

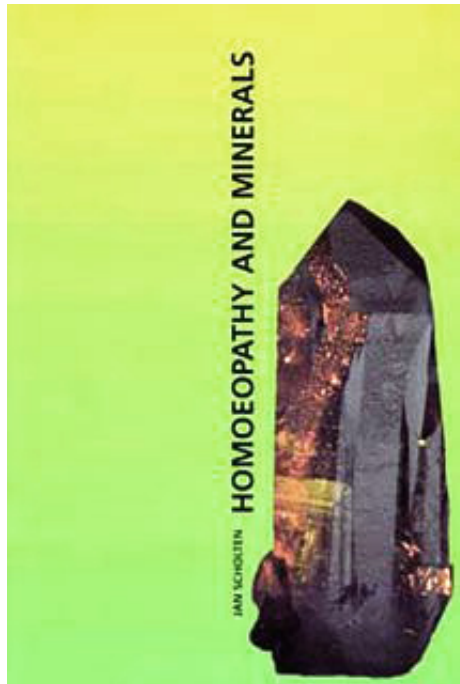
# Jan Scholten

## Homoeopathy and Minerals

Leseprobe

[Homoeopathy and Minerals](#)

von [Jan Scholten](#)



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## Calcarea muriatica

Only *Clarke* (1985, part 1, page 357) briefly mentions *Calcarea muriatica*. It does not appear in *Kents Repertory*. It is quite likely that many *Calc* cases will turn out to be *Calc-m* in the future. The picture of *Calc-m* is similar to that of *Calc*, but it does have its own character. *Calc-m* appears to be a great children's remedy. Many cases in which I would previously have given *Calc*, with medium results, are now going much better with *Calc-m*.

### Concepts

Calcarea	Muriatica
What do others think	Self-pity
Sensitive to criticism	Care
Insecurity	Nurturing
Shyness	Mother
Fears	Attention
Protection	Self-awareness
Withdrawal	

### Group analysis

The theme of *Calc-m*, according to the group analysis, is the fear that others will see that they need a lot of care and attention. The first part of this theme corresponds with that of *Calc*: 'What will others think of me'. But in *Calc-m* this fear is mainly focused on care and attention. They are afraid to ask for too much attention, to appear too needy and to be criticised for that.

Another variation is that they are afraid to give either too much or too little attention, especially as a mother to her children. They are afraid to spoil, or to neglect, their children. And the fear is especially that, by doing so, they will be rejected by others.

It is a theme that can easily be passed on from mother to child. The mother is very uncertain about how to care for the child. The child does not get enough and starts to 'whine'. It wants more nurturing and attention. On the one hand the mother would like to give this, but on the other hand she is afraid to spoil the child. And 'What will the neighbours and others say?'. She gets angry with the child and sends it away: 'Don't whine so much!'. And so the child becomes very unsure about his feelings and his need for love and nurturing.

## Case

A woman aged 50 comes with various complaints. Her first complaint is a skin rash from the sun on her chest and arms. She is especially sensitive to that in the spring. She gets little red itching lumps. She has had this complaint since the birth of her first child. A second complaint is a frontal headache, together with a cold. She feels pressure in her eyes, and has a watery discharge from the nose. Sometimes she has pain in the upper jaw, mostly left sided. These complaints started since her second pregnancy, when she suffered from sinusitis. It makes her very tired. She is also very moody and impatient. She cannot tolerate a lot from the children. She also feels dull, 'like a Zombie'. The complaints are worse in the winter, although the weather does not have a direct influence on them. A third complaint is itching of the vagina and labia. There is little discharge. This complaint is worse before menses.

