

Classical Homeopathy for **Anxiety & Jealousy**

Materia Medica
Differential diagnosis
Anthracinum-Case

Sample



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**Groma
Verlag**



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George Vithoukas
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George Vithoukas

George Vithoukas is regarded as the most important homeopath of the 20th century. His entire life and creative powers are dedicated to serving homeopathy. In decades of teaching internationally he contributed to the worldwide revival, recognition and dissemination of classical homeopathy.

Born in Athens in 1932, he is married and lives on the island of Alonissos. He started studying homeopathy in South Africa in 1960 and was a student of several homeopathic colleges in India.

In 1967 George Vithoukas returned to Greece from India and founded the Centre for Homeopathic Medicine in Athens in 1970. Many well known homeopaths received their theoretical and practical training in this large centre.

Since 1976 George Vithoukas has been teaching homeopaths internationally. He soon became a globally known teacher, whose students are in charge of numerous homeopathic schools and clinics in several countries around the world.

In collaboration with the University of Namur, Belgium, George Vithoukas started developing the V.E.S (Vithoukas Expert System), a sophisticated computer-system making intelligent suggestions to the homeopath for homeopathic treatment. Thus he is also seen as reviver of homeopathy and as a pioneer of electronic data processing in homeopathic practice and research.

He is the founder and head of the “International Academy for Classical Homeopathy” in Alonissos, Greece. Since 1995, homeopaths from all over the

world travel there for homeopathic education and postgraduate studies.

His numerous books and articles, among them “Medicine for the New Millennium”, “Materia Medica Viva”, “The Science of Homeopathy” and “A New Model for Health and Disease” are well-known by every homeopath.

In recognition of his contributions to homeopathy he was awarded the “Right Livelihood Award” for health, the alternative Nobel Prize in Stockholm in December 1996.

Since 1999 he is honorary professor at the Medical Academy in Kiev and since 2000 he is collaborating professor of the Medical Faculty at the Basque University in Spain.

Foreword

It was a great honour for us to invite George Vithoulkas to Switzerland for a two day seminar. The theme of the seminar “Anxiety and Jealousy” met with great approval and inspired participants. The amount of positive feedback and the many inquiries led us to the decision to publish the contents of this seminar as a book.

During these two days, George Vithoulkas shared with us his extensive experience and his profound knowledge of Materia Medica. With great commitment he presented the keynotes of the most significant remedies for these issues in a vivid and practical way. While extracting their most important aspects, his comparative description of Materia Medica enabled each participant to clearly comprehend the reasoning leading to the prescription.

This volume contains lots of information and valuable suggestions for homeopathic practice. The extensive index, the clear lay-out plus the keynotes of the 25 remedies, discussed during the seminar make this book a very practical reference work.

We sincerely thank George Vithoulkas for permitting us to publish this seminar, and for checking through and amplifying the manuscript. We further

thank Uta Schildwaechter and Hans G. Schrauder for editing the material.

Groma Publishers Baar, Switzerland

Heidi Grollmann, Urs Maurer

PART I: ANXIETY

Anthracinum-Case

... more in the full version ...

Anthracinum

Anthrax Poison

... more in the full version ...

Aconite

Monkshood

... more in the full version ...

Baryta carbonica

Carbonate of Barium

... more in the full version ...

Argentum nitricum

Nitrate of silver

... more in the full version ...

Arsenicum album

Arsenic trioxide (Arsenious acid)

Mental / Emotional Symptoms:

- ▶ **INSECURITY**, mainly about **HEALTH**, with great anxiety.
- ▶ **FEAR OF DEATH, FEAR OF BEING ALONE.**
- ▶ **ANXIETY, RESTLESSNESS** and **prostration** are the main threesome.
- ▶ **FASTIDIOUS**, wants everything in order and very clean.
- ▶ Selfish, critical about others and about himself.

Physical Symptoms:

- ▶ Diarrhoea after food poisoning, stool followed by great prostration.
- ▶ Diarrhoea with vomiting
- ▶ Asthmatic breathing is worse when lying, patient is unable to lie down for fear of suffocation.
- ▶ **ITCHING, MUST SCRATCH UNTIL IT BLEEDS.**

Generalities:

- ▶ **Burning pains**, the affected parts burn like fire, as if hot coals were applied to parts.
- ▶ **FEELS THE COLD VERY MUCH**, wants to be covered with many blankets, **except** for the **head** which he wants exposed to **fresh air**.
- ▶ **Cannot bear the smell or sight of food.**
- ▶ Great thirst for cold water, for **small quantities frequently**.

