



Compositae

Asteraceae/ Daisy family

What we will cover in this talk

- Brief introduction into the concept of remedy families in homeopathy
- Compositae/Asteraceae as a botanical family
- Homeopathic themes of this family
- Remedies and remedy pictures of some of those homeopathic medicines

Concept of families in homeopathy

- Plants
 - According to botanical family: for instance Solanaceae, Compositae, Loganiaceae....
- Animals
 - Vertebrates
 - Mammals, birds, snakes....
 - Invertebrates
 - Molluscs, insects, spiders.....
- Minerals
 - Periodic table with rows and columns
 - Like Natrium, Magnesium, Alumina, Silica in third row

Periodic table

| period | group 1* | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|---------------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 1 | 1 H | | | | | | | | | | | | | | | | | 2 He |
| 2 | 3 Li | 4 Be | | | | | | | | | | | 5 B | 6 C | 7 N | 8 O | 9 F | 10 Ne |
| 3 | 11 Na | 12 Mg | | | | | | | | | | | 13 Al | 14 Si | 15 P | 16 S | 17 Cl | 18 Ar |
| 4 | 19 K | 20 Ca | 21 Sc | 22 Ti | 23 V | 24 Cr | 25 Mn | 26 Fe | 27 Co | 28 Ni | 29 Cu | 30 Zn | 31 Ga | 32 Ge | 33 As | 34 Se | 35 Br | 36 Kr |
| 5 | 37 Rb | 38 Sr | 39 Y | 40 Zr | 41 Nb | 42 Mo | 43 Tc | 44 Ru | 45 Rh | 46 Pd | 47 Ag | 48 Cd | 49 In | 50 Sn | 51 Sb | 52 Te | 53 I | 54 Xe |
| 6 | 55 Cs | 56 Ba | 57 La | 72 Hf | 73 Ta | 74 W | 75 Re | 76 Os | 77 Ir | 78 Pt | 79 Au | 80 Hg | 81 Tl | 82 Pb | 83 Bi | 84 Po | 85 At | 86 Rn |
| 7 | 87 Fr | 88 Ra | 89 Ac | 104 Rf | 105 Db | 106 Sg | 107 Bh | 108 Hs | 109 Mt | 110 Ds | 111 Rg | 112 Cn | 113 Nh | 114 Fl | 115 Mc | 116 Lv | 117 Ts | 118 Og |
| lanthanoid series 6 | 58 Ce | 59 Pr | 60 Nd | 61 Pm | 62 Sm | 63 Eu | 64 Gd | 65 Tb | 66 Dy | 67 Ho | 68 Er | 69 Tm | 70 Yb | 71 Lu | | | | |
| actinoid series 7 | 90 Th | 91 Pa | 92 U | 93 Np | 94 Pu | 95 Am | 96 Cm | 97 Bk | 98 Cf | 99 Es | 100 Fm | 101 Md | 102 No | 103 Lr | | | | |

Why?

- Main aim: To make study of homeopathic remedies easier by understanding themes of these groups of remedies
- To make homeopathic prescribing a little easier as otherwise an overwhelming amount of different medicines with so many symptoms
- To understand the materials/sources we use better
- Therefore to understand our patients better
- To improve our prescribing skills

Remedies from the botanical family of Asteraceae

- *Arnica montana*
- *Calendula officinalis*
- *Chamomilla*
- *Senecio aureus*
- *Bellis perennis*
- *Eupatorium perfoliatum*
- *Echinacea angustifolia*
- *Millefolium*
- *Taraxacum*
- *Cina*
- *Abrotanum*
- *Gnaphalium*



Botanical characteristics

- The word "aster" means "star" in Greek, referring to the appearance of some family members, as a "star" surrounded by "rays".
- The name "daisy", widely applied to members of this family, is derived from the Old English name of daisy (*Bellis perennis*): *dægesege*, from *dæges eage*, meaning "day's eye". This is because the petals open at dawn and close at dusk.
- What appears as a single flower is actually a cluster of little flowers formed as a ray of petals
- They can thrive in the harshest conditions and on poor soil
- They have survived in those conditions being tough plants