A fourth complaint is constipation. Stools are hard, thick and dark. Stool is expelled with difficulty < 16 till 21 h. She sometimes gets stomach cramps, mostly in left abdomen. A fifth complaint is backache. She has had this for two years, starting two years after the birth of her second child. They were moving house and she did a lot of heavy carrying. She was exposed to a dry, cold wind. It started with sciatica, pain in the sacro-iliac joint and also in the coccyx. The pain extended to her right leg and calf. The pain is cramping and drawing, worst in the tendon in the hollow of the knee. She could only sit; lying made everything much worse. The modalities change sometimes: < in the morning, on getting up, sitting, stooping, standing still, bending the head forwards, lifting the legs, crossing the right leg over the left, > lying down, bending the leg, stretching the leg, changing position. 54 Sometimes with cramp in toes and soles of the feet.

She has a tendency to put on weight quickly.

She suffers from painful and sometimes swollen breasts. Sometimes before the menses, but also sometimes for a few weeks without any connection to the menses. Past history: severe mumps. Car sickness.

### General characteristics:

Temperature: cold, cold hands and feet; cold feet make her knees ache.  
cold weather makes her depressed.

Perspiration: often at night, on the back, chest and in axillae.

Time: < 3 pm; sometimes moody in the morning.

Desires: sweets (3), chocolate (3), grapes (3), coffee, smoking.

Aversion: cabbage, beans (2).

Menses: quite frequent, sometimes every 14 days, often copious, only during daytime; moody one day before menses.

Sleep: unrefreshing; lies on right side.

Mind: Quickly worried about husband and children. If her husband is late coming home, she gets very worried, so they have arranged that he will ring her if he is going to be late. She is afraid that the children will fall down the stairs. She also worries in her dreams. She dreams that she has to save her children from drowning.

She feels a great need for attention. Her parents, and especially her mother, had little time for the children, as they had a business. She feels that she missed out on attention. She often pities herself. Even now she has the feeling that her mother does not help her enough. Her mother is always ready to support her sisters when they are ill or when they are having a baby, but is never there for her. Everyone has always thought 'She will manage on her own', even when she was a child. She finds it difficult to ask for help, feels that she

should be able to manage by herself.  
She can be very moody. Is short tempered with the children. She feels like crying, but doesn't want to, so she starts to sigh and swallow a lot instead.  
She is afraid of insects and spiders. Also afraid to drive and have an accident.  
She cannot stand criticism. She reacts with 'sort it out yourself then'.  
She works hard, thinks that she has to.  
Her marriage is good. There was a problem in the past that her husband worked too hard and too many hours. He was often busy at night and even at the weekends. She felt that she was only a housekeeper to her husband. That was again the old problem of not getting enough attention.

#### **Analysis**

It took me three years to come to the conclusion that this woman needed Calc-m. During these three years she was given: Lye, Sep, Tub, Lac-c, Cimic, Graph, Calc, Calc-s, Am-m. These remedies worked only temporarily or not at all.  
Only Graphites had a positive and lasting effect. She became more stable. After that her complaints were sometimes more left sided, but nothing else changed. So Graphites took off one layer, but there had to be another remedy. The fact that Graphites is complementary to many remedies has already been discussed in a previous chapter.

#### **Reaction**

After Calc-m 1M she first got a heavy cold with yellow-green and brown mucus. Then her headache disappeared. Following that, all her old complaints started to come back one by one, and also went away again: the swollen breasts, the backache, the constipation. After two months she felt her old self again, at ease with herself. She lost her excess weight, without much difficulty. After three months Calc-m was repeated for a return of the tiredness after a busy spell.

## The picture of *Calcarea muriatica*

Essence: the idea and the fear that others will think it strange that you need care and nurturing.

Mind: They have a great need of attention, care, nurturing and help. But on the other side, they are afraid to ask for it. That is because of the fear that others will think it strange.

They have the delusion that you have to be able to manage without the help of others. In the past there was often a lack of attention, especially from the mother. The attention that others ask for can also become too much. Then they will become irritated and grumpy. Their own children in particular can become too much of a burden.

Also, because they are very unsure about their own motherhood, they are afraid that others will think them a bad mother, a mother who gives her children too little attention, or who spoils her children too much. Problems are therefore often connected to the menses or to pregnancy.

They like company, are quite open and like talking a lot. They are not as open to strangers as Phos. They are the fat and happy type.

