

Homeopathic Symptom & Remedy Review: Patient Asparagus November 2022

Symptoms used as criteria to find remedy:

- Headache (top of head/vertex; agg. light, sound, cloudy, menses; aml. lying down, dark)
- Nausea (morning, agg. anxiety)
- Acne (agg, anxiety, gut issues, dairy)
- Full/clogged ears (worse upon waking and going to bed)
- Breast pain with menses
- Swelling/pain (left knee, arms/tendons; follows cycle? aml. ice)
- Intolerance to dairy (stabbing abdominal pain, nausea, diarrhea)

Using the Repertorium Homeopathicum Sytheticum synthesis and Robert Morrisons Desktop Guide to Keynotes and Confirmatory Symptoms I narrowed down the possible remedies based on these specific symptoms. I found three remedies, all are listed as being used and effective for the majority of the criteria listed above. The best remedy should be chosen based on its ability to be effective against as many symptoms the patient complains of as possible. These three (Sulphur, Sepia, and Phosphorus) are all equally scored to be effective for this patient. Since I have come to this three way tie, I now narrow it down by looking at the personality types, mental dispositions, and common cycles these remedies are most frequently associated with.

Sulphur

Cycle: Feeling full/building up, leads to irritation and restlessness, patient overdoes themselves and that leads to fatigue, laziness and meditative states occur, then start to build up again.

Personality: Extroverted and curious. Independent and hyperactive, perhaps haughty. Exuberance and tireless fun; can procrastinate and become lazy.

Other Characteristics:

- Crave sweets and fats
- Very thirsty
- Avoids sour foods
- Messy
- Itchy, skin eruptions
- Loose stools
- Lingering illness
- Aversion to bathing
- Aggravation from warmth

Sepia

Cycle: Stagnant/lack of motion, leads to congestion and feeling of heaviness, anxious/feeling disconnected, in result builds up lots of connections, lots of movement and activity, overdoes the movement and gets aggravated and stops, leading back to stagnation.

Personality: Excitable, center of attention sometimes. Oversensitivity. Mental sluggishness and indifference. Gets irritable when uncomfortable. Absent-minded and forgetful.

Other Characteristics:

- Craves chocolate
- Physical symptoms better with exercise
- PMS
- Lack of emotion
- Tall and thin
- Creative/artistic
- Cold
- Doesn't like tight clothing

Phosphorus

Cycle: Want to connect, very energetic and affectionate, then they overdo it and burn out, close off to conserve energy, leading to feeling lonely and isolated, they get anxious so they want to connect again.

Personality: Very sensitive. Appreciative and strong desire to be loved. Charming and really trying to connect with people. Restless, very creative, spaced out. Can do too much for people and try to be too involved.

Other Characteristics:

- ADD or ADHD
- Easy bruising
- Pneumonia
- Sore throats
- Deep anxiety
- Long thin body type
- Very thirsty
- Don't like fish
- Crave cold refreshing things
- Excessive bleeding