Modalities:

- ☺ **Heat** (except for headaches which are temporarily relieved by cold bathing), **hot drinks, hot applications**, sun and warm clothing.
- ☹ After midnight, from 1-2 a.m.

GV: Here we read about fear of death, fear of being alone, etc. *Arsenicum* has incredible fear. The essential process underlying the *Arsenicum* pathology is a deep seated insecurity. From this insecurity spring most of the key

manifestations known in *Arsenicum*.

The insecurity is not a lack of confidence on a social or professional level, but rather a more fundamental sense of vulnerability and defencelessness in matters relating to disease and death. From even the earliest stages onward the *Arsenicum* personality is dominated by this insecurity.

But it is not easily put into words. And it is not expressed to anybody. You see, they are people who are really organised inside. They like organisation outside. They like order and perfection outside.

The anxiety which comes inside and which is reaching unbelievable states of **panic comes from the feeling “my disease is incurable”**.

Here is the differentiating point: “My disease has no solution.” Somebody has diarrhoea, chronic diarrhoea. Every time she feels an urge for stool she waits to see if she has diarrhoea. She says: “Oh, again diarrhoea! Oh, oh, oh... again.”

You have to look at the entire make up of *Arsenicum* in order to understand what I am going to say now.

Arsenicum is a person who believes in good things in life. They like a perfect house. Their houses are beautiful, their clothes are beautiful.

We see people who are compulsively fastidious, obsessed by the need for order and cleanliness to the point of expending inordinate energy, constantly cleaning and straightening. An *Arsenicum* housewife will be seen following after the guests who are entering her house, immediately re-polishing the already meticulous floor so that even the slightest step marks will not be visible.

An *Arsenicum* visitor will get up and straighten a picture which is hanging on the wall slightly askew. This same individual may not be able to restrain himself from repositioning a tablecloth in a restaurant which is not hanging symmetrically. He will spend quite a bit of time symmetrically arranging his shoelaces; otherwise he will be bothered by their asymmetry. This excessiveness characterizes the *Arsenicum* fastidiousness.

His passion for order and cleanliness can be so great that in more mentally disturbed cases serious obsessive behaviour concerning dirt and microbes can

result. These people will wash not only their hands, but also their clothes repeatedly. Some slight contact with another person may precipitate an intense feeling of uncleanliness. Their concern about being contaminated may cause them to avoid physical contact with others altogether.

These individuals may suffer a similar sense of uncleanliness as a consequence of contracting some physical disease, especially a skin rash. If a doctor tells them, for instance, that they are suffering from a fungal infection, they will immediately feel dirty inside (their body) and begin a paroxysm of frequent bathing. No amount of washing, however, will eradicate the feeling. They are very easily disgusted by seeing or coming into contact with dirt.

This passion for neatness will also be reflected in *Arsenicum's* personal appearance. Even if he has owned a suit for many years, it seems so neat and clean on him that one is left with the impression that it was purchased recently. He attends to his clothing with great care and precision; on arriving home, for example, he will carefully and neatly fold his clothes and put them away so that on the following morning he will be sure to find them in an immaculate condition. He enjoys rendering such care and spends an inordinate amount of time at it.

The wardrobe of *Arsenicum* is something beautiful to look at: everything is aligned with unbelievable precision. Such uncompromising attention to details result in the well recognized immaculate, perfect appearance of *Arsenicum*.

Material things matter to them very much, to the extent that if this field becomes disordered, they are disturbed. So, what happens? Their organism becomes disordered in one way or another. They develop diarrhoea, stomach pains, heart palpitations, or even simple things.

They start developing fear to the extent that they feel: "This is the end. I am so sick that I am incurable."

And then there is a strong point of differentiation: they need to have somebody with them. Wherever they go, they have a person to accompany them. Not any person, but a person whom they trust, so that if something happens to them, if they have a heart attack for example, this person will be able to take

them to the emergency room and take care of them.

Of course, *Arsenicum* is a prominent remedy listed under the rubric “desires company”.

