

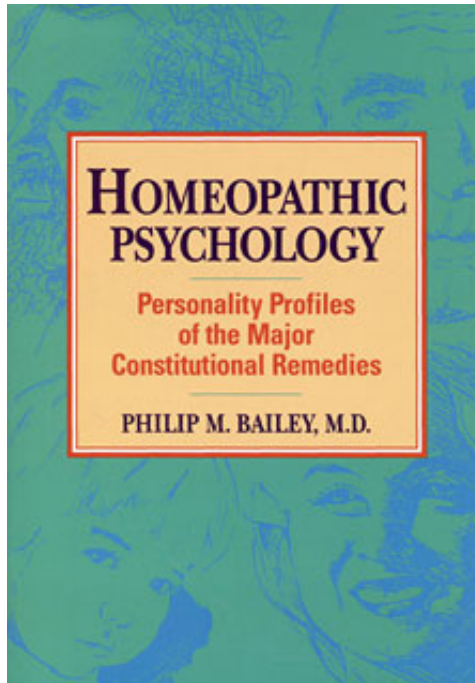
Philip M. Bailey

Homeopathic Psychology

Leseprobe

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von [Philip M. Bailey](#)



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Introduction

It is my hope that this book will help satisfy a need that, to a large extent, has remained inadequately served to this date; the need of homeopaths for an accurate and realistic description of the personalities of the constitutional remedies. The old materia medicas that we rely upon so heavily describe only the crudest and most extreme elements of the mental picture of each remedy, missing the subtleties that we actually find in the minds of our patients. I hope that this book will help to bridge that gap, and hence enable both the Student and practising homeopath to relate more easily to real personalities, rather than caricatures.

In my experience, the mentals are still the least understood, and the most underdeveloped aspect of homeopathic prescribing. Yet the personality of the patient is at least as important as the physical characteristics in individualising the case and finding the similimum. So often remedies are prescribed on the basis of a few physical Symptoms, along with gross simplifications of the patient's personality, and fail to act. This gives the unfortunate Impression that homeopathy is a vague and unreliable practice. It also gives rise to the relatively common attitude amongst homeopaths that the patient belongs to several constitutional types simultaneously, any of which will help at any given time. This is nothing more than an excuse for inaccuracy, and it results in the homeopath failing to persist with case taking and analysis to the point where the mentals are truly understood.

It is true that some patients have more than one layer of pathology, and that each layer corresponds to a different remedy, but the layers must be dealt with in the right sequence if progress is to be made, and the personality of the patient at any given time will correspond primarily to the most superficial layer, which represents the present frequency of the patient's vital force. By familiarising himself or herself thoroughly with the personalities of the major constitutional remedies, the homeopath can avoid endless hours of confusion and uncertainty in case taking, and can rapidly become an effective prescriber.

The profiles that are contained in this book are the result entirely of my own clinical experience. They are not derived from previous materia medicas, and they sometimes differ considerably from the classical profiles that have been handed down through the years. I believe that this is due to the tendency for the original remedy pictures to be copied over the years

Introduction

from teacher to teacher, and from materia medica to materia medica, with the result that the most obvious characteristics remain, and tend to be magnified, whilst the more subtle tendencies are left out, since they are not regarded as reliable. Furthermore, the subtle understanding of personality is a relatively recent phenomenon, growing out of Freud's discoveries of the unconscious, and the subsequent developments of depth psychology. This is another reason for the crudeness that we find in the mental profiles of the old materia medicas. Thus Natrum Muriaticum is generally portrayed as an introvert, yet I have come across many highly extrovert cases of this type. Similarly, Thuja tends to be portrayed as a nasty character who is bordering on the psychotic, whereas the truth is far more normal and varied. (I have never come across a Thuja patient who felt that his legs were made of glass!)

In portraying the mentals, I have tried to get across the 'essence' of each type, which is often perceivable in the absence of more localised specifics, and indeed may even seem to contradict them. Thus the essence of Lycopodium is a lack of self-confidence, and this must be recognised by the homeopath through the confident exterior that many Lycopodiums adopt. An understanding of the essence of the mentals is just as important as an understanding of the specific Symptoms of a remedy. Sometimes the former is more apparent, sometimes the latter.