They have a fear of accidents, driving, and causing accidents.

Anxiety about others, the husband, the children.

General characteristics:

Location: left.

Physique: overweight.

Temperature: cold; gloomy in gloomy weather.

Time: < 3 pm.

Desires: sweet (3), chocolate (2).

Menses: frequent, copious, daytime; moody before menses; painful and swollen breasts before menses.

Sleep: on right side or stomach.

Carsickness.

Headache with cold. Watery nasal discharge, left sided sinusitis. Mumps (the case makes us suspect that Calc-m. could be an important remedy for mumps).

Rheumatic pains.

DD: Calc, Calc-s, Muriaticums, Phos, Sep.

DD Calc: The difference is mainly that Calc-m claims the attention of the mother much more. There is a greater need for care and attention from the mother, than in Calc. In Calc there is also more shyness, and another difference is that Calc is a bit more right sided, and Calc-m a bit more left sided.

DD Calc-p: The dissatisfaction and the complaining behaviour are the same. Calc-m seeks more nurturing from the mother; Calc-p does not seek the mother so much, but rather needs new and interesting things. Calc-p is more restless and goes out a lot, whilst Calc-m would rather stay at home.

## **Baryta fluorata**

### **Concepts**

#### **Baryta**

Ridiculed  
Small, futile  
Retarded  
Shyness

#### **Fluorata**

Glamour, glitter  
Money, cars, clothes  
Sex  
Hard, fast, hurried  
Psychopathic  
Superficial contacts

### **Group analysis**

The group analysis gives us a nice theme for Bar-f: the idea that they will be ridiculed because of their sexuality or their money. They have a strong desire to 'belong', to be counted as a full member of society. But they fear that this is impossible for them, because they feel so ridiculous. They have the delusion that nobody takes them seriously, that nobody would want to start a business with them. They feel socially very inferior.

This fear can also be expressed in the area of sexuality. They feel that their penis is too small, or that their body is unattractive and silly, and that nobody would be interested in them.

A variation on this theme is that they may be very childish in the way they deal with money. Although they have a great desire to glitter and show that they have a lot of money, they do this in such a childish way that they soon lose everything. And this looks even more ridiculous. A typical example would be that of a gambler. He thinks that by gambling he is showing everyone how clever he is to earn a lot in a very short time, and in reality he is losing nearly all the time and his debts are mounting.

## Case

(taken by Rienk Stuut)

A man, aged 30, came because of swollen glands in his neck. He was afraid that he had cancer, because a friend of his had also had this and he later proved to have cancer of the testes. Before he had these swollen glands, he did have pain in the testes for a while. He is also afraid of aids, because he has had many casual sexual relationships. His glands are hard and painful.

He is allergic to house dust and mite. This makes his eyes burn, with itching at the back of the throat. It also makes him aggressive: he gets attacks of anger and he smashes and throws things around. His complaints are worse when he is busy or when he is being hurt. This makes him angry, but he says: 'I ignore my feeling of being hurt'<sup>1</sup>. Temperature: cold.

Childhood: he was a quiet and timid child who could spend all day playing with coca-cola bottle tops. Later on the other side of his nature came to the foreground. He could be very aggressive and impulsive. The aggression was often directed against himself: he would walk into a glass door, or he would cut his wrists. He took a lot of drugs: hash, cocaine, opium, alcohol. He likes taking risks: once he tried what would happen if he took off the handbrake while his car was standing on a steep hill.

His parents come from different social backgrounds. His mother ran away from home to marry his father. They were poor, but 'the outside world didn't have to see that'. This has made him very class-conscious. He believes that 'once a beggar, always a beggar'<sup>1</sup>. His parents' house was full of 'kitsch'. 190 Mind, he has a very strong sexual drive, which is sometimes difficult for his girlfriend to

keep up with. She doesn't always feel like his long sessions, but sometimes does it just to please him. This touches him so deeply that he often cries like a child. He does not like any show of affection after making love, it makes him shy, like a little boy and his head starts to itch. Once, during an orgasm, he suddenly saw a picture of a three-wheeler race he took part in when he was a little boy. He was in a winning position, but he forgot to change lanes and was disqualified. This in itself was quite fair, he thought, but he was deeply disappointed by the reaction of his parents. They swore and shouted at him, calling him a stupid idiot. Since then he has always had the feeling that he must score success, also sexually.

