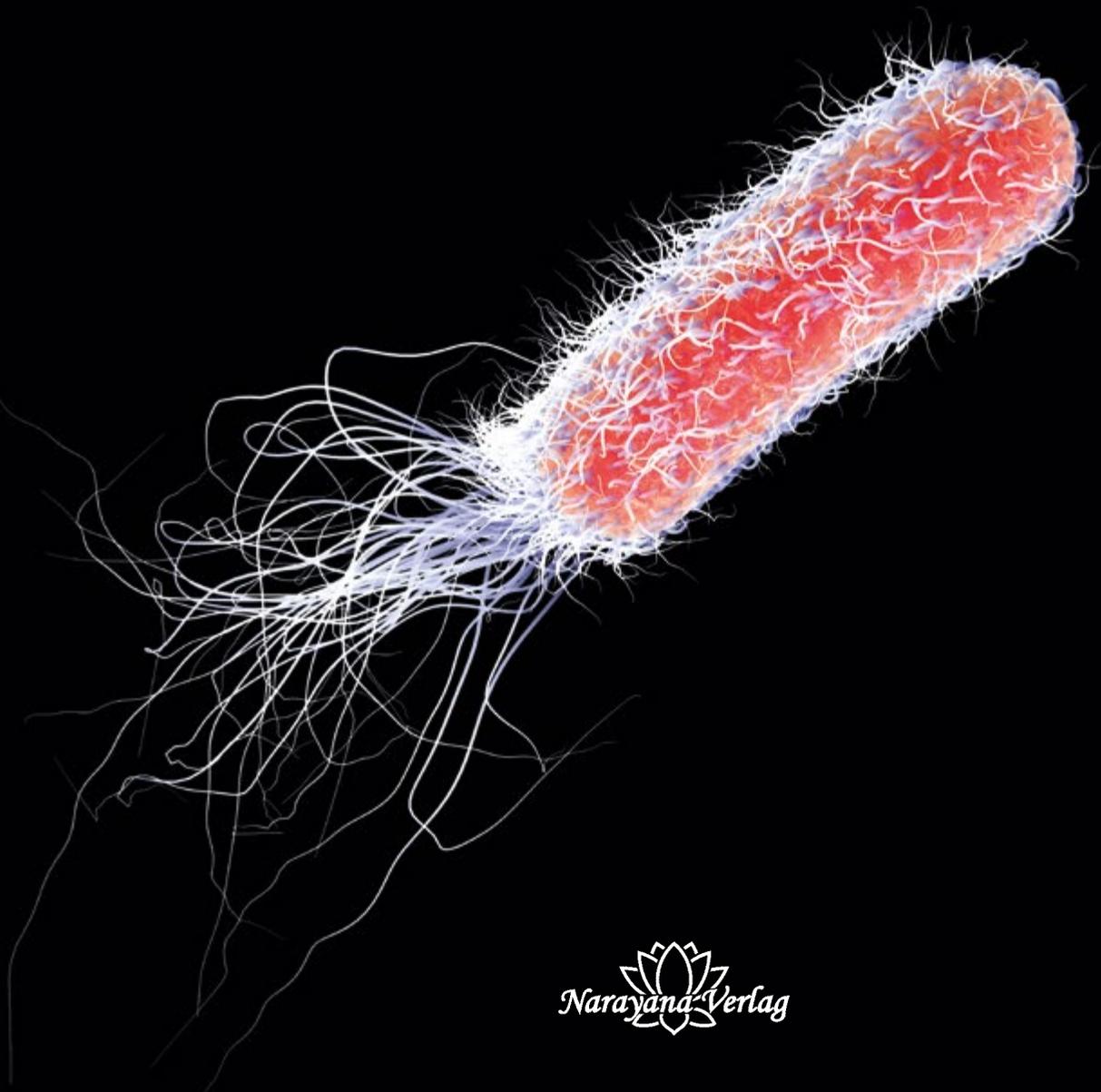


# SPECTRUM OF HOMEOPATHY

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# INFECTIONS



Karim Adal  
Heiner Frei  
Trisha Curtis  
Ute Bullemer  
Franz Swoboda  
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Gaurang Gaikwad  
Amruta Hede  
Rajan Sankaran  
Devang Shah  
Jürgen Hansel  
Jan Scholten  
Kate Birch  
Dinesh Chauhan  
Susan Sonz