Themes when studying the repertory

- So many remedies from this family have a theme of **injury**:
- **Generalities: injuries, blows, falls and bruises; operation, disorders** from (Arn, Bell-p, Calen, Echin, Mill)
- **Female: Injuries to the pelvic organs** (Abrot, Arn, Bell-p, Calen, Tarax)
- **Mind: sensitive, oversensitive; touch, to** (Abrot, Arn, Cina)

Injury - Physical

- Wonderful for healing after accidents, injuries, surgeries, burns, scalds...
- Ailments after physical injury (Arnica, Bellis p, Calendula, Echinacea, Chamomilla)
- Worse for touch
- Sensitive to hard or soft things
 - hard things perceived as causing injury and therefore threat: Complaints of bed feeling hard
 - soft things as soothing

Injury - Emotions

- Theme of injury also on the emotional level.
 - can be easily hurt or feeling insulted
 - wounded by words
 - feeling abused, can be insulting, abusive or harsh (Arn, Cham)
 - They may be violent by hitting someone or something
 - They can also take a lot of beatings, bruises, bumps, falls, and injuries
- They may think of themselves as being tough.
- “Don’t touch me. I’m fine.”
- Therefore might want to protect others from injury

Injury - Emotions

- Shock from being injured or insulted
- Fear to be hurt, injured, burnt
- Fear of being touched or approached
- Rubrics:
 - Delusion, being insulted: Chamomilla
 - Mind, offended easily: Arnica, Cham
 - Fear, of others approaching: Arn, Cham
 - Aversion of being approached: Arn, Cham, Cina
 - Mind, touched, aversion to: Arn, Cham, Cina

Physical

- Affinity for the blood with bruising, bleeding, hemorrhage, nosebleed, haematemesis, menorrhagia...
- Inflammation, swelling, edema, heat, septic conditions
- Any ailments like headache, flu, fever will feel like being beaten with sore, aching, bruised feelings.

Physical

- Infection: virus; influenza, measles, rubella; bacteria, microbes; fungi, yeast; parasites; worms; insects
- Recommended by Resie Moonen for Covid 19: Eupatorium per, Abrotanum, Arnica, Tussilago, Gridelia
- Female: infertility; menorrhagia, metrorrhagia; miscarriages; parturition problems, bleeding

Physical

- Limbs: bones broken; muscle pain, bone pain; fibromyalgia
- Skin: wounds, injuries, bruises, warts, molluscum
- Fever, high more than 39-40 C/102-104 F, cold shivering, alternating with heat and sweating, bruised everywhere, dull, inability to think, sick, only lying, averse food

Compositae – Jan Scholten

- Autonomy
- Skin/Wounds
- Resistance or lack of/Boundaries
- Individuality

Compositae - Jan Scholten

- Autonomy
 - strong drive for individuality, independence and living their own lives. They have a strong aversion to being interfered with and told what to do
 - Even when they are sick, they do not want to be hassled by doctors or others. Known for Arnica when he says he is well and sends the doctor away
 - They hate operations, vaccinations, medications, and any other intervention. They hate doctors and treatments that take them over.
 - They want to heal themselves when sick

- Skin/ Wounds
 - They want to keep their integrity, also in their body. Any blow, beating, accident, or hemorrhages in any form is an intrusion of their boundaries, a violation of their integrity. They have to protect their boundaries against attacks of others that may be seen as enemies
 - They feel vulnerable, insecure, and threatened
 - Their defense can go so far that they even consider touch or being watched as an attack
 - Ailments from traumas
 - Ailments from vaccinations

Compositae – Jan Scholten

- Resistance or lack of
 - They have a feeling that they are not strong enough to keep other influences out of their system.
 - They may feel vulnerable
 - they do not have enough resistance against infections, especially viral infections with high fever. The typical disease for Asteraceae is the classic influenza, with high fever, cold shivering, dull mind, and muscle and bone pains
- Individuality and their role in the world
 - They want to feel like a human being. They do not want to be cast in a particular role: child, wife, husband, worker or whomever. They feel more human than man or woman, are more androgynous
 - Looking for purpose in life, want to make the world a better place
 - Ailments from being belittled, criticized, humiliated, treated as a child

