



Education in Homeopathy – Part 2

A Prescription Based on the Level of Delusions

Anne Vervarcke, Belgium

In the following case, prescribing on the physical aspects, as in Case 1 published in Part 1 of this article, would not be very promising and the expressions are not comprehensible as a coherent whole without knowing the underlying feelings. But when looking at the uncompensated state in the dreams, all becomes crystal clear. This is a **prescription on the fourth level (delusions)**.

Case 2: E. S.

Born 14-06-61, married, no children. Employee.

Intake 23-1-2005

“For about the last 2 years I have noises in my ears. It started in November 2001, and it irritated me enormously. My left ear was operated on: they changed a little bone in my ear (*ossicula auditus*) but it didn't ameliorate my tinnitus: on the contrary, I'm dizzy ever since especially with movement. It is worse when looking at moving images like in the movies and in the dark. As a child I suffered from dizziness and carsickness.”

Q: So...

“In the beginning I had a kind of pressure on my ear like when you are in a plane. I take medication to stabilise that. My hearing is much worse. At work it bothers me a lot, especially when phoning and that is worse when there is noise around.”

Q: What bothers you the most?

“It depends: when the noises are worse the dizziness is better and vice versa. I know what I can't do: working in the dark with stooping. Sometimes those noises are in

the background but disturbing me when I am reading or watching television. I went to an osteopath to relax and to get over it. (*Voice breaks*)”

Q: What do you mean?

“To learn how to handle it. I know when I'm stressed it gets worse (HG.■ to find a way out, (HG) to get out of this vicious circle, to talk about it, it isn't always easy (*weeps*). It hinders me in a lot of things; it has an impact on my behaviour. In the beginning I was depressed by it. I lost weight, didn't feel like eating. In the beginning there was this enormous uncertainty: what is happening to me? This tremendous panic is better now, it's a kind of getting used to it. For instance I'm working in the garden and it comes, ooooooh, I'll stop, keep myself still and it passes. That's the way I try to handle it. For the moment I work 80% of the time to have less pressure. Before that noise came up I was always stressed at work and at home. Now I'm less nervous: in my job another employee came and the responsibility is not only mine anymore. That's difficult for me. I want to do things perfectly and it is difficult for me when I can't get something under control, like with these noises: I can't get them under my control, the unpredictability.”

SUMMARY

This article is the second of a two-part article on Education in Homeopathy, where levels of education as well as levels of case-taking have been discussed. The first part was published in Links' issue 2/2006. This second part deals with a case where the remedy is prescribed on an understanding of the case on the level of delusion.

KEYWORDS Columba, Pigeon, Delusion, Levels in case-taking

Q: What about it?

“Fear, that it will be difficult to live with it, that it will become louder and louder. Will I be able to bear it, will it stay manageable? At the onset it was panic: what is happening to me, will this stay liveable? Those noises came in a short period. In the beginning it worried me day and night. I couldn't keep it in perspective.”

Q: What about the severe panic?

“I have an aunt who has it and I get that image back. And then this dizziness. I had stress and problems but I thought: I'll take a vacation and get over it. I'll be back on my feet. We built a house and one year before my symptoms they pumped fuel I didn't order and this caused me a lot of misery. It's still not solved, problems with the supplier, with the insurance. The problem with the stench. It was very hard on me. I had to solve it and I couldn't solve it. There was nobody who could help me. I had the feeling that I was alone with it. I went to work in the day and when I came home in the evening I had to solve this problem. There is no connection but yet I'm telling you. The supplier is bankrupt. Now it is in the hands of lawyers, and since the cellar is closed we're not bothered about the smell anymore.”

Q: What was the feeling?

“I have to solve this problem and I don't know how. I was between two camps. I'm not an expert. This gave me insecurity. How is this going to end? It was difficult because I had no control.”

Q: What happened in November 2001?

“Those noises in my ear. I started to listen to them. I remember one day: it was a whistling sound. Days later it was ting ting ting.”

Q: And now?