*Narayana Verlag*

# EDITORIAL

## *Dear readers,*

The development of vaccines and antibiotics is one of the most significant milestones in the history of medicine. Many life-threatening epidemics have lost their horror and life expectancy has risen as a result. Does homeopathy have a rightful place in the treatment of infectious disease in view of this indisputable success of scientific medicine?

The cases in this issue of SPECTRUM offer an unequivocal answer to this provocative question. The many patients in these cases were not helped by antibiotics alone. When infections of the sinuses, bronchi or bladder recur despite repeated antibiotic treatment, another approach is required. Homeopathy is not directed against the pathogen, rather it strengthens the terrain, milieu, immune system or the body's defenses and vital force. It therefore has a special role to play in the treatment of chronic recurrent infections, especially when antibiotics have failed.

A typical indication is chronic sinusitis. Karim Adal and Heiner Frei present two similar cases involving many years of suffering and ineffective treatment with antibiotics, corticosteroids, antihistamines and even surgical interventions. The two Swiss homeopaths follow very different paths – the sensation method and polarity analysis – to arrive at constitutional remedies that promptly relieve the patient's symptoms, leading to complete healing. Frei's successful treatment is even documented with computer tomography.

Like chronic sinusitis, recurrent urinary tract infections are also a bane of conventional medicine. Trisha Curtis reports on the special value of *Populus tremuloides* for this illness and notes that Jan Scholten's plant theory can retrospectively confirm her prescription. With virus infections, the targeted strengthening of the vital force and therefore the immune system has a special role to play due to the lack of alternatives. For the human papillomavirus infection, the gynecologist Ute Bullemer shows how treatment with homeopathic sycotic remedies such as *Thuja* or *Acidum nitricum* not only causes the condylomas to disappear but can also help normalize pathological cervical smears with dysplasia. The Indian authors from the homeopathic academy "The Other Song" in Mumbai are similarly successful in their treatment of the herpes virus.

Particularly in the developing world, homeopathy is also used for infectious diseases that are solely treated with antibiotics in Europe. This is true, for example, in India of tuberculosis, which often appears there in a multi-resistant form. Many of those affected do not respond to standard treatments or they suffer massive side effects from the powerful drugs of last resort – or they simply cannot afford them. Dinesh Chauhan's case clearly illustrates the promise of homeopathy in such situations. His case shows the use of a reptile remedy, as do the three cases from

Susan Sonz. Originally intended for publication in the previous SPECTRUM issue on Reptiles, these cases beautifully illustrate the homeopathic treatment of various deep-seated disorders, including chronic cystitis.

Comparable with tuberculosis in India, though on an even larger scale, is the problem of the HIV virus in Africa. There, too, people are becoming more experienced in the use of homeopathy and SPECTRUM has already reported several times on Jeremy Sherr's dedication in this area. In our current issue, Jan Scholten describes his pilot study with AIDS patients in Africa using a homeopathic complex remedy which is given in many cases alongside antiretroviral medication. A pronounced increase in the vital force was accompanied by a noticeable reduction in opportunistic infections.

Kate Birch, with her extensive experience in the treatment and prevention of infectious diseases, describes the importance of infections for the development of the immune system, and various homeopathic approaches to infections, as well as the issue of vaccine damage.

Whereas nowadays homeopaths are frequently disqualified from treating epidemics such as tuberculosis or AIDS, it was precisely the success of homeopathic treatment of an equally deadly plague, cholera, that helped homeopathy to a breakthrough in the 19th century. We highlight this episode in medical history to plead for constructive cooperation between conventional medicine and homeopathy in the treatment of epidemics. With the genius epidemicus already described by Hahnemann, we have the potential to target the patients' bodily defenses at an early point in the outbreak of infectious disease. Franz Swoboda discusses the costs and benefits of using the genius epidemicus based on his experience with *Antimonium tartaricum* and the mycoplasma nosodes. In the best-case scenario, this even helps us find the simillimum for a chronically ill patient. But even without such strokes of luck, homeopathy has earned its rightful place in the treatment of both acute and chronic infections.