Sensation (Rajan Sankaran)

- Of being injured, scalded, being wounded, sore or bruised
- Injury
- Hurt or insulted
- Shocked
- Burnt or scalded
- Fear to be touched, hurt and approached

Sensation (Rajan Sankaran)

- This can lead to different reactions
 - Numbness, stupor, catalepsy
 - Being violent, insulting, striking back and hurting others
 - Being the tough guy, taking all the beatings and being protective of others to make sure they don't get hurt

Arnica

- Main injury and healing remedy; first remedy to think of after an accident or injury. Or any trauma where there is shock
- Promotes healing, reduces swelling, reduces bleeding, helps prevent pus formation
- Pain feels sore and bruised
- One does not want to be touched or jarred
- Bed feels hard when lying down
- Worse for exertion



Arnica: give as early as possible

- Fractures, sprains and bruises with swelling but no discoloration yet
- After dental treatment or surgery especially where shock and bruised soreness present
- After childbirth. Also retention of urine after labour (also *Bellis perennis*)
- After head injury
- Painful muscles after overexertion (if stiff: *Rhus tox*)
- Blood blisters

Arnica: emotions

- Complaints from shock
- Denial of illness; say they are well when they are not, sends the doctor away
- Fearful; fear of being touched or approached
- Forgetful after injury
- Shock



Arnica for other situations

- Physical or emotional complaints even chronic after an injury, accident or trauma
- Recurrent boils, in particular when painful, Acne
- Symmetrical eruptions
- Can be used for stroke or typhoid fever if symptoms fit the picture
- Can be used for whooping cough if eyes blood shot
- Tendency to bleeding: gums, nose bleeds.....
- Tumors after injury, such as breasts

Calendula (Marigold)

- Great Healing remedy
- Good for cuts and abrasions
- Great remedy for nappy rash and available as Calendula cream



Calendula

- Open, torn, cut, lacerated, ragged or suppurating wounds, prevents infection, can also be used as a herbal tincture topically
- Pain is excessive and out of proportion to the injury
- Haemorrhages in scalp wounds and after tooth extractions
- Profuse offensive discharge after forceps delivery
- Acts also on muscles, spine liver

Calendula

- Lack of self-confidence; lack of power to overcome a trauma
- Sensation of falling when falling asleep
- Exhaustion from loss of blood and excessive pain
- Disposition to catch a cold in particular in damp weather
- Jaundice
- Ulcers
- Prevents keloid tissue

Chamomilla



Chamomilla

- Affects Mind, Nerves, Emotions
- Highly emotional, temperamental and oversensitive
- Bad temper, great irritability, snappish
- Very cross,
- Great sensitivity to pain
- Hot sweat with pain
- Pain with numbness of the affected part
- Colic, cramps, convulsions
- Hot and thirsty



Chamomilla emotions

- Excessive irritability: Cross and quarrelsome, capricious
 - Can suddenly be so premenstrually
- Averse to being spoken to or touched or being looked at. Cannot bear anyone near him
- Nothing helps with the pain...
- Children want to be carried and stroked
- Want many things but refuse them when given
- Tantrums

Children

- Colic in babies: Hot, thirsty, irritable, restless and crying out in pain when passing stool. Baby arches back. Wants to be carried around or rocked. Diarrhoea with green or yellow stools
- Convulsions after fit of anger of mother
- Main teething remedy
 - Very painful. Baby irritable, restless. Hot and thirsty. Sweats with pain. One cheek red and hot, the other pale and cold. Diarrhoea with teething, stools green, smelling of rotten eggs. Better for being carried around.
 - Is contained in teething remedies like 'Teetha' (Nelson's)



Modalities

- < touch, looked at
- < at night
- < Coffee and narcotics
- > Being carried
- > Sweating
- < Anger
- < Dentition
- < Beginning of and during menses
- < motion of affected part

