

Centre for Integrative Medical Training
In Association with the Dundee NHS Homeopathy Clinic



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 1.8

Cuprum metallicum (Copper)

Regions most affected:

Nerves, muscles, epigastrium, left side

Ailments from:

Suppressed symptoms or discharges, fright



Generals:

- **Cramps** and **spasms**
- **Twitching** and **jerking**
- Convulsions - **start in fingers and toes**
- Ailments associated with **blueness and coldness** of surface
- **Metallic taste** in the mouth

Mentals:

- **Cramped**, self critical, holding back on their thoughts
- Persecutory delusions
- Behaviour problems in children: destructive, spitting and biting
- **Alternating** moods - timidity alternating with obstinacy

Modalities:

- < Emotions
- < Suppression of eruptions or discharges
- < Before periods
- < Hot weather
- < Touch
- > Cold drinks
- > Perspiration

Clinical uses:

Convulsions

- Cramping in any part of the body (start peripherally, extend upwards)
- Spasmodic asthma, whooping cough with laryngeal spasm
- Cholera with coldness and blueness of the skin and cramping pains
- Colic

Activity



Now watch the video presentation on *Cuprum met.*, by Dr Marysia Kratimenos https://youtu.be/6wU_XwIfnJ4

Video transcript Illustrative Case of *Cuprum met*



Mrs Sheila M

<https://youtu.be/txf9lH8xJhQ>

Presenting complaint:

Left sided cramps, twitching, weakness and pain, following a stroke.



Doctor: How are things just now?

Patient: Not too good, doctor.

Doctor: In what way?

Patient: This **left** leg - I'm getting less and less use of it.

Doctor: In what way?

Patient: Well, for instance, I can't go down the pavement or up.

Doctor: Any **twitchings or jumpings**?

Patient: In my leg, sometimes, when I go to bed.

Doctor: Would you say that the weakness (of the leg) has got worse?

Patient: Yes, I think so. I don't know why. I'm **continually tired**, doctor, doing nothing.

Doctor: What about your concentration and your thinking? How's that?

Patient: Fine thanks

Doctor: Do you have any stiffness, or not?

Patient: A wee bit of stiffness in my legs, yes.

Doctor: Is that getting worse, or not?

Patient: [Heat] I can't take too much of...and cold, I can't stand the cold.

Doctor: What happens in these situations?

Patient: Well if this arm gets cold it gets painful.

Doctor: Which arm?

Patient: The **left** arm.

Doctor: Do the **muscles go tight** in the leg?

Patient: A bit, yes.

Doctor: Does it start high up in the leg and go down, or does it start low down and come up?

Patient: [It starts] **low down and comes up**.

	Cupr.	Mez.	Arq.	Stann.	Iqn.	Arn.	Op.	Anac.
Number of hits	7	6	7	7	7	8	5	6
Sum of grades	15	14	13	13	13	12	11	11
Polarity difference	2	2	2	2	2	2	2	2
legs, left (p) [130]	1	3	3	2	2	1	1	2
paralysis of the limbs [83]	1	1	1	2	1	2	2	2
< going or walking up (stairs, hill, mountain etc.) (p) [75]	3		1	2	2	3		1
muscles, jerks, twitchings [62]	3	4	3	1	2	1		
< lying down, after (p) [112]	1	2	3	2	2	1	2	
convulsions, clonic (local rigidity) [102]	4	3	1	3	3	1	4	1
forearm [112]	2	1	1	1	1	1	2	2
drawing (tearing), upwards (p) [42]						2		3
legs, right (p) [129]	2	2	2	1	2	3/C	1	1
> going or walking up (stairs, hill, mountain etc.) (p) [21]			2	1				
> lying down, after (p) [100]	1		1	1	1	2		2
drawing (tearing), downwards (p) [64]		1		1	1			1

Follow-up

Doctor: It was the twenty-ninth of July I saw you.

Patient: Yes, it was.

Doctor: How are things?

Patient: Fine thank you, I am beginning to feel sensations going through this arm now, doctor.

Doctor: What do you mean?

Patient: Tinglings.

Doctor: In what way has that changed?

Patient: Well, I never had them before.

Doctor: What did you have before?

Patient: Nothing.

Doctor: Did you have any sensation in the arm at all?

Patient: No.

Doctor: Was it numb?

Patient: It wasn't numb...a couple of mornings I woke up and I could feel these tinglings in my arm, and my hand.

Doctor: Are these tinglings uncomfortable?

Patient: No.

Doctor: How long do they last?

Patient: Only for seconds. I was quite pleased, actually, when I felt it.

Doctor: What about the twitching and jumping?

Patient: Oh, that's stopped... Of my leg you mean?...Yes.

Doctor: How are you feeling in yourself, generally?

Patient: Oh, I'm feeling a lot better, thank you, doctor. If only for the tiredness...

SAQ 1.8.1



Without looking at the text, how many of the main features of *Cuprum* can you remember?

Mind

General or environmental

Local

Frequent pathological indications

Check your answers by referring back to the information on page 1.

Now read *Cuprum met.* in your *materia medica*:

Page 382 Vermeulen

Page 638 Clarke

Page 246 Boericke (2nd British ed)

Page 424 Neatby & Stonham

Page 226 Phatak

Page 137 Jouanny

Page 199 Boyd

Ruta graveolens (Common Rue)



Affinity for **cartilage** and **ligaments**, particularly **where they attach to bone**

Useful where there is a tendency to **contracture**, **cramps** or **dislocation**

Associated with the large joints, **especially the knee**
Pain feels as though bones were broken, and there is aching or a bruised sensation in the supporting ligaments and tendons.

Associated with **fatigue** and **aching**, particularly **after sprains** and strains. Indicated in repetitive strain injury, and of great value in **sports medicine**.
May be used topically following sprains.

Clinical Uses:

- Osteoarthritis of the knee
- Chondromalacia
- Osgood Schlatters disease
- Sport injuries to tendons and ligaments (collateral ligament sprains in skiing injuries of the knee)
- Growing pains

Activity

Watch a short presentation on Ruta graveolens by Dr Ekaterina Mishanina. <https://youtu.be/9YiN7gjFg1U>

Activity

View an Illustrative Case presented by Dr Russell Malcolm https://youtu.be/RQh_FESuO5o

Now read Ruta. in your materia medica:

Page 834 Vermeulen
Page 1028 Clarke
Page 559 Boericke (2nd British ed)
Page 801 Neatby and Stonham
Page 509 Phatak
Page 350 Jouanny
Pages 78, 92, 139 Boyd

Further Relevant Reading

Tondon KP
Ruta graveolens
J Am Inst Homeopath 1970 Jun;63(2): 109-112

Trexler HL
Five important drugs in industrial medicine
J Am Inst Homeopath 1966 Jul-Aug;59(7-8): 244-245

Clarke JH
The place of homoeopathic remedies in the treatment of malignant disease
juglans cinaria, ruta, conium
Homoeopathic World 1924 Aug;59(704): 204-207,261-264

Bodman JH
Cancer of the rectum
carcinosinum, ruta, ornithogalum umbellatum
Homoeopathic World 1923 Apr;58(4): 97-98

Cooper LH
Some observations on the medicinal treatment of rectal carcinoma
Homoeopathic World 1909 Aug;44(8): 352-361

Tyler ML
Ruta graveolens
Homoeopathy 1936 Jun;5(6): 202-207

Ainsworth MJ
Historical notes on some plants used in homoeopathic medicine: hypericum, ruta
Homoeopathy 1990 Oct;40(5):135

Gibson DM
rhus toxicodendron, ruta, causticum, drug relationships
Hