

BE
TRUE

IN THE IMMORTAL
WORDS OF BOUDLEAUX
BRYANT AS SUNG BY THE
LATE GREAT ROY ORBISON:

*"Love hurts,
love scars
Love wounds, and
mars any heart
Not tough or
strong enough
To take a lot of pain,
take a lot of pain
Love is like a cloud,
holds a lot of rain
Love hurts... ooh, ooh
love hurts."*



If Cupid lets
homeopathy

by MARY ASPINWALL, ISHom

Be prepared!

So as Valentine's Day looms, forgive the focus on the dysfunctional if you are still in the heady throes of a fine romance with loadsa kissing. If you want to make like a good Girl or Boy Scout, just cut this out and save it for a rainy day. Homeopathy can provide invaluable emotional first aid when things go awry.

Who you gonna call?

When the illusions hit the fan, chances are you'll be invoking St. Ignatius of Loyola, rather than St. Valentine as the man most likely to be of service. St. Ignatius was the founder of the Jesuits, and it was this self-same Jesuit order of priests that imported a deadly poisonous plant from the Philip-pines, which was used there in the manu-

TED TO

ve.?

s you down, ny can help

n, PCH, Registered Homeopath

facture of poisonous darts. For reasons best known to the Jesuits, they named the bean of this plant after their boss. The seeds inside St. Ignatius' beans were frequently used as a cheap substitute for strychnine. Just a fraction of an ounce was enough to produce muscle spasms, painful convulsions, and even death by suffocation. What a thing to have named after you!

Poisons are made for proving

Many of the first substances to be turned into homeopathic medicines were poisons, however, so it is not surprising that conducting tests on the deadly St. Ignatius' bean was at the top of Samuel Hahnemann's to-do-list. He subsequently published the results of his "proving" of this homeopathic remedy, *Ignatia*, in

YOURS
4EVER

his *Materia Medica Pura* in the early 1800s.

When love disappoints, think *Ignatia*

Ignatia is one of our most important homeopathic medicines when love disappoints. It is often prescribed after the break-up of a relationship, particularly the first true love, or after a sudden bereavement, especially when someone experiences huge volatility of moods and they literally don't know whether to laugh or cry. This contradictory aspect of *Ignatia* is also seen in the physical conundrums of the provers of this medicine: for example, indigestion that is relieved by eating, or a sore throat that is better for swallowing solid food. The person needing *Ignatia* may have big swings in appetite, too, from complete aversion to binging.

Think of *Ignatia* when a person experiences an extreme emotional shock or grief that leads to hysteria, insomnia, self-pity, or a complete sense of disbelief. Symptoms to watch out for are a heightened sensitivity to pain, with a tendency to twitch, feel faint, yawn, sigh, or hiccup frequently. Other keynotes are the *Ignatia* headache, with a sensation that a nail has been driven into the head, or the *Ignatia* sensation of a lump in the throat, that feels better for swallowing.

"I can't believe she left"

James was 33 when he returned from working abroad, just before Christmas, to find that his wife of three years had left the family home, taking their two-year-old son with her. She refused to have any contact with James and asked for a divorce. James had had no idea their marriage was

"There is
no remedy for love
but to love more."

—THOREAU

in such deep trouble, and his reaction was one of overwhelming disbelief. Throughout our interview he kept repeating over and over, "I don't believe it," and occasionally laughed, as he shook his head in complete bewilderment. He seemed utterly exhausted and yawned frequently. I prescribed *Ignatia* in a high dose—10M. James contacted me soon afterwards to say that he was feeling much better—the exhaustion and constant yawning had improved greatly, and he was able to accept the truth of the situation. He repeated the medicine over the following six weeks, whenever the feeling of shock and disbelief or the fatigue returned, and it helped him every time.

Natrum muriaticum to follow?

The great American homeopath, James Tyler Kent, noted that: "In a mental state where *Ignatia* temporarily benefits the symptoms, but does not cure ... *Natrum muriaticum* should be given." In his *Lectures on Homeopathic Materia Medica* he elaborated on a typical situation calling for the remedy *Natrum muriaticum*: "Unrequited affection brings on complaints. She is unable to control her affections and falls in love with a married man. She knows that it is foolish, but lies awake with love

for him. She falls in love with a coachman. [Author's note: This was much frowned upon in those days, unless you were 'below stairs' yourself.] She knows that she is unwise, but cannot help it. In cases of this kind, *Natrum muriaticum* will turn her mind into order, and she will look back and wonder why she was so silly."

Why indeed? The key thing about choosing a man who is completely unavailable is that you can swoon endlessly about your impossible, star-crossed, never-to-be-affair and, in some perverse way, quite enjoy it! Lots of fuss without the muss...

