

Centre for Integrative Medical Training
In Association with the Centre for Integrative Care &
The Academic Department, Royal London Hospital for Integrated Medicine



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Materia Medica Studies: *Phosphorus*

Part 4.3

Phosphorus

Phosphorus is an allotropic element that exists in two forms (yellow phosphorus and red phosphorus). It is a non-metal with a waxy homogenous appearance, and needs to be stored under oil to prevent it oxidising. If it is left in open air it will soon begin to smoke and smoulder and is likely to burst into flames after a short time.

Excitement of the electron shells of certain phosphor compounds can raise their energy. As these drop back to their normal state, the phosphor compounds emit light. (Glow-in-the-dark paint uses this property.)

Phosphorus oil is used in matchsticks to initiate combustion. In past ages when matchsticks were made by hand, the matchstick makers would lick the match ends before dipping them in the powdered sulphur/charcoal/nitre mixture. These workers would often develop phossy-jaw: a necrotising bone condition affecting the mandible. Phosphorus has a significant role in the structure of bone and chronic toxicity manifests both there and in the liver.

Phosphorus is central to Krebs cycle ($ATP \leftrightarrow ADP$) and the phosphorylation and dephosphorylation of adenosine is the basis of the cellular energy cycle in animals.

From the foregoing you can perhaps appreciate that 'energy' and 'burn' are both themes that run through the homeopathic phosphorus picture.

Patients who need phosphorus often display a high social energy. They are outgoing and communicative and tend to 'burn their candle at both ends'. The Phosphorus typology is associated with light frame and delicate bone structures. These patients do not have huge energy reserves in muscle and liver glycogen and so can quickly become exhausted.

If they encounter a serious acute they can become debilitated and often are slow to recuperate.

Phosphorus has affinities to the capillary bed and phenomenologically they can be prone to haemorrhages. Typically they bleed freely from wounds with the emission of bright arteriolar blood. Haemostasis, whether for surgical bleeds, menorrhagia or epistaxis, is often quite difficult.

Consider the affinities of Phosphorus for liver, bone and arterioles while you examine the constitutional picture of Phosphorus in more detail.

Keywords:

Energy, light, emission, burn, flow, delicate, fragile, lively, outgoing, outpouring, bleed, haemorrhage, bright.

Activity

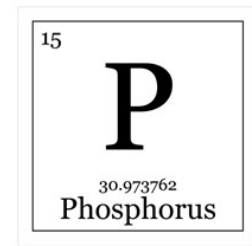
Watch a short presentation on Phosphorus. This is an archive recording of a lecture given in 1996 by Dr Anton van Rhijn, former consultant in the children's clinic at RLHH and Dr Russell Malcolm, director of Education at RLHH.



<https://youtu.be/J6pMHY-AWc>

Phosphorus

Outward diffusion, extroverted, affectionate, sympathetic
Full of fears and anxieties
Burning heat and pains



Typology

Tall, slender, physically in proportion, delicate, with a tendency to stoop. Often red glint to hair and fair complexion. Attractive. Emotionally hypersensitive to surroundings, full of fears, very sympathetic and enjoys company.

Tissue Affinity

- Liver, lung and kidney
- Blood vessels with a tendency to haemorrhage

Mentals

- Extrovert, impressionable, communicating, not self-conscious
- Many fears and anxieties
- Prefers company
- Concerned for others, sympathetic
- Artistic
- Reaching out and touching

Generals

- Rapid growth
- Ravenous hunger with tendency to hypoglycaemia

Desire for:

Cold drinks in large quantities
Ice cream
Salty food
Sweets

Averse to:

Warm food

Aggravated by:

Emotions
Twilight
Warm food

Ameliorated by:

Cold food
Rubbing



Watch a presentation on the Essence of Phosphorus here: <https://youtu.be/3hDmA-5Rz10>

Clinical Indications

- Fear and anxiety
- Haemorrhagic conditions
- Liver disease
- Pneumonia
- Pancreatic disease
- Degenerative renal disease
- Right heart failure

Pathological affinities

Diseases of liver – parenchyma (hepatitis, etc.)
Vascular fragility
bleeding diathases, extravasations
Vasculitis, petechiae, bruising
Anxiety state, fears and phobias

The Essence of *Phosphorus*

Key concept: Outward diffusion



Phosphorus Clinical Case

Miss Stephanie T Age 6 <http://youtu.be/szUzlh2Q4IE>

This case illustrates a typical *Phosphorus* constitution and typology.

Persisting cough for 1 year, recent peak flow rates suggest that she has mild asthma. Father has eczema and allergic rhinitis. Stephanie is wheezy on mild exertion, and becomes very pink in the face. Complains of a sensation of bubbles in the throat. Warm-blooded in her reaction to temperature. Loves icecream and salty things Happy, bright, outgoing nature. Many friends.

Treatment

Phosphorus 6c BD

Outcome

Review 5 weeks: Cough gone. Peak flow rates currently normal for age and height. Reducing inhalers with a view to discontinuing them if she remains stable.



This case is included in the main presentation

Further Relevant Reading

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- Gibson DM
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Homeopathy 1970 Oct;20(10):
108-112
- Foubister DM
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SAQ 4.3



Without looking at the text, how many of the keynotes of *Phosphorus* can you remember?

Mind

General, environmental and constitutional features

Local

Frequent pathological indications

Now read *Phosphorus* in your *materia medica*:

Page 753 Vermeulen

Page 772 Clarke

Page 507 Boericke (2nd British ed)

Page 713 Neatby and Stonham

Page 460 Phatak

Page 302 Jouanny

Page 232 Boyd