**Christa Gebhardt & Dr Jürgen Hansel**

Chief editors





AIDS and the immune system, HIV viruses attack human defences.



Mimesis and Thanatosis: survival strategies of the chameleon.



Homeopathy and cholera: Hahnemann's concepts and current studies.



Attack and defence in a case of Boa constrictor.

Risks and benefits of an epidemic remedy: five hundred patients, five years, one remedy. An unusual homeopathic lesson with profound insights and visions.



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# WHEN DOCTORS FALL SICK

Calcium carbonicum for treatment-resistant chronic sinusitis

AUTHOR | Karim Adal

**SUMMARY:** A doctor was suffering greatly from chronic sinusitis. After several operations and years of unsuccessful treatment with antibiotics, corticosteroids and antihistamines, her illness is finally healed by *Calcium carbonicum*, which enables her to once again live a normal life. Three different approaches – the repertorisation of her symptoms as well as case analysis with both the periodic table and sensation method – all lead to this remedy. This case shows how, following deep healing, the constitution can change, thereby leading to a different indicated remedy for a later illness.

**KEYWORDS:** antibiotics, *Calcium carbonicum*, chronic sinusitis, depression, Iron series, *Ferrum metallicum*, headaches, infections, life force, nasal polyps, polychrests, postnasal drip, progress, sensation method, *Staphylococcus aureus*

This physician came to see me in July 2007, when she was 38 years old. She did not really believe in homeopathy but wanted to see me as a last resort because she felt quite desperate: she had been suffering from sinus problems since 1993 after undergoing nasal septum surgery in 1991 for a traumatic fracture of the nose, after which she developed a yellow nasal discharge every morning. Her symptoms got much worse in 2002 when she moved to Geneva, Switzerland, with a chronic yellow-gold discharge from the nose. A CT scan revealed a left maxillary sinus cyst or polyp and she underwent surgery, which indeed revealed a polyp.

**Allopathic medication and progress of the chronic illness:** She developed a post-operative complication with a bad smell coming from the left nostril, chronic pain and occasional bloody crusts and was started on courses of co-trimoxazole (Bactrim®). Her chronic subjective sensation was of heaviness

inside her head. A CT scan showed that the sphenoidal sinus was completely opaque from hyperplastic mucosa and thick mucus. She was treated with the usual allopathic approach: a prolonged course of co-amoxiclav (Augmentin®), plus an intranasal corticosteroid spray. But her symptoms did not subside and she became depressed. She received different antibiotics for increasingly resistant *Staphylococcus aureus*. Her symptoms became chronic and she was prescribed several courses of antibiotics each year, but continued to have chronic yellow secretions. During these years, she tried acupuncture, Anthroposophic medications, iodine salt washings, intranasal propolis and oligotherapy – all with no results. She was also started on loratidine (Claritin®) for chronic allergic symptoms and eye swellings.

Her past medical history was significant for a splenectomy at age 18 after an accident, and a tonsillectomy and adenoidectomy at age 14 for chronic tonsillitis.

## CASE: 38-year-old woman, chronic sinusitis

When I saw her, her symptoms were as follows: a heavy feeling inside the head, a yellow nasal discharge and a productive cough due to postnasal drip. She had had this heavy pressure inside her head for the past five years, which got worse with movement of the head. These symptoms made her afraid and prevented her making plans for the future, for her professional life, having a second child and so on.

