can support them. Often, this kind of fantasy is perceived with a strong sense of shame, of guilt, and self-destructiveness.

I have a case where this patient had a dream having to do with his master; he was feeling a strong attraction towards this man in this dream. He allowed himself to get in contact with his master. Because it was a kind of intimate relation with this man, at the end of the dream there were other male images that were pursuing him and suffocating him. He felt that he had to walk by himself alone

in the night, meeting very ugly corpses who threatened him and at the end the corpses killed him or suffocated him, or severely injured him, in order to punish him for what he did in the dream. These patients can activate very masochistic fantasies.

*Self-destructive*

It is very important to consider in these cases that there can be very serious and self-destructive pathologies. Not just ulcers, but there was severe emaciation in this case. I had a case of a man aged 38 with severe hip joint disease who has a university degree but works as a common worker in a factory, performing physically strenuous labor. He does a lot of very fatiguing work that he should not do because he has severe arthritis. He is not able to find a substitute for himself or to seek for better work.

*Opposite of Natrum muriaticum*

When studying this remedy it is interesting to consider it in terms of the opposite side of *Natrum muriaticum*. Not only because one is salt and the other is sugar, but because of different ways of elaborating their sense of vexation, their sense of not being understood, their sense of not being able to have contact with other people as they should. It is also interesting that the sea salt became such an important remedy in our literature, while for some unknown reason sugar, which is as important as salt is for human beings, is a small, forsaken remedy that is wholly under prescribed.

*Inability to be true to themselves*

There are a couple of aspects to consider for this remedy. First, is the dramatic sense of insecurity. These people seem to endure everything, always with a smile, but in a very, very self-destructive way. Each one of us, and this is true for men and women, has to use our male side to act in life. Similar to *Agnus castus*, to express their masculine side, their active male side, to assert themselves in their male direction, is extremely, extremely critical. One can argue that there are a large number of symptoms that elaborate their inability or impotence. However, the most important impotence of *Saccharum album* is the inability of self-realization. These are the classic people that are never able to say no. They always say “yes” with a smile and appear sweet, and you never know how they actually feel.

*Spineless*

Like *Natrum muriaticum*, but from a completely different perspective, they commonly have to face unhappiness and disappointment in their love life. The main reason why is that they really are very boring as people. After the first stage of seduction with this wonderful, useful, and sweet person, it seems like you are living with a spineless coward, someone who never knows what they want, someone who is never able to take a position. Often they are considered to be an extremely weak father and someone who is not able to exert even the power of a good parent. Regrettably, these men are often left for another man who is much stronger, more masculine, more seductive, more sexy, who can have better intercourse, etc.

Their vexations are generally the result of their inability to act in response to even the most routine of conflicts. *Saccharum album* is almost not at all able to assert who they are or what their desires might be. They want to try to make everybody happy and in this effort they seem to erase all their desires in order to satisfy others. In this sense you can clearly see how insecure this person is. It is difficult for them to express even the smallest amount of aggression, and not even aggression in the pathological sense, but the normal aggression necessary to express who they are. In this respect *Saccharum album* becomes a victim of himself rather than a victim of others. They openly offer themselves up to the most vexatious of circumstances because they are unable to contrast their needs and desires from others. *Saccharum album* has the extreme attitude to do his best to please others. "What is important to me is not important at all." From this point of view they can look like *Ipecacuanha*, or *Chelidonium*, or *Ignatia*.

*Obedient, responsible caregiver*

In the great majority of cases the regressive nostalgia is more of a projection, than something that happened in reality. These people probably came from an overly protective family, where they felt they had to behave, like *Carcinosin*, doing whatever possible to never offend, never injure, or never create problems in their family. Often the children are overly responsible and generally end up with work as caregivers, such as doctors, nurses or different kinds of volunteers.

What is important is usually the father image in these cases is either very weak, or crushing. In either case, they have a feminine type of reaction where everything has to be very sweet and nice.

*Inner emptiness*

¶ Is the feeling of complete inner emptiness typical because they did not manage to build their own structure, asserting himself enough, due to the lack of male power?