MIND - COMPANY - desire for

acon. act-sp. aeth. agri. *Aids*. all-s. androc. ant-c. ant-t. *Apis* aq-mar. **ARG-N. ARS.** ars-h. asaf. aur-m. aur-m-n. bell. **BISM.** bism-o. *Bism-sn*. bit-ar. bov. brom. brucel. bry. bufo bung-fa. cadm-s. *Calc.* calc-ar. calc-p. *Camph.* carb-v. carc. caust. cench. choc. cich. cemic. *Clem.* coloc. *Con.* cot. crot-c. crot-h. cyna. cypra-eg. der. dros. dys. *Elaps* eric-vg. fl-ac. gaert. galla-q-r. gard-j. *Gels.* germ-met. granit-m. ham. hep. hydrog. **HYOS.** *Ign.* irid-met. *Kali-ar.* kali-br. **KALI-C.** kali-m. *Kali-p.* kola **LAC-C.** lac-del. lac-f. lac-h. lac-lup. lepr. *Lil-t.* limest-b. lith-p. **LYC.** manc. merc. *Mez.* *Morg.* morg-p. naja *Nat-c.* nat-ox. nat-p. nat-sil. neon nit-ac. *Nux-v.* oci-sa. *Pall.* ph-ac. **PHOS.** pieri-b. pin-con. plac. plac-s. plb. *Pod.* polys. *Puls.* querc-r. rad-br. rad-met. ran-b. rat. sal-al. sal-fr. *Sep.* sil. sinus. skat. stann. *Stram.* *Stront-c.* *Stry.* suis-em. suis-hep. sulph. symph. syph. tab. tarent. tax. thymol. uva vanad. verat. verb. zinc. zinc-p.

In reality, the *Arsenicum album* person has more than a mere **desire for company**; it is an actual **need for someone to be present near him.**

Arsenicum surrounds himself with people because of his insecurity concerning his health and his inexplicable **fear of being left alone** while facing possible health hazards.

As opposed to *Phosphorus*, this need for company is not necessarily a need for interaction with people.

Arsenicum needs people to be near more for reassurance and support in case something happens to him. For this reason the *Arsenicum* patient becomes very possessive. Possessive of objects, of money, and especially of people who are close to them, such as a wife or husband.

The *Arsenicum* person does not readily employ a give and take dynamic in his relationships. He is much more selfish; he tends to be a “taker”.

In a relationship he will give support to another person, but primarily with the expectation of receiving support in return. It is in this sense that *Arsenicum* is a selfish remedy.

I remember a man who had a shop, a business friend. He had to have his wife constantly with him. His wife did nothing else but accompany him. All the time, wherever he went, he had to have his wife with him. Can you understand? A life

of constant fear that something may happen and nobody could help.

So we have desire for company, amelioration in company – but actually it is the totality of this person that needs to be understood. This person, who was so organised, suddenly had something happen to his organism and realized he cannot fix it. That's it.

The anxiety of *Arsenicum* causes great internal anguish, and it is out of this anguish that the familiar restlessness of *Arsenicum* arises. The anxiety tends to be most pronounced after midnight and in the morning on waking. The *Arsenicum* person may awaken in a **panic during the hours of 12 midnight to 2 a.m.**

He may say that he is anxious even while asleep. The restlessness is not just a physical process; it is primarily a mental restlessness, an attempt to allay the deep seated anxiety.

The restlessness compels the *Arsenicum* individual to pace to and fro, to move from chair to chair, from bed to bed, but the motion and the changes in position do not ameliorate his symptoms nor his anxiety; on the contrary, his moving about totally exhausts him.

The greater the **suffering**, the more the **anguish**; the more the **restlessness**, the more the **exhaustion**.

Similarly the anxiety, which can easily reach the level of anguish, will drive the patient from person to person, constantly seeking reassurance and support. Earlier in the course of the pathological development of *Arsenicum*, the restlessness can appear periodically, rising and falling over periods of weeks.

The restlessness of *Arsenicum* invites comparison with other restless remedies. In *Arsenicum* the restlessness occurs in conjunction with anxiety and desperation. The desperation forces him to move from place to place, hoping that he will find some relief.

The restlessness tires the patient and leads to exhaustion. There may be a certain periodicity to the restlessness: the patient will move about for a while and then be able to rest until the urge to move again asserts itself. The restlessness is, of course, most intense during the night, especially after midnight.