## SUMMARY OF CASE TAKING

**The patient said the following:** “If I could be sure it wasn’t something dangerous, I wouldn’t be afraid. The bone is very thin in this area and I could end up with meningitis. It feels like an enemy is coming to my head, destroying my health very slowly. You’re not prepared for the enemy; you run and call for help. You cannot do it alone. At home we have an alarm system because our home is out of the way, hidden. The enemies can come in my home to steal, so if I’m alone at home I close the door with a key, and I can press the alarm button and call the police. I’m very afraid because we have no neighbours; a woman alone in the house – it’s dangerous. I had this same feeling in my childhood when the enemies came (*she is from a country that had been attacked by a neighbouring country, but all her subsequent description is derived from the stories that*



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her grandfather had told her, because she did not herself live through the war), panic, don't know what to do, where to go, there is no way out. Very afraid, these animals (the enemies) are coming to kill everybody."

**Dreams:** "This was not a dream, but when I was six years old, I always imagined that I lived in a very small house, just one room, made of stone. There is a window from which I can look outside. I can see the forest and animals but I am protected. The stone house is in a dangerous place where there are forest animals. I am in a safe place and need protection. I feel very protected. You are safe. Outside, things can happen, but you are in a covered place. Outside there are dangerous wild animals, but you are in your small nice stone room."

She had fears for her health because "we live alone in this country, with no family. If you are sick and have fever, nobody can take care of you."

### ANALYSIS

**Repertorisation:** There are several ways to analyse this case. A traditional repertorisation is quite interesting: if one takes seven simple rubrics (five physical rubrics and two mind rubrics) that cover the case, it is notable that *Calcarea carbonica* is the only remedy listed in grade 4 in ALL seven rubrics (Complete Repertory 2011), as can be seen from the first repertory table. Another concise yet powerful way to understand the case is to take the following single-remedy rubric:

Mind; THOUGHTS; persistent; thinks of nothing but murder, fire and rats (1): 3 Calc.

**As Rajan Sankaran says in his book 'Structure':** "When, despite showing a vital reaction, a *Calcarea carbonica* person cannot manage to get the protection he needs, he develops intense fears and 'talks of nothing but murder, fire and rats'. This rubric represents his fear of human (murder), animal (rat) and natural (fire) elements." Our patient had fears of human (enemies, robbers), animals (dangerous wild forest animals) and natural elements (the sea in her dream at one follow-up).

Finally, if one looks at the case through the eyes of the sensation method, one clearly sees an issue of structure, role and function pointing to a mineral remedy. The case clearly belongs to the fourth series, where the issue is about protection and safety in a dangerous world, money, health, work, etc. She clearly states her need for a backup when in need of protection, pointing us to the second column.

Her delusional world itself points us in the direction of the source: during childhood, she repeatedly imagined living in a small stone room with only one window to look outside. Inside is a safe place where one is protected. Outside there are dangerous wild forest animals. Inside you are in a covered small nice room. This corresponds quite well to the inner reality of oysters since *Calcarea carbonica* is prepared from the snow-white portion that exists between the inner and outer surface of the oyster shell, and their survival pattern is to shut themselves

## INFECTIONS

down in a small protective shell for protection from the dangerous world around them. Our patient manifested the survival pattern of oysters, such as needing to find a place to anchor itself to feel secure against the threat of the outside world, but her way of expressing this delusion was manifested more in a mineral way (lack of structure, need for a backup) than in an animal way (survival issue).

It is noteworthy that she had only heard about the war from her grandfather – she herself had never lived during wartime – although she describes it as if she herself had really lived through the war. This is a common occurrence in human beings, and it shows the power of a delusion when the vital force resonates with what corresponds to its inner sensitivity pattern.

**Prescription:** After a dose of *Calcium carbonicum* 200C she quickly became symptom-free for several months and the heavy feeling in her head disappeared. Her fears for her health and for her future disappeared completely.

### FOLLOW-UP AFTER FOUR MONTHS

**The patient described her progress:** “First of all I’m not afraid. Second, because I haven’t had the attacks inside the head, I forget about it – I’m not afraid of the cold weather. Before, I used to put something warm on my head with the least cold weather. I used to be the only person with the head covered. I’m now living like a normal human being. Somehow I don’t think of all this anymore. With this problem my life had stopped for four years. I had no plans for the future; I lived just to exist day to day. Now I want to study homeopathy, though when I came to you I didn’t even think the remedy could help me!”