Confirmatory symptoms for those needing *Natrum muriaticum* include a desire for salt, strong thirst, dry mucous membranes with a tendency for their (stiff upper and lower) lips to crack in the middle, and a tendency to feel worse by the sea or in the sun. In fact, people needing *Natrum muriaticum* are so sensitive to the sun that it can bring on cold sores. Unlike those needing *Ignatia*, those needing *Natrum muriaticum* are very private people and less likely to confide in anyone about their heartache.

Saved by homeopathy

I once mentioned to an older woman I met at a social gathering that I was a homeopath. She suddenly became very

animated and told me the story of how homeopathy had "saved her." She had been married, very happily, for almost fifty years when her husband died suddenly. She was terribly shocked and saddened, and she completely withdrew into herself, feeling that life was no longer worth living. She continued to feel like this, staying in near seclusion, for two years, until one day a friend, who was concerned for the woman's well-being, suggested she take *Natrum muriaticum*. "Within a few days of taking a single dose, my feelings of grief completely lifted" she told me excitedly, "and I felt like my old self again!" She had recaptured her former joie de vivre.

Phosphoric acid

Another medicine to consider for those who are experiencing prolonged grief or

*"I was nauseous
and tingly all over.
I was either in love
or I had smallpox."*

—WOODY ALLEN

MAYBE!

In Pursuit of the Mirror

by NICHOLAS NOSSAMAN, MD, DHT

We may also scream our way
Through the wickets
Of the roller coaster,
Our fingers clinging to the bars,
Our hair on end,
Disdainful of help.

We can also choose
An isolated cell
In the prison of stoicism,
As the unshed tears
Swell around our eyes
And slowly make us blind.

But grateful we are
That we have access
To that mirror,
Which guides us
To the flame
That re-animates our souls.

The flip side of fear
Draws us to the flame,
When we're willing to go.
We may instead shut ourselves
Out in the bitter cold wind,
Feigning indifference.

Other times we just run,
Dodging engagement.
There seem to be many roads
Skirting the suffering
That scorches us
And makes us whole.

Sometimes we plunge,
Unconsciously,
Into the center of it,
Drowning in misery,
Eyes clouded by the murk,
Grasping for a handhold.

unrequited love, but who do not fully recover after taking *Ignatia*, is *Phosphoric acid*. This is especially true if the grieving person is also having sleepiness, night sweats, and emaciation. Think of the tubercular heroine pining away slowly until she has become a pale, exhausted shadow of her former self. This is not really a look likely to win your lover back. The homeopathic materia medica tells tragic tales of hair falling out or turning gray; of weakness and apathy; of being prone to persistent diarrhea, but strangely feeling the better for it. Those needing this remedy may also crave juicy, refreshing things, like fruit.

Antimonium crudum

This is a medicine for sentimental, romantic people who are greatly moved by the light of the moon or (in the old days) the mellow light shining upon them as they stood beneath stained glass windows. They love to talk in rhymes or recite verses. They have a tendency to idealize and fantasize about the object of their affections to the point where others have difficulty recognizing their beloved at all. When things turn sour they feel sleepy and weary; they loathe life and may even contemplate suicide.



VALENTINE'S DAY LEGEND & FACT

At least three different saints named Valentine shared the feast day of February 14 in the ancient Roman Catholic calendar. Although legends and theories abound, no one is certain how this saint and this day became associated with the Valentine's Day celebration of romantic love. An offshoot of an ancient Roman fertility festival celebrated around the same time? Maybe. St. Valentine sending a note to his beloved before he was martyred and signing it, "your Valentine"? Perhaps. But others trace it to England and France in the Middle Ages and the belief that on February 14, the birds began to pair; this then became the day to exchange love letters and tokens of love.

In the US, Valentine's Day has become the second biggest holiday for sending cards (just behind Christmas), and the biggest day for sending red roses.

St. Valentine oversees the construction of his basilica in Terni, Italy, from a 14th century French manuscript. Source: Wikipedia.

In love with another man

Angela had a kind and loving partner, but unfortunately she was still in love with a man she had had an affair with a few years earlier. She idolized her former lover even though she could see, in her more rational moments, that her current partner was by far the better man of the two. The ex was by now living with a new partner, and there seemed little chance of a reunion with Angela. Another homeopath and I both wracked our brains over what medicine to give her. We tried *Ignatia*, *Natrum muriaticum*, *Salmon* (because she was convinced he was her "soul mate," a phrase that *Salmon* provers used frequently), and *Cygnus Cygnus* (Whooper Swan, a good remedy for deep grief upon loss of a life partner)—all to no avail. In the end, because of her tendency to always see her old boyfriend, undeservedly, in the best possible light, I gave her *Antimonium crudum* 30c, and it helped dramatically. Suddenly, after two years of misery, she was able to enjoy life again, went on a long holiday, and started a new college course.