In reality he is very shy, but he doesn't show it, he 'puffs himself up' and becomes aggressive.

He is very irresponsible with money, he gambles and has many debts.

Relationship: When he had his first girlfriend he was very afraid to let go of her, because 'who else would ever love me?' In spite of this attitude, many women fell for him and he desperately needed this too.

## Analysis

The aggression is very much in the foreground. One could think of Hep, Merc, or Nit-ac. But these remedies had no effect. Fl-ac might be suitable but doesn't fit because of the coldness and the desire for a steady relationship. During subsequent consultations it became more and more clear that the aggression was overlying a deep feeling of shyness and inferiority. This reminds us of the Baryta's. When we combine the Baryta with the Fluor element, we get Bar-f. Then it all suddenly fits: the social position of his parents, his attitude towards money, and his steady relationship with the many casual contacts in between. One could call it all a childish way of wanting to make an impression.

## Reaction

After Bar-f he started to put his life in order. He paid off his debts (also to his homoeopath!), took a job as a dustman, and his relationship improved enormously. His complaints disappeared completely.

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## Picture of *Baryta fluorata*

Essence: the idea that they are socially inferior and ridiculous.

Mind: They feel socially inferior and are very afraid that they don't count for much, that they will be laughed at. They are also afraid that they won't be able to get a good job, or that they will lose their job again. Their awkwardness and childishness are often the cause that these are indeed the things that go wrong. Their feeling of inferiority may stem from the fact that they come from a lower social background. They may try to earn money the easy way, starting to gamble in the hope of winning a fortune. But in their childishness they forget that they are losing continually on the way. They get into debt and everyone will look at them with pity.

As far as relationships are concerned, they also feel inferior. They feel that they are not attractive, that they look ridiculous, especially with respect to their sexual parts, the size of their penis or their breasts. In order at least to get someone, they choose a partner who is not that high on the social ladder either. But this makes them feel ridiculous again, because they feel that they can't show themselves in public with such a person.

General characteristics:

Location: Right sided.

Temperature: warm. < warmth, > outside.

Time: < 9 pm.

Desires: alcohol (3), spices (3), refreshing, sour.

Physical: movement, violent movement. > violent shaking.

Complaints:

Glandular swellings (3), abscesses, fistulas.

Affections of the teeth, caries.

Arteriosclerosis. Varicose veins.

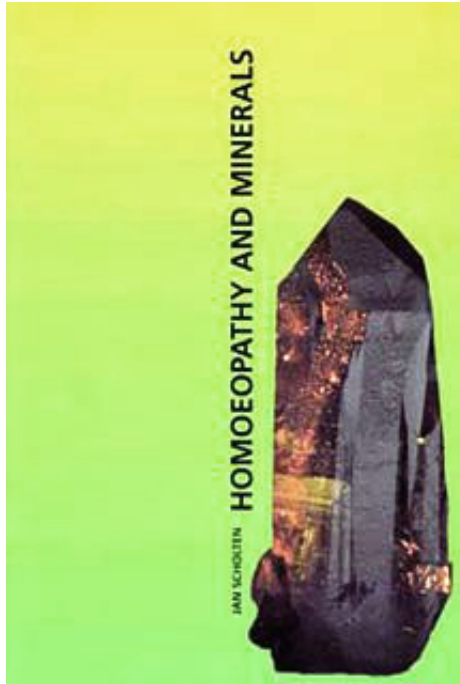
Inflammation of the joints with deformities, < hands. Hypermobility joints, lax fibres and tendons.

Deformities of the bones, exostoses (2).

Urethritis.

Infections of the vagina. Sexual problems, venereal diseases.

DD: Sulphuricum, Nitricum, Verat.



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