She needed a repeat dose six months after the first dose, and had occasional doses of 200 then 1M over the years until 2015, with an immediate response after each dose.

**Here are some extracts from her follow-ups:**

“You cannot imagine! The *Staphylococcus aureus* must be dead or asleep!”

“Before I was living in stress, always afraid. Life was not fun at all, it was terrible. I had no tomorrow. Now I live a normal life, I’m a normal person. I have started my homeopathic studies (from which she graduated successfully three years later), I have a future.”

**After one of the 1M doses she had a dream:** “I was in a sailing boat with my daughter. The sea was calm. I was afraid we could go under water, but I moved the boat and it was very stable. I was sure that we wouldn’t go under the water. I felt calm and protected, that there is no danger and everything will be fine.”

“Meeting you changed my life. I used to have a fear that came from my childhood with the stories of genocide from my grandfather. When I came to Switzerland, things were unstable with my husband, his work, his financial situation, I was afraid of the future. I started getting the infections; I had no tomorrow. I was afraid for my child if something happened to me, in a country where you have nobody to help. It used to disturb me so much, it was too much for me! Now I am very good, I am normal, I live without any worries, I don’t think about my personal future as if something bad can happen to me.”

I did not see her for a couple of years after they moved to another country, then she had to flee with her daughter because her husband started drinking alcohol and beating her, having affairs and spending all their money. So she came back to Geneva and when I saw her in November 2017 she was having episodes of headaches that lasted for several days and did not respond to *Calcarea carbonica*. I did a case retake during one of these headache episodes:

“I have had this headache for four days. It’s a feeling that my head is pulsating and exploding, a hammering sensation, it’s a strong pain from inside pushing upward.

“There is a lot of stress in my life but I feel positive, I have hope. I feel quite strong. I’m not worried about the future. The situation with my husband does not worry me. I’m not afraid. I’m just thinking about how to organize everything. I have my

	Calc.	Puls.	Phos.	Sil.	Sulph.	Hep.	Nit-ac.	Sep.	Tub.	Kali-c.	Merc.	Thu j.	Ars.	Calc-s.	Lyc.	Iod.	Psor.	Cham.
<b>Total</b>	28	25	24	23	23	20	19	19	19	18	18	18	17	17	17	15	15	10
<b>Rubrics</b>	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
<b>Kingdoms</b>	Blue	Green	Blue	Blue	Blue	Blue	Blue	Red	Brown	Blue	Blue	Green	Blue	Blue	Green	Blue	Red	Green
nose; INFLAMMATION; sinuses (141)	Black	Purple	Purple	Black	Purple	Black	Light Blue	Light Blue	Light Blue	Light Blue	Purple	Light Blue						
nose; DISCHARGE; offensive (124)	Black	Purple	Purple	Black	Purple	Black	Purple	Purple	Black	Purple	Black	Purple	Purple	Purple	Purple	Purple	Black	Light Blue
nose; DISCHARGE; purulent (144)	Black	Purple	Purple	Black	Purple	Black	Purple	Purple	Black	Purple	Black	Purple	Light Blue	Black	Purple	Black	Light Blue	Light Blue
nose; DISCHARGE; yellow (251)	Black	Black	Black	Purple	Black	Black	Black	Black	Black	Purple	Blue	Purple	Purple	Black	Purple	Purple	Light Blue	Light Blue
head; HEAVINESS (567)	Black	Black	Black	Black	Black	Blue	Black	Black	Light Blue	Black	Purple	Black	Purple	Purple	Light Blue	Light Blue	Purple	Black
mind; ANXIETY; future, about (180)	Black	Purple	Black	Purple	Black	Light Blue	Purple	Purple	Light Blue	Blue	Light Blue	Purple	Purple	Light Blue				
mind; FEAR; animals, of (120)	Black	Purple	Purple	Light Blue	Black	Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue				

## HOMEOPATHY FOR CHRONIC SINUSITIS A PROSPECTIVE OBSERVATIONAL STUDY

**Author:** Jürgen Hansel

Both the cases of chronic sinusitis described by Karim Adal and Heiner Frei in this edition of SPECTRUM OF HOMEOPATHY tellingly support the effectiveness of homeopathic treatment for this illness. A research study published in 2009 by Claudia Witt, Rainer Lütke and Stefan N. Willich shows that such success is not restricted to individual cases. The authors evaluated the outcome of the homeopathic treatment of 134 patients who had been suffering from sinusitis for at least twelve weeks.