Wherever possible I have indicated the approximate ratio of males to females within each constitutional type. I have done this because in many cases there is a clear preponderance of one gender, sometimes amounting to almost one hundred percent. The homeopath should be very careful, for example, before assuming that he has found a Sepia man or a Sulphur woman. The former does exist, but the homeopath should be aware of its rarity. Furthermore, I have tried to portray the ways in which a single constitutional type may be expressed differently in men and women. For instance, male Lycopodiums often hide their lack of confidence with bravado, whereas female Lycopodiums tend to express their anxiety quite undisguised.

Many readers will be struck by the emphasis on negative characteristics in my descriptions of each type. I have done my best to list the positive traits of each remedy, but it is true that it is easier to spot most constitutional types on the basis of their weaknesses and excesses, than on their merits. As people become more aware, and overcome their personality 'flaws', they tend to develop the same positive characteristics, (such as openness, flexibility and confidence), regardless of their constitutional type. The negative characteristics that remain tend to be the best guide to the remedy, (along with the generals and physicals). As for those portraits in the book that seem relatively positive when compared to the rest, I can only describe what I have seen, and in some types I have indeed seen more positive traits than in others. It may

be that the less developed members of these types do not frequent homeopathic surgeries!

At the end of each profile I give a short description of the characteristic appearances of the type. I have included these because physical appearance is so closely connected to personality, and also because I feel it is an aspect of prescribing that has been inadequately covered previously. These descriptions are meant only as a guide. They are not exhaustive, and there are many cases of patients who do not have the typical physical appearance of their type.

I do not pretend that this book covers all the possible constitutional remedies, but it covers those that are most commonly seen, and will provide an understanding of the mentals of the vast majority of patients that seek help for chronic complaints. (I have seen Psorinum constitutionally, but the mentals were so indistinct to me that they merged with the personality of the underlying layer, hence it is not included.)

A note about Constitution, Layers and Acute Mentals.

The term 'constitutional' is used in more than one way by homeopaths. There are three main uses for the term, as follows:

1. 'Constitutional prescribing' refers to selecting the one remedy which covers the totality of the patient's Symptoms, (both mental and physical) at a given time. It contrasts with 'local prescribing', based on only a few localised Symptoms, ignoring other 'unrelated' features of the case. Thus an acute remedy may be prescribed in a constitutional manner for an acute illness, and a polychrest may be prescribed unconstitutionally for the local Symptoms of either acute or chronic disease.

2. A 'constitutional remedy' is one which covers the totality of a patient's mental and physical characteristics over a long period of time, excluding temporary changes during acute illnesses. This is the context in which I use the term 'constitutional' in this book.

3. Some homeopaths use the term 'constitutional remedy' to refer to the deepest layers of a person's constitution, which may be partially obscured by more superficial layers. This is an unfortunate and misleading use of the term, since one cannot know for sure what remedy types, if any, lie beneath the surface layer, until that layer has been adequately treated. Furthermore, the most superficial layer is the most apparent one.

Layers

The human organism appears to retain a memory of all preceding chronic states of the body and mind. This memory includes certain inherited traits. Each stable state of body and mind can be considered a layer of the person's constitution. When it has been superseded by a different stable state, it re-

Introduction

mains as a cellular memory, which can be reactivated in the future. This takes place when the more recent layers have been 'peeled off' by correct homeopathic prescribing.

In my experience the majority of people remain in the same constitutional state for the whole of their lives. In other words, their vital force will resonate to the same remedy from birth till death, excluding periods of acute illness. Traumatic experiences, both physical and psychic, can shift a person's vital force to a different frequency, forming a new layer, but more often they cause a deterioration of functioning within the same layer. Thus a relatively healthy, symptom-free Natrum Muriaticum person will develop chronic sinusitis and claustrophobia following a long divorce settlement, which remain until homeopathic help or other deep healing methods are used. These new Symptoms are still within the scope of Natrum Muriaticum, and the remedy will simply return the patient's vital force to a healthier 'octave' of the Natrum Muriaticum wavelength. Without treatment the new Symptoms may remain until further trauma causes another deterioration in health, this time to (say) chronic bronchitis and recurrent depression, still within the Natrum Muriaticum layer.

Given the stability of the chronic layers, a patient's past medical and psychological history can provide useful information which can help to confirm the constitutional remedy.