Bellis perennis



Bellis perennis, injuries

- Ailments from blows, falls, accidents, sprains
- Sprains: Rhus tox for simple sprains, Bell-p for sprains from a heavy impact
- After a fall on the coccyx
- Injury when swelling remains after treatment with Arnica
- Deep trauma or septic wounds esp abdominal and pelvic. If the wound or injury is deep in the tissue. Main healing remedy after delivery
- Recent surgery to either of these areas, and they develop sepsis. C-sections, forceps delivery
- Bearing down with labour like pain after child birth

Bellis perennis

- Affinity to blood vessels, capillaries, nerves, spleen, female organs
- <
 - Injury, sprains
 - Touch
 - Becoming chilled when hot
- >
 - Continued motion, desire for motion
 - Open air
 - After eating

Bellis perennis

- Neuralgia after exposure to cold when overheated
- After effects of cold or iced drinks when overheated
- (Cancerous) induration of mammae after contusion
- Dysmenorrhoea with pain in uterus as if squeezed with pain going down anterior thigh
- Inability to walk during pregnancy

Bellis

- Blood vessels: Venous stasis, Varicose veins
 - Varicose veins during pregnancy
- Injuries to nerves with intense soreness
- Tired and brain fog, wants to lie down
- Tumors from injury
- Ailments after surgical operations
- Fullness in the spleen area

Bellis perennis

- Mind
 - Great irritability
 - Detached and disconnected
 - Feeling open and expansive combined with feeling depressed, exhausted and disconnected
 - Friends with everybody
- Desire for vinegar and raw onions

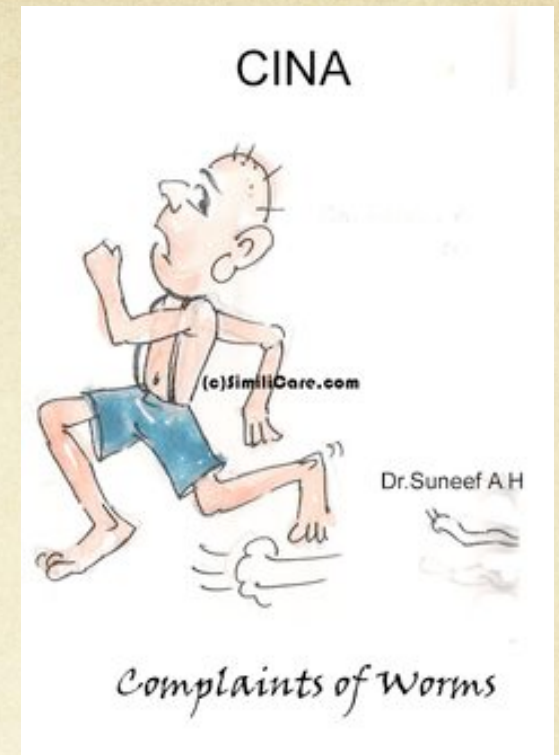
Cina: *Artemisia cina/maritima*: Wormseed

- Major remedy for worms
- Great children remedy
- Acute of Medorrhinum



Cina

- Worms, pinworms in particular
 - Cutting, pinching pain from worms
 - Stools white, watery
 - Itching at anus, warm feeling
 - Itchy nose, picks and bores at nose
 - Until it bleeds, wants to rub nose
 - Spasms due to worms, children throw arms from side to side
 - Hungry even after eating; but loose weight



Cina and children

- Big, fat, rosy
- They stiffen up when looked at, during a cough or when cross
- Child is restless
- Hungry children and the greater the hunger the more emaciated
- Worms in children
- Sour smell of body
- Convulsions when they are scolded or punished
- Don't like their hair combed (<touch)

Cina: Mind

- Very touchy, Cross, Dissatisfied, even more than Cham
- Screams, strikes, and bites
- Children do not want to be touched, caressed or carried or looked at, wants to be rocked
- Desires many things but refuses them when offered
- Night terrors in children

Cina: Modalities

- >
 - Lying on abdomen
 - Continued motion
 - Carried over shoulder

- <
 - Pressure
 - Touch, they do not want to be touched!
 - Worms
 - Vexation
 - During sleep
 - Full moon