62 doctors with certified training in classical homeopathy and at least three years experience contributed to this multicentre study. Patients were admitted to the study after comprehensive initial casetaking. The progress of treatment was checked with regular follow-ups for two years and then again after eight years using patient reports. Patients evaluated the intensity of their symptoms on a numeric scale and filled out a questionnaire on their health-related quality of life.

Over a period of 24 months the symptoms of sinusitis significantly improved and the use of conventional medication as well as other measures could be greatly reduced. The evaluation of the intensity of the illness and the health-related quality of life indicated significant improvement. Even though this recovery occurred mainly in the first three months of homeopathic treatment, it was still in evidence at the follow-up eight years later.

In the first two years the patients were given  $8.3 \pm 6.2$  homeopathic prescriptions. Almost half of the prescriptions were of the following ten remedies (in decreasing frequency): *Sepia*, *Pulsatilla*, *Lycopodium*, *Phosphorus*, *Carcinosinum*, *Nux vomica*, *Sulphur*, *Natrum muriaticum*, *Staphysagria* and *Silicea* – with the remaining 51% of prescriptions, 135 further remedies were prescribed. In 83.8% of prescriptions high potencies beyond Avogadro's number were administered. The following potencies were most frequently used: 200C: 35.7%; 1M: 23.0%; 30C: 14.2%; 10M: 7.6%; Q1: 3.5%; 12D: 3.3%.

The authors stress that their outcome study does not provide evidence about the part played specifically by the homeopathic remedies in treatment success. Rather the study encompasses the overall package of homeopathic treatment – together with the actual effect of the remedy, this package includes the context of the homeopathic practice with the time spent on each case, the care and personal engagement of the homeopath plus the expectations of the patients. The part played by the placebo effect in treatment success cannot be differentiated from the direct effect of the remedy with this particular methodological approach.

Claudia M. Witt, Rainer Lütke, Stefan N. Willich (2009): Homeopathic treatment of patients with chronic sinusitis: A prospective observational study with 8 years follow-up, *BMC Ear, Nose and Throat Disorders*, 9:7

path, I have a goal, I'm forging ahead to find a job and organise my life and my daughter's life. I feel positive and feel that I will be successful. I don't miss my husband's support at all. I don't need him near me. I don't need any support. I can solve my problems on my own."

### ANALYSIS

The mental and emotional picture that emerged, as well as the physical characteristics of the headaches, are consistent with *Ferrum metallicum*, which is well-known for long continuous headaches often lasting two to three days. The second repertory table shows the rubrics corresponding to our patient's description of her headache, and *Ferrum metallicum* is found in those rubrics in grade 3 or 4.

She responded within two hours of a dose of *Ferrum metallicum* 200C with complete disappearance of the headaches, which never returned: "I am very good, excellent, full of energy, no pain anywhere."

Her need for support that she manifested so intensely in 2007 at the first casetaking has totally vanished. She is now confident, hopeful and strong. She has no more fears for her future and her daughter's future despite a critical situation. One can say with a fair degree of certainty that, had she found herself

in this same critical situation without having been previously treated with *Calcarea carbonica*, she would have completely decompensated.

We also feel quite clearly the energy of 'perseverance' that characterises remedies in column eight of the periodic table.