Some people are born with several layers of pathology, which they inherited from their parents. They will usually continue to express the uppermost layer until the correct homeopathic remedy dissolves it, revealing the one underneath. However, some characteristics of the deeper layers can show through from time to time, both physically and psychologically. Thus a Natrum Muriaticum person with an underlying Phosphorus layer may exhibit some of the spontaneity, naivety and openness of Phosphorus but the most dominant characteristics will fit Natrum Muriaticum, especially those that constitute a problem for the patient.

In my experience, inherited layers of pathology frequently correspond to the miasmatic remedies—Psorinum, Syphilinum, Medorrhinum and Tuberculinum. When these layers have been removed one often finds 'non-miasmatic' remedy layers underneath. However, it often happens that a person is born with only one constitutional layer, whether it be miasmatic or not, and treatment will simply rebalance the vital force within the same layer. Thus a person may benefit from occasional doses of the same constitutional remedy throughout his or her life.

Additional layers of pathology may be acquired after birth by exposure to traumatic influences, be it psychological trauma, direct physical injury, or infective disease. For example, a person may develop a Medorrhinum state after acquiring gonorrhoea, or a Natrum Sulphuricum state after a head

Introduction

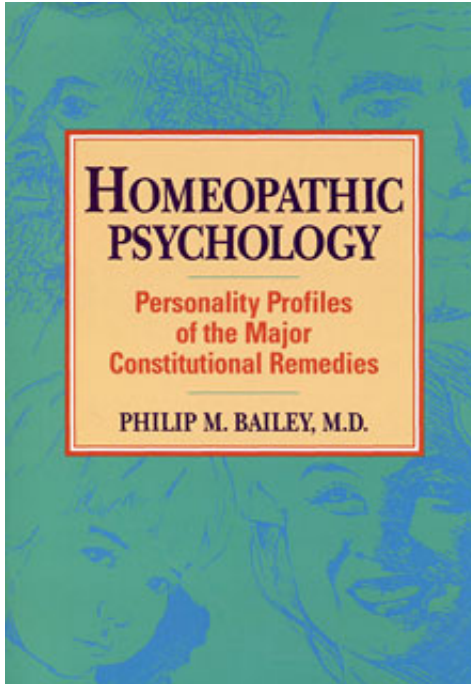
injury. A relatively common example is the acquisition of a Natrum Muriaticum state after a shock. It must be remembered, however, that the majority of patients who present in a Natrum Muriaticum state after a bereavement or shock were already Natrum before the event. Similarly, many patients who present with venereal disease in a Thuja state were already Thuja before acquiring the disease.

Apart from acute diseases which produce a temporary change in level, change from one layer to another is uncommon except as a result of homeopathic treatment. It does sometimes happen that a person spontaneously 'grows out' of one constitutional state and into another. This occurs particularly during childhood, when some Calcareas and Pulsatillas change into other types. Calcarea is especially common in infancy, which means that many Calcarea infants will change into different types as they get older. This is not a pathological change, and is not reversed by correct prescribing, unless the previous state involved pathology that was not cured, but was suppressed. Most toddlers go through a Pulsatilla stage between the ages of one or two and four. Again, the majority of these Pulsatilla children grow into a different adult type by the age of five. Very few remain constitutionally Pulsatilla after this age.

Potencies and Aggravations

In my experience, the 10M potency is the most effective in bringing about lasting psychological improvement, and I give it in most cases of psychological pathology unless the body is too frail to take it, or there is a danger of serious physical aggravation. In these cases the potency can be raised stepwise over several months, strengthening the body to the point where it can take higher potencies safely. I have found that LM potencies are more likely to help the patient psychologically than low to middle centesimal potencies, hence I tend to use a daily dose of an LM potency when there is psychological pathology and the body is too sick to take a IM or 10M potency. It is not necessary to begin with the first LM potency. Indeed this is often too weak to effect much change. As a rough guide, if it is safe to give a 30c potency, it is safe to start with LM3, and if it is safe to give a 200c potency, it is safe to start with LM6. Once the physical pathology has lessened to the point where a IM or 10M can be given, these potencies will bring about further psychological improvement.

I have not found that 10M produces psychological aggravations that are dangerous, or that lasted longer than four weeks. However, considerable aggravations do occur when the potency has not been raised stepwise, and the patient should be warned of these, assured that they are part of the process of healing, and will be followed by great psychological improvement.



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