I DO!

Aurum metallicum

Sometimes when someone is not in the best of mental health, a relationship breakup or business failure can be the final straw

I've written some poems for Valentine's Day in the past, and was happy to write one for *Homeopathy Today*, at Mitzi Lebensorger's request, to parallel this issue's topic of love in relation to homeopathy. When she suggested that I elaborate on some of the remedy themes that the poem touches on, it seemed like an easy matter. The more I thought about it though, the more I realized that the images of the poem allude to facets of a great number of homeopathic medicines, some more classically regarded as grief remedies, relating to unrequited love or the death of a loved one or of a relationship. In addition, if we regard the great number of possible ways to respond emotionally to a situation of loss and couple them with their physical correlates, we must include a much larger array of the medicines we use. In other words, it becomes somewhat complicated.

The poem, then, alludes to some of the various ways to experience and become stuck in suffering, displacing the awareness of, and the ability to feel, love in our lives. The roller coaster suggests such changeable remedies as *Pulsatilla* and *Ignatia*, but there are many others. Indifference results from a largely unconscious process, and may be seen classically in *Aurum metallicum*, *Phosphoric acid*, and *Gelsemium*, as well as many other medicines, to a smaller degree. *Sepia*, along with *Natrum muriaticum* and many others, may be considered when there is stoicism, withdrawal, and an inability to cry in

the experience of suffering. Likewise, we can run from our losses of love and ego defeats—literally or figuratively—as seen in *Sepia*, *Ignatia*, *Natrum muriaticum*, and many others. We can also plunge into our misery and become lost in it: identified with the state of "sackcloth and ashes," as in the state of *Natrum muriaticum* again, as well as that of *Ignatia*, *Lycopodium*, *Phosphoric acid*, *Staphysagria*, etc.

The saving grace, as always, with this wonderful art and science of homeopathy is that we can help the individual patient, no matter what the tangible or perceived personal defeat they are experiencing, and this is portrayed in the poem as the metaphor of the mirror—never a perfect reflection of the patient in their state of suffering, but a *simile* (similar enough remedy) and hopefully *simillimum* (precisely correct remedy), to aid in the process of healing.



ABOUT THE AUTHOR

Nicholas Nossaman, MD, DHT, graduated from medical school in 1968 and interned on a Navajo Reservation in NM, before beginning his homeopathic medical practice in Denver, CO, in 1976. He has served as board member and president of both the National Center for Homeopathy and the American Institute of Homeopathy. He's been a member of the Rhus Tox study group of *Homeopatia Internationalis* for over 20 years. His other interests include Jungian psychology, photography, watercolor, golf, pantomime, and poetry.

that drives them to contemplate or attempt suicide. This is sickness at a very deep level, where the love of life is completely lost and replaced by total and utter despair. One of the medicines that a homeopathic professional might choose in a situation such as this is *Aurum metallicum*.

Those needing *Aurum metallicum* are often full of self-reproach and see themselves as abject failures. This is in no small measure due to the extremely high standards they tend to set for themselves. Often they imagine they have somehow neglected their duty and that the failure of their love affair is entirely their responsibility. They may swing from deep tortured silence to great anger and violence when roused.

Making the attraction less fatal!

So far, all the medicines we have considered are indicated for those who turn their lovesickness in on themselves. However, there is another category of the lovelorn,

and ever since Glenn Close's terrifying portrayal of Alex Forrest as "the woman scorned" in the movie *Fatal Attraction*, these folks have become known colloquially as "Bunnyboilers." (Please don't ask, I'm squeamish ... just get the DVD and a cushion to hide behind.) Not to be sexist here, let it be duly noted that men scorned are no picnic either. But in either case, there are particular homeopathic medicines that are better suited to those who feel they are mad as hell, and they're not going to take it any more.

If I were a betting woman (and in truth I did spend much of my childhood at the horse races), my money would be on *Hyoscyamus* as the medicine that Alex Forrest was in desperate need of. Naturally, Michael Douglas, as the hapless, faithless husband, could not have given it to her, as it would have wrecked the dramatic tension and killed the box office receipts.