In *Arsenicum*, no relief is afforded by restless movement; the restlessness, provoked by the suffering, actually aggravates by bringing about exhaustion.

Also, *Arsenicum* people can be women who are climacteric, or mothers whose children will marry soon or already are married.

Let's say for example a woman is 52, 53, 54 years old. Both daughters have married. During that time, where the woman thinks she isn't useful for her family any longer, because the children have become independent, her anxiety begins.

This anxiety is overwhelming. The attacks are not as prominent as the attacks of *Aconite* or *Argentum nitricum*.

The main thing is that the anxiety is more constant, more internalized and that they need the support of someone who has to be near them all the time. These points differentiate *Arsenicum* from other remedies.

Calcarea carbonica

Carbonate of Lime

... more in the full version ...

Cannabis indica

Hashish

... more in the full version ...

Helleborus niger

Snow rose

... more in the full version ...

Kalium arsenicosum

Potassium arsenite, Fowler's Solution

... more in the full version ...

Lycopodium

Club Moss

... more in the full version ...

Natrium muriaticum

Chloride of Sodium

... more in the full version ...

Nitricum acidum

Nitric acid

... more in the full version ...

Cajuputum

Cajuput Oil

... more in the full version ...

Phosphorus

Yellow Phosphorus

... more in the full version ...

Psorinum

Nosode; content of Scabies vesicle

... more in the full version ...

Stramonium

Thorn Apple

... more in the full version ...

Videocase

... more in the full version ...

PART II: Jealousy

... more in the full version ...

Lachesis

Bushmaster or Surucucu

... more in the full version ...

Hyoscyamus

Henbane

... more in the full version ...

Nux vomica

Poison-nut

... more in the full version ...

Apis mellifica

Honey bee

... more in the full version ...

Medorrhinum

Gonorrhoeal virus

... more in the full version ...

Ignatia

St. Ignatius bean

... more in the full version ...

Sepia

Inky juice of Cuttlefish

... more in the full version ...

Stramonium

Thorn-apple

... more in the full version ...

Calcareo sulphurica

Sulphate of Lime – Plaster of Paris

... more in the full version ...

Gallicum acidum

Gallic acid

... more in the full version ...

Questions and answers

... more in the full version ...

Footnotes

... more in the full version ...

Ausbildung in klassischer Homöopathie

Klassische Homöopathin, klassischer Homöopath – ein anspruchsvoller, befriedigender Beruf

Die anspruchsvolle, aber auch schöne und befriedigende Aufgabe der klassischen Homöopathin, des klassischen Homöopathen stellt hohe Anforderungen an die fachliche und persönliche Kompetenz. Eine fundierte Ausbildung bildet die Grundlagen für eine erfolgreiche Berufstätigkeit. Die Schule der Autoren, Schule für klassische Homöopathie Zürich, bietet ein anspruchsvolles, zeitgemässes und praxisorientiertes Ausbildungskonzept an. Die Studenten werden optimal auf ihre zukünftige Praxistätigkeit vorbereitet.



Klassische Homöopathie

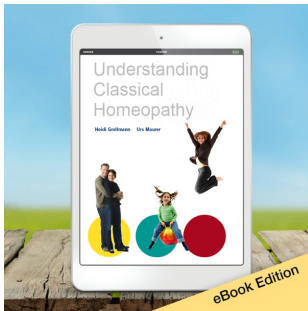
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Understanding Classical Homeopathy Heidi Grollmann & Urs Maurer



Classical Homeopathy has become an increasingly popular therapy in recent years, its use providing effective treatment of both acute and chronic illness. This book explains the fundamentals of Classical Homeopathy in a simple and easily understood way. Its aim is to help those already receiving homeopathic care to understand their treatment better, as well as to be an informative introduction to those who have an interest in the subject, or are looking for a better way to care for their health and the health of their family.

This book has become an extraordinary best-seller in the German-speaking world. Homeopaths across Europe are recommending it to their patients. There are chapters explaining the basis of homeopathy and its practice, as well as individual chapters on the use of homeopathy in pregnancy, children, sport, and first-aid, and Frequently Asked Questions. For an even greater understanding of homeopathy, a list of suggested reading is also provided.

The Authors

- ▶ Heidi Grollmann, dipl. Homeopath
- ▶ Urs Maurer, dipl. Homeopath

Both authors have been practicing Classical Homeopathy in Winterthur and Baar, Switzerland for many years. They are founders and principles of the School for Classical Homeopathy in Zurich, where they conduct a

comprehensive teaching and lecturing program for professional homeopaths. They also wrote the books «Homeopathy First Aid in Acute Cases» and «Classical homeopathy – pregnancy, childbirth, portpartum period and infant» both published by Groma Verlag in German.

Klassische Homöopathie verstehen von **Heidi Grollmann & Urs Maurer**



Bestseller: über 23'000 verkaufte Exemplare!

- ▶ **Auch als Ebook erhältlich!**
- ▶ Erklärt Ihnen, wie Krankheiten entstehen und warum wir krank werden
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- ▶ Beschreibt Ihnen, welchen Einfluss die ererbten Krankheiten (Miasmen) auf unsere Gesundheit haben
- ▶ Ermöglicht Ihnen, den Prozess Krankheit-Heilung zu verstehen
- ▶ Ist eine wertvolle Entscheidungshilfe, wenn es um Ihre Gesundheit geht
- ▶ Unterstützt Sie bei der Wahl Ihrer Therapierichtung
- ▶ Erklärt Ihnen auf gut verständliche Art und Weise die Grundlagen der klassischen Homöopathie
- ▶ Hilft Ihnen zu verstehen, weshalb in der Homöopathie eine ausführliche Anamnese gemacht wird
- ▶ Hilft Personen, die bereits in einer homöopathischen Behandlung sind, ihre Therapie besser zu verstehen
- ▶ Ist spannend zu lesen und mit vielen Fallbeispielen aus dem Praxisalltag der Autoren wird Ihnen die klassische Homöopathie verständlich gemacht

Weitere Infos unter www.gromaverlag.ch.

Klassische Homöopathie – Schwangerschaft, Geburt, Wochenbett und Säugling von Heidi Grollmann & Urs Maurer

Das umfangreiche Kompendium



Dieses Kompendium ist mit über 125 verschiedenen Indikationen, 158 beschriebenen homöopathischen Arzneimitteln und über 1000 Seiten das umfangreichste Nachlagewerk über Schwangerschaft, Geburt, Wochenbett und Säugling. Durch den übersichtlichen Aufbau wird das angezeigte Mittel schnell und zuverlässig gefunden.

Das Buch richtet sich vor allem an Fachpersonen wie Homöopathinnen und Homöopathen, Hebammen, Geburtshelferinnen und Geburtshelfer sowie an Therapeutinnen und Therapeuten. Überall in der Praxis wo rasch das richtige homöopathische Mittel gefunden werden muss, ist dieses Nachschlagewerk unentbehrlich.

Weitere Infos unter www.gromaverlag.ch.

Aphorismen – Philosophische Gedanken zur Homöopathie von James Tyler Kent

Zitate, Sprüche, Lebensweisheiten



► **Auch als Ebook erhältlich!**

Als einer der grössten und einflussreichsten Homöopathen war Kent der Überzeugung, dass es ohne begründete Philosophie keine echte Heilkunst geben kann. Die vorliegenden 452 Aphorismen Kents gelten als Quintessenz seines Denkens. Sie geben einen umfassenden Einblick in die homöopathische Denkweise und verhelfen zu einer tieferen Auseinandersetzung über Krankheit und Heilung und dem Leben im Allgemeinen. Das Buch eignet sich als Lektüre für alle an der Homöopathie und an philosophischen Themen interessierten Personen.

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Homöopathische Selbstbehandlung in Akutfällen von Heidi Grollmann & Urs Maurer



Bestseller: über 55'000 verkaufte Exemplare!

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Dieses Buch vermittelt auf leicht verständliche und übersichtliche Art das für eine erfolgreiche homöopathische Selbstbehandlung notwendige Wissen. Nebst den allgemeinen Grundlagen werden die 32 wichtigsten Arzneimittel kurz und

prägnant beschrieben. Mit Hilfe von 167 Stichworten können Sie sich rasch und zuverlässig einen Überblick über die für die Behandlung in Frage kommenden Mittel verschaffen.

Das beliebte Nachschlagewerk für die homöopathische Selbstbehandlung mit über 55'000 verkauften Exemplaren in der 13. Auflage ist als Buch und als Ebook erhältlich!

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