Yes, in my opinion this is typical. Clinically speaking they commonly decompensate through metabolic issues such as pancreatic problems, severe diarrheas, and problems of metabolism that in some way does not provide good physical structure. I do not think that these people have *no* structure. I think that they have a critical structure that is extremely female oriented and they are not able to assert themselves. Having 'no structure' is different and it is important to understand the difference.

Clinically speaking, the idea of not exerting oneself, with good muscles, good sweat is standard for *Saccharum album* and frequently they will have depression with this sense of emptiness. I have many good cases of *Saccharum* where it is almost impossible to fill this emptiness; this lack of sugar, this lack of sweet attention, for those people is a kind of hole that is always without end. They constantly seek for this and this and never find it. It is a kind of mental state of diabetes; you have a lot of sugar around and you are unable to take the sugar into your cells and use it. Even if as a friend, you offer support to these people, and they are not able to utilize this in order to become more sure of themselves.

*Aggression in children?*

The cases I have seen so far typically are unable to show their aggression. As in other cases of suppressed anger, whenever you prescribe a remedy that works, one of the first things that you see is a kind of revolution of their aggression. This occurs mostly in children. One of the first reactions is that the mother starts complaining because before he was such a lovely child and now he is so cross and so reactive.

¶ I have treated a lot of children who are outwardly *very* aggressive with *Saccharum album* and would like to hear your experience?

I am interested in your experience. In my understanding if a child is able to show good aggression, then this is a well compensated case of *Saccharum album*. I

don't have this experience, but I think with children, because, their ethical sense is not so clearly developed, it is easier to find the physiological lack of inhibition as in the case of *Belladonna* and *Hyoscyamus*. Adults become more inhibited, ethical and more compressed. Theoretically it makes sense, but I don't have the cases.

¶ I have two cases of young children (3 to 7 years) with behavioral disorders who are very aggressive and if they eat even a little bit of chocolate they really go crazy. They really need a lot of warmth and attention; they suck their fingers all the time, sleep with their parents, and want to eat sugar all the time. When they eat sugar they really get completely aggressive. Without sugar they are more normal. *Saccharum album* has worked beautifully in these young children, but I have not seen this in adolescence. I have probably missed *Saccharum album* because I thought it had to be aggressive.

#### *Seeking for attention*

I am not sure. I did the opposite mistake for years; I expected *Solanaceae* cases to be violent and most of my cases appear extremely well controlled. If we work on the fundamental theme for *Saccharum album*, it is not how sweet they are, because I think being very sweet or being very aggressive has to do with being compensated or decompensated.

Seeking for attention is like over-eating sugar, but you are never able to fill the emptiness. In my opinion this is the most important issue. It is as if there is a kind of pathology that does not allow these people to make use of this attention. Most likely the combination of this relation is that possibly this attention is attention, but the content is more sweet than real substance.

You know how many parents can be *apparently* extremely devoted and caring, but there is a miscommunication. Whenever there is a miscommunication it is either someone who is receiving badly or someone who is broadcasting badly. From the empathic point of view what might be perceived is something empty, cold, or not warm enough. This is my assumption as I don't have first hand experience, but certainly this is possible. Usually *Saccharum album* has great difficulty in integrating their aggression. This is not unusual to see in very nice people.

*Eating disorders*

Saccharum album is a remedy to think of in eating disorders. This would cover over eating as well as not eating enough. The first time I lectured on *Saccharum album* was in a presentation on Eating Disorders.

MIND; BULIMIA \*\*  
MIND; EATING; amel. mental symptoms \*\*  
MIND; EATING; refuses \*  
STOMACH; APPETITE; increased, hunger in general \*\*  
STOMACH; APPETITE; increased, hunger in general; menses; before \*\*  
STOMACH; APPETITE; sudden\*

*Presentation in women*

Certain kinds of remedies can be more easily recognized in men or in women. It is easier to recognize the lack of the masculine side in a man, and it is easier to recognize problems of penetration in an *Abelmoschus* female rather than an *Abelmoschus* male. It does not mean that it will be the opposite.