HUG ME

Hyoscyamus

This is a homeopathic medicine that is often indicated in cases of jealous rage. Constantine Hering, another great American homeopath from the days of yore, described the state of someone needing this medicine as: "Very suspicious. Reproaches others, complains of supposed injury done him. Quarrelsomeness; indomitable rage. Loves smutty talk. Frequently breaks out into a loud laugh. Scolds; raves; abuses those about him. Cries and laughs alternately, gesticulations lively. Does foolish things, behaves like one mad. Fears: being left alone; being betrayed."

OK, so Hering didn't mention the irresistible urge to cook the family pet, but everything else, I feel, is pretty well covered.

Enraged and "climbing the walls"

A few years ago, a woman named Jeanette came to see me. She had recently separated acrimoniously from her husband, and she was enraged by his repeatedly thoughtless and hurtful behavior towards both her and their very young child. She described herself over and over as "raging," so much so that she was "climbing the walls." Several times she told me, "I could kill him." I also noticed that she was picking invisible bits of fluff off her clothing.

Hyoscyamus has the keynote symptom of "picking at the bedclothes." It also has the desire to kill and to climb, as well as the delusion of "climbing up." Very often clues like these in what is called the "simple language" of the client, the things they say repeatedly (and indeed almost unconsciously), along with "simple gestures," point to a person's true feelings. I gave Jeanette *Hyoscyamus* 200c and repeated it as needed whenever the raging returned—about every four to six weeks at first, then less frequently over the course of a year. Her immediate response to a dose of *Hyoscyamus* was always very marked; within two or three days of taking it, she would become relaxed, calm, and able to see the funny side of things again. Now, many years later, she is totally oblivious of her ex-husband's antics and hasn't had a rage episode for years—despite an ex who would give Job a run for his money!

Lachesis

This is another medicine that may be indicated for people with jealousy, rage, and a

Lovesick? CALL THE EXPERTS

Homeopathic home prescribers have long known the value of a timely dose of *Ignatia* to help a person cope during an acute episode of disappointed love, grief, or other emotional shock. Keep in mind, however, that *Ignatia* might not be the indicated remedy in *all instances*, and that the emotional and physical effects of grief or disappointed love can be serious and long-lasting. Always seek professional help from homeopaths and other health/mental healthcare experts for serious emotional or physical symptoms (e.g., suicidal thoughts, violent behavior) or for any other troubling or lingering symptoms. Don't make light of such problems, and don't go it alone—seek help!



desire to kill. In a 1932 issue of the journal, *Homeopath*, Dr. Margaret Tyler describes a chilling case: "A young woman suffering from insane jealousy of her husband. She was always looking at herself in the glass, because she said her face had changed. She was always peeping through the little window into their shop, to see what her husband was doing; whether he was flirting with the shop girl. *Phos.* helped her a little, then not. She got pretty bad, was caught with a razor; came down into the shop in her night-dress; tried to do all sorts of extraordinary and mad things. They followed me about in despair about her: she was not safe. We discussed her case, and the doctor I was working with picked out the main symptoms, jealousy and suspicion, and of course she got *Lachesis*. I think she needed a second dose a month later. And then she bloomed into her old self, smiling and happy, all the trouble forgotten, and she had remained well seven years later..."

*"Like the measles,
love is most dangerous
when it comes
late in life."*

—LORD BYRON

Can you feel the force?

Now, after all this focus on when good love turns bad, you will be thinking I have not a romantic bone in my body, a charge I strenuously deny, and to prove it let us finish on a high note...

The lovely Marie Mélanie d'Hervilly-Gohier was just 35 years old when, disguised as a man, she traveled from her native Paris to Saxony in search of Samuel Hahnemann, the founder of homeopathy. She met Hahnemann, a reclusive widower in his late seventies, in October 1834, and after a whirlwind

three-month courtship, she had gone from being his patient and student, to being his wife. They left for Paris together in June 1835 where they lived and worked together happily for nine years. Melanie was overwhelmed with grief at his passing, but threw herself back into the homeopathic practice they had run together. After a legal battle, she became the first woman ever to openly practice medicine in the West.

Intrigued? You can read the full story in *A Homeopathic Love Story: The Story of Samuel and Melanie Hahnemann* by Rima Handley, FSHom.

So I hope you all have a Happy Valentine's Day and if the Law of Gravity turns out to apply to everything, romances included, then I wish you soft landings ahead.

BE
MINE!



ABOUT THE AUTHOR

Mary Aspinwall, Registered with the Irish Society of Homeopaths, has been practicing classical homeopathy since 1995. She designed the best-selling Helios/Double Helix series of homeopathic kits and set up The Natural Healing Rooms, a large, multi-disciplinary holistic health center in the South West of Ireland. She has written a free on-line course covering the basics of homeopathy including treating first-aid emergencies and acute illnesses. To enroll visit www.homeopathyworld.com.