"Hissing, or like a radio that is not tuned properly. Sometimes like fine bells. Sometimes it's like sssshhhht. It takes me out of my concentration, disturbs me. It disturbs my concentration, takes my attention to this noise. I play with the pigeons. Then I have it less than when I watch television. When I'm in my bath relaxed with music I have it less."

Q: What do you mean by not liveable?

"Being constantly harassed by it, that the impact would become so big and the periods when it causes me troubles become more and bigger. This feeling I can't escape from it anymore."

Q: If you can't escape anymore?

"Constantly being distracted from what you are doing. You become unhappy... the pleasure in life disappears. With this dizziness a lot of things I can't do anymore, like working in the garden. I have to stop because of my dizziness. We used to go to the movies but I don't dare anymore. Those moving images. In the garden sometimes I have to stop after ten or fifteen minutes. I used to work alone and now my wife has to do the stooing and the trimming. That is difficult. Formerly it became a spiral of negative thoughts. Now I know: in fading light I shouldn't work, but I'm less frightened of that than the noises. On them I have no grip at all. And that makes it scarier for me. There is nothing you can do about it, it is unpredictable. The only thing is: you shouldn't get anxious."

Q: Nervous?

"Get in that circle. Ooooh, it is getting louder again, or when it comes while watching TV, then I start to think: maybe it is because of TV watching and so the long winter evenings I take Lexotan and then the worry goes away."

Q: What about the movies?

"It is that swinging effect. When I get dizzy after watching a movie it's for the whole night. At home it is less because I don't have the feeling I'm closed in, but the noises are worse. I don't have any grip on them."

Q: No grip?

"No grip at all. For instance you wake up in the morning and you can't say: I walk in

the woods for two hours, you have nothing, no instrument to influence it."

Q: No grip, in general.

"It's unpredictable and I don't like that. You can come in a situation where you have no control. I don't like that. I have some neurotic traits: I check things six times or more. Mostly it has something to do with our house and it became much worse after that incident with the fuel, for instance the taps. I check if there is no water coming out. Or plugs, the coffee machine must be unplugged. I have to restrict it. It is not my responsibility and it doesn't have anything to do with my equilibrium or the noises in my ear. I'm afraid the house will get flooded or catch fire with that fuel: I have to be careful not to be in that situation again, the damage, we had to go to live with my father in law, the house smelled so bad, it was terrible: somebody does a thing like that to you and you are just helpless. It's so unjust. Nobody helps. Maybe that is why I check everything now, to make sure a thing like that won't happen to me again."

Q: Can you tell me a bit more about that?

"I thought this was a terrible thing, terrible that a thing like this could happen. You always pay and nobody helps you when you need it. I didn't see any solution. That fuel was soaked in the concrete, and then the fear factor: I didn't know how things were going to evaluate. If there had been somebody who could tell me such and such."

Q: What about unpredictability?

"I'm afraid I will not be capable of handling it. I won't be able to get it on the right track, that there will be demands above my capacity. I'll never do something when I'm not absolutely sure I can manage. I must be sure and have a broad margin."

Q: What is the right track?

"That something is not in the right way."

Q: Right way?

"For instance at my job. I could get promotion but I didn't accept it. I doubted whether I was capable of doing what was required. I always want everything to be perfect. I try to avoid such situations. I'll never promise anything to anybody when I am not sure I am able to do it."

Q: What is unpredictable?

"How long are you going to live? But that is not the problem as there is nothing you can do about that, same with travel in an airplane: I am not responsible."

Q: Can you describe the nervous feeling you spoke about?

"When there is something I have no solution for. I try to avoid those situations. I try to get in them as seldom as possible. Like with the fuel. My wife is different: she could go on with her life without having a solution. I can't let go of it. I become nervous. I magnify the problem in my thoughts, from a very small thing I make something like that (HG) and I can't get around it. For instance fixing a date for a vacation I wouldn't do. I can't be sure whether I'll be sick or not. (*Patient is weeping and weeping*) I have a hard time. I couldn't do my military service because of psychological problems. The transition from school to the army. I was released from the army then."