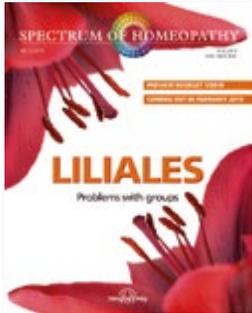
### DISCUSSION

This case is quite straightforward, needing a simple polychrest. There is no 'special twist' or particular difficulty in the prescription, and it probably does not deserve being published in this wonderful journal. But this case touches me a lot for many reasons, and this is the reason why, after some hesitation, I dared to write and submit it to the editors of Spectrum for publication. The first reason is that this case illustrates beautifully how a deep-acting remedy can transform a person's life in such a profound way, not just physically but at all levels of their life and being. We all know that and have witnessed it in our clinics but it is sometimes good to dwell on these cases that compensate for all the difficult cases we also see.

Our polychrests are worth their weight in gold: The second reason may seem a bit strange, but sometimes, after a seminar, one feels that one should know about the latest newest remedies to be a good homeopath, forgetting that most of

# SPECTRUM OF HOMEOPATHY

## COMING ISSUES 2019

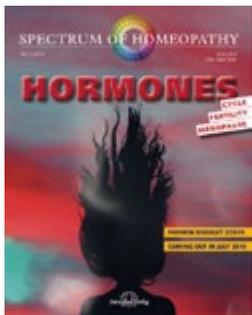


### LILIALES – Problems with groups

The Liliales order includes many homeopathically relevant remedies such as *Colchicum*, *Lilium tigrinum*, *Sarsaparilla*, and *Veratrum album*. Although they belong to different plant families, they have striking similarities, including the vital sensation identified by Sankaran. Like Michal Yakir, the Indian homeopath is guided by the Cronquist system, which – in contrast to the APG classification – also counts *Irises*, *Hyacinths*, *Agaves*, and *Asparagus* as part of this large group.

The themes of all these plant remedies are about belonging to a group, social position, recogni-

tion as well as attractiveness and sexuality. Corresponding to the cultural imagery associated with the lily, we find the issues of love and purity, religion and morality, together with shame and suppressed feelings. Therefore the physical focus is the heart and the hormonal system. Jan Scholten further differentiates the themes of the Liliales according to the different families, which to some extent also belong to another order. This issue of SPECTRUM therefore offers the opportunity to compare and contrast the plant systems of Scholten, Sankaran, and Yakir via their differing understanding of the Liliales.



### HORMONES – Cycle, Fertility, Menopause

The treatment of disturbances in functioning and regulation is a domain of homeopathy. This is especially true for female hormone balance, which reacts very sensitively to environmental influences but is also closely related to the state of mind. Since Hahnemann's time we know of remedies such as *Pulsatilla* and *Sepia* which have a special effect on the menstrual cycle, fertility, pregnancy, and the menopause.

The list of “women's” remedies has grown and grown, now including many minor remedies and entire remedy families that have proved useful

for dysmenorrhea, premenstrual syndrome, or in the menopause. In many cases remedy selection with the approved indications is insufficient, and the *simillimum* is only found via the totality of symptoms, the life history, or the vital sensation. From the menarche to the menopause, we look at a range of different methodologies and typical remedies, using numerous cases of menstrual difficulties, unfulfilled wish for children, or cycle-dependent mood disorders. We aim to demonstrate the key role of homeopathy in the treatment of hormonally caused female complaints.



### STONES – Mineral Complex Remedies

With her book of stones in “Physica,” Hildegard von Bingen founded a centuries-long tradition of precious stone treatment as part of esoteric natural healing. In homeopathy this group of remedies has only been researched in the last few decades through remedy provings. The proving symptoms and clinical experience using remedies made from such diverse substances as *Granite*, *Lava*, and *Rose quartz* have led to the emergence of common themes for the stones as a separate remedy family.

Together with typical themes such as heaviness, stiffness, and isolation but also breaking out and

exploding, we also find the well-known characteristics of this entire mineral kingdom such as a feeling of lack and the need for structure and control. Each individual stone is a complex remedy of various elements of the periodic table with differing emphases on the individual rows such as the *Carbon*, *Silicium*, or the *Iron* series. Our internationally renowned authors present various stone remedies, demonstrating with concrete cases how to reliably select these remedies via the common themes of the remedy family, the understanding of the elemental components, the repertory, and proving symptoms.



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# LILIALES

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