What I have seen in cases of female *Saccharum album* is the same lack of assertiveness, the same inability to do in life what you need to do to realize yourself. It is the same kind of immaturity, the same kind of irresolution; it is not that different than the male. They are commonly considered overly caring for others and will commonly repeat more or less the same kind of mistakes they had to endure. This is the classic mother who was brought up by an overwhelming mother and in turn overwhelms her own children. She projects what she feels their main problems are and easily spoils them, giving them whatever she thinks they need. These mothers often are not able to create an independent child.

I had a good case of a *Saccharum album* mother who became my patient after I treated her beautiful *Mercurius corrosiveness* child. This child never received any clear boundaries. This woman originally came to me because of the behavior of this child and before I treated him, I sent the family to a family therapist. You can give liters of *Mercurius* everyday to this child, but if you do not have a family that behaves like a family, it is not possible to treat him. It was normal response to the family dynamics for this child to behave in this way.

## *Saccharum Album*

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A student had a case of *Saccharum album* woman who was a very sweet woman, who tried to do everything for everybody; she was aggressive but not in an outwardly way. She did not fight with anyone, but showed it in a different way. It seems that they need love so much, so much and they cannot fulfill it. They try to fill it with sugar, by eating sweets and then feeling bad about this.

### *Anger*

In the end, the anger is one of the most important aspects of this remedy. The problem is how much they are able to allow themselves to act out this emotion. When their anger does come out, it comes out in an explosive way. When a case of *Saccharum album* is able to express their anger in some way, this is a positive situation; not so much for the people around them, but letting the anger out protects them from severe depression or other destructive pathology that *Saccharum album* is known for.

### FOLLOW UP

He took *Saccharum album* Q1

A few days later, he got an aggravation of the itching hemorrhoids and an aggravation of the halitosis. At this point, I asked him to stop the remedy. He wanted to continue to take something and so I gave him placebo in the form of globules. He was very happy and became addicted to this *Saccharum album* globuli and said they were even much nicer than his sweets.

In the meantime, he had a severe insomnia that did not seem to improve at all. After this I suggested that he take *Saccharum album* Q1 every 3 days and in repeating the *Saccharum album*, the insomnia became much better.

### *Four weeks later*

After taking the Q1 every 3 days he had some apthae which returned, and again I asked him to stop the remedy. In the meantime he began to eat and put on weight and his mood had improved.

### *Two months later*

He was almost completely his normal weight and we had the second consultation.

§ What can I tell you? I feel I am getting better. A friend of mine is undergoing psychoanalysis, but she is 40 years old, while I am 60. I decided to have a little chat with her analyst, and she suggested a psychotherapist for me. I had not understood the difference between the two, but I think it is nice to take care of my problem. Then I realized that I became really boring and over demanding to my friends. I just went there a couple of times, but I have a good impression of her and we will continue.

Can you tell me something more about this friend? He blushed and said,

§ You know this friend is proving very nice company for me. She is a very sweet person and really interested in me and it was important for me to clarify soon that I don't feel I am in a state of starting a relationship. In this moment it is really impossible for me. We can talk about this when I come back.

From where?

§ When I come back from this awful trip that I started some time ago.

*When he says 'trip' he is talking about his situation.*

Why do you say 'trip'?

§ Every night I have the impression that I am having a trip and then I come back home in the morning. It is as if I am revisiting all my life. I often return to my old house, almost every night and only when I am able to have this image, am I able to fall asleep. It is like a kind of pacifier used to induce sleep, this sweet image of home.

Do you mind telling me what you mean, that you had to induce it?

§ It is like cuddling myself on my own. You know that my mother used to make fun of me because when I was a child, I used to sing a lullaby to myself while I was alone in bed. So I have in my mind this kind of lullaby that sometimes comes back again. And so I thought instead of having a nice dream, of your sweet globuli, I could start to think back about that without this obsessive need to dream about my house. So, I think about this. I go to my old house and then I am able to start to sleep. And then from this moment on, I start and have to dwell on whatever happened to me. It is like revisiting my whole life.



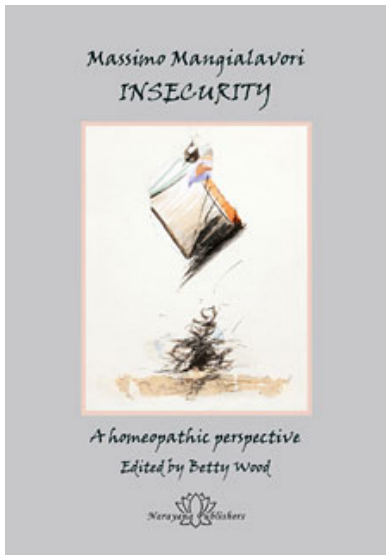
§ Do you want to know something interesting? I had a beautiful dream that surely you and my therapist will laugh a lot about. I was riding my rhinoceros and he was very angry.

Possibly he was beginning to get in touch with his aggressive side. I had him go on with this remedy for awhile because this friend wanted him to have a relationship that was more than a friendship. He did his best not to face this situation, because he was extremely scared of being impotent. At the beginning I suggested that he continue with *Saccharum album* and it worked and it worked so well that he used *Saccharum album* as a kind of Viagra. For him it was very useful to face this situation of using his masculine side. Later I was able to convince him to use the globuli instead of the remedy and he complained because he said the globuli were not as effective as the drops. But little by little he was able not to be dependent on the drops and have a better relationship with his friend.

**MANGIALAVORI'S REPERTORY ADDITIONS FOR  
SACCHARUM ALBUM**

MIND;AILMENTS from; admonition \*\*  
MIND;AILMENTS from; anger, vexation \*\*  
MIND;AILMENTS from; anger, vexation; suppressed, from \*\*\*  
MIND;AILMENTS from; death; parents or friends, of (SI-16)\*\*  
MIND;AILMENTS from; grief, sorrow, care\*\*  
MIND;AILMENTS from; love; disappointed, unhappy \*\*\*  
MIND;AILMENTS from; love; disappointed, unhappy; self-confidence, affecting deeply his\*  
MIND;ANGER, irascibility; tendency; past events, about \*\*  
MIND;ANGER, irascibility; unable to express \*\*\*  
MIND;BULIMIA \*\*  
MIND;DELUSIONS, imaginations; despised, is \*\*\*  
MIND;DREAMS; animals, of; elephants\*\*  
MIND;DREAMS; animals, of; rhinoceros\*\*  
MIND;DREAMS; exam; unable to pass it\*\*  
MIND;DREAMS; stool; satisfaction, after\*\*  
MIND;EATING; amel. mental symptoms \*\*  
MIND;EATING; refuses\*

MIND; FETISHIST\*  
MIND; IRRESOLUTION, indecision \*\*\*  
MIND; LIGHT; desire for \*\*  
MIND; LIGHT; desire for; alone, when\*\*  
MIND; MASOCHISM\*\*  
MIND; PRECOCITY; children, in\*  
MIND; TICS \*  
MIND; UNFORTUNATE, feels \*  
MIND; YIELDING disposition \*\*\*  
FACE; SWELLING; morning \*\*  
STOMACH; APPETITE; increased, hunger in general \*\*  
STOMACH; APPETITE; increased, hunger in general; menses; before \*\*  
STOMACH; APPETITE; sudden\*  
STOMACH; THIRST; morning \*  
RECTUM; DIARRHEA; grief, after \*\*  
RECTUM; DIARRHEA; indiscretion in eating, after the slightest \*  
STOOL; SCANTY \*  
STOOL; SOFT \*  
SPEECH & VOICE; VOICE; low \*\*  
SPEECH & VOICE; VOICE; low; soft, and \*\*  
COUGH; NERVOUS \*  
COUGH; STRANGERS, child coughs at sight of.\*\*  
EXTREMITIES; COLDNESS; Foot \*  
EXTREMITIES; COLDNESS; Foot; one-sided, heat of other \*\*  
EXTREMITIES; COLDNESS; Foot; sleep, during; preventing sleep\*  
EXTREMITIES; SWELLING; Hand; morning \*  
GENERALITIES; FOOD and drinks; chocolate; agg. \*\*  
GENERALITIES; FOOD and drinks; sweets; desires \*\*



Massimo Mangialavori

[Insecurity](#)

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