Q: What happened?

"I worked in Brussels and I didn't feel at ease there and I had that date, that I had to go to the military service. I was very stressed. I felt so bad. I was in treatment with a psychiatrist for four years. I felt so bad. Hazy in the head, psychosomatic complaints. I didn't feel fit for the job. I didn't know which direction to go in."

Q: How did it get better?

"It was a vicious circle, the fear to feel bad. For four years I didn't do anything and stayed at home. I didn't dare to do anything. Then I found work and got to know my wife. That helped, she didn't make demands on me, that I should be able to do this or that, no expectations. That made me more relaxed."

Then the consultation goes on, about his uneasiness with every change in his life and his favourite movies: Breaking the waves and Pulp Fiction, where he appreciated the absurd humour and the fact that people get misled.

Q: Other things you like?

"My pigeons, but I'm so fanatical about them that it is more tension than relaxation. I always want to win."



Q: I know nothing about pigeon sport, so tell me.

“That’s a world apart. They are in cages and then they have to get home first. I want to be the first. I want to prove I am very good in that. You can give the best pigeon to somebody who doesn’t have the feeling. The ‘finesse’ (knack) in treating the animals. The pigeon house must be perfect, the training, the feeding. It is a bit of a gift to know how to do it, for instance you enter the stable and you smell: it’s musty here, it is humid. I have to let a bit of air in. or the pigeon is too heavy. I have to change something in the diet, or: now is the right time to train, the weather is fine, open the window now. Sometimes it is stressful for me: they let the pigeons loose with bad weather and then there is nothing you can do and sometimes a few pigeons don’t come back, or somebody makes a wrong decision. I’m busy with my pigeons every day.”

Q: And are you winning?

“Yes, yes, but when you are used to winning ... I want to prove that I am better than the others. I see it very quickly when there is something. I immediately spot it when something is the matter with a pigeon. I can see it in a minute.”

Q: What is a good pigeon?

“That depends on the distances. I let them fly four hundred kilometres. Last year I had them participate twelve times; they finished with the first hundred. The pigeons that are not good enough are terminated. I don’t do that myself, I bring them away. When you have a thousand pigeons and twelve times in a row you end with the ten best, and with those pigeons you try to breed. It is my hobby. I’m a bit consumed by it; it would be hard for me to miss that.”

Q: Does it have to do with the pigeon itself?

“No, no, I just try to do the best I can, together with my father. It’s good for your ego, it gives you some prestige with the other players. I like that. I also like to go jogging but I always wanted to go faster and faster and I got more and more injuries. I have to restrict myself: now I do seven kilometres three times a week. Before I used to run myself completely empty: as long as I could, as hard as I could, to achieve better and better times.”

Analysis

In a very natural way the patient tells first about his physical ailments, gives us the facts and modalities and spontaneously moves to the emotional level. It is not so common for a middle-aged man to cry in the first 15 minutes of a consultation, so together with the many hand gestures one gets an idea of the depth of the case, the miasm. There is a tremendous panic at the beginning of the complaints and later a fear it will become impossible to live with. And the patient gives an example of the incident with the fuel where he had a lot of stress because this too was a situation where he felt alone, helpless and where he didn’t have a solution. He felt victimised as he had paid his insurance, was always ready to help, but was left alone when he needed help himself. He fears unpredictable things and tries to keep control, even to the extent of compulsively and incessantly checking the gas, the water taps and the electricity. In his youth he received psychiatric treatment because he felt unfit for business and hyperventilated.

His talk of vicious circles, the flow of tears that don’t stop, the repetitive hand gestures showing a kind of wiping away of things with one hand (a kind of flapping), his fear of losing track, all these give us a glimpse of the sensation. Although he seems very soft and Staphysagria like, in his favourite movies one sees another side of him: aggression, cruelty, sexuality, deceit and humour! This victim/aggressor sensation in him brings our mind to the animal kingdom.

And then in a very natural way almost without questioning the patient starts telling of his hobby, which is really more of a passion: his pigeons. There is an element of competition in the patient but the most characteristic is the way he has the knack, the finesse, because he knows exactly how his pigeons are, he smells it is the cage, he knows what they need for food and air, he gets completely in the energy of the pigeon. For such a moment, where the whole case falls into its place when the patients reveals his source and every little part of his puzzle becomes a coherent picture, the homeopath can only be grateful and listen in amazement to this ‘true language of nature’ (Aphorism 144).

Among the proving symptoms of *Columba* we have: naiveté, harmlessness, humility, great sadness, always want to serve, softness, tenderness. Other *Columba* cases have in common: the world is a harsh

place, perfectionism, wanting things to be perfect, shame, guilt (Jonathan Shore). Besides that we know that bird cases mostly have symptoms of the eyes, ears and bones.

Remedy: *Columba* 200K (*pigeon*)

Jonathan Shore on the proving: “The world is too harsh, they seem retarded or delayed, they will make you think of *Baryta*, *Carcinosinum* and *Staphysagria*.”

Follow-up

8th March, 2004

The patient reports a reduction of anxiety to such an extent that he can relax and consider his situation better. He feels the noises and compulsive disorders have been alleviated a little. He is given sac lac.

23rd April, 2004

The patient reports a further improvement in his symptoms, although he has been bothered by a buzzing sound that only partially responded to medication, but doesn’t leave altogether and disturbs his sleeping pattern. He can do more, is less afraid and is less bothered by his compulsive disorders. Patient was given sac lac.

11th June, 2004

The patient has had a sports injury that prevents him from going jogging, which upsets him visibly. He said he’d go twice a week: always jogging more, longer, harder, pushing himself. He recounts that he has a passionate nature and wants to perform: even with his jogging, or his pigeons, he is more trying to prove himself than relaxing. The remedy is repeated.

27th July, 2004

The patient reports that the buzzing sound has ceased about a week earlier, and that, while the other sounds are still there, he isn’t bothered by them as much, which leaves him the freedom to work and concentrate on other things longer than he could before. The sport’s injury has healed somewhat, and he can run again, which he mainly does in competition: measuring the time in which he can run a distance means a lot to him. He is given sac lac.

22nd September, 2004

The patient says he is stable, though with ups and downs and that he stopped all

medication. He felt anxious quitting, but didn't panic. He takes a tranquiliser now and then when he feels 'too active' in the evening. The buzzing sound hasn't come back, and he feels he has breached the vicious circle of the tinnitus. He was given sac lac.

18th November, 2004

Following the firing of a colleague, the patient is faced with an increased workload which causes him stress from which he cannot recover, since he has to redo a floor at home. Although the noises are still at the same low level, this serious relapse prompts the prescription of Columba MK, made with the frequency machine as it was not available as a potency at the time of the consultation.

29th December, 2004

The patient reports recovering entirely from the relapse, and finds that the tinnitus and vertigo have ameliorated to such an extent that he can watch TV or go to movies. He is seeing a psychiatrist about

the compulsive disorders. He didn't have to take tranquilisers any more once he was out of the stressful situation at his job. He was given sac lac.

4th March, 2005

The patient reports feeling more and more relaxed, and takes less medication accordingly. He feels he has regained a lot of his former sense of humour and desire to talk. He was given sac lac.

10th June, 2005

The patient is pleased with how relaxed he is, and that he can enjoy himself more instead of constantly feeling he has to prove himself. He was even involved in a serious car accident for which he had been taken to the hospital, where after a complete check-up a cyst was found on his kidney, which was later found to be benign. Though being nervous throughout these events, he never really panicked, and was able to handle himself normally. The therapy for his compulsive disorders, too, was a success. He says that, when doing sports, whenever he

pushes himself over the limit, he feels pain, and knows he has to rest. The patient is told that he doesn't need another consultation, and is given a final dose of sac lac, should the need ever arise to take it.

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Anne Vervarcke
Regastraat 16
3000 Leuven
Belgium
E-mail: annevervarcke@online.be