Cina

- Women must let hair down when headache
- Dark rings around eyes
- Grinding teeth during sleep
- Chews and swallows in sleep
- Vomiting with a clean tongue
- Aversion to mother's milk
- Abdomen distended and hard
- Bedwetting, < every full moon
- Gets on hands and knees in sleep

WANTS TO BE CARRIED
CARRYING GIVES NO
RELIEF



DESIRE MANY THINGS
BUT REJECTS WHEN OFFERED



FREE EXPRESSION OF TONGUE



PALE WHITE BLuish APPEARANCE
AROUND MOUTH
DARK RING UNDER EYES
ONE CHEEK RED OTHER PALE



CHILD AFRAID TO SPEAK OR MOVE
FOR FEAR OF BRINGING ON A
PAROXYSM OF COUGHING



DONOT WANT TO BE TOUCHED
CANNOT BEAR ANYONE COME NEAR



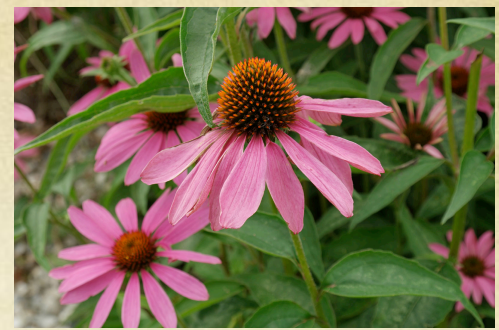
CANINE HUNGER: HUNGRY
SOON AFTER EATING
CRAVING SWEET
AVERSE TO MOTHER'S MILK



NIGHT
SWEET

COUGH: DRY WITH

Echinacea



- Used mainly as herbal remedy to increase immunity
- Can be used as a local antiseptic wash
- Used in homeopathy for septic conditions, bites of poisonous animals, lymphangitis, gangrene
- Slowness in every action
- Weakness
- Eases the pain of Cancer in late stages

Millefolium: Yarrow



Millefolium

- Affects capillaries of lungs, nose and uterus
- Profuse, painless, bright, fluid hemorrhages
- Nosebleeds, haemoptysis, oozing of blood from the edge of closed wounds
- Bleeds from overexertion
- Convulsion from suppressed hemorrhages or discharge
- Uterine Haemorrhages

Millefolium

- Bruised soreness
- Ill effects from fall from a height, sprains, operations, injuries
- Remedy for pregnancy and puerperium
- Varicose veins in pregnancy, painful
- Postpartum hemorrhage

Abrotanum

Lady's love; Southerwood



Abrotanum

- Wasting especially in lower extremities
- Marasmus in children, despite good appetite
- Alternating conditions
- Metastatic conditions
 - Rheumatism after suppressed diarrhoea
 - Metastatic rheumatism from joint to heart, to spine

Abrotanum

- Distended abdomen
- Sensation stomach were hanging or swimming in water
- Newborns in particular boys with Hydrocele
- Oozing of blood and moisture from navel in newborns
- Recommended by Resie Moonen as important remedy for Covid 19 and post-Covid: weakness after influenza, cannot keep head up, chillblains and cold finger tips in general

Taraxacum, Dandelion



Taraxacum

- Gastric headaches
 - With mapped tongue and jaundice
- Liver enlarged and indurated
- Flatulence
- Bladder Cancer
- Restless limbs
- Profuse night sweats
- Worse: Rest, Better: touch (!)

Eupatorium perfoliatum:
Thoroughwort



Eupatorium

- Also known as boneset
- For febrile illnesses with pain in limbs and muscles
- Bone pains, can be severe
- Acts on gastro hepatic organs and bronchial mucous membranes
- Marked periodicity
 - Periodical headaches

Eupatorium

- Hiccough
- Hoarseness and cough with soreness in chest, must support it
- Chronic loose cough, worse at night and better by getting on hands and knees
- Fevers:
 - Perspiration relieves all symptoms except headaches
 - Nausea and vomiting of bile
 - Soreness and aching of bones
 - Preceded by thirst

What we have covered

- Concept of remedy families in homeopathy
- Example of the Compositae family
- Homeopathic themes
- Homeopathic medicines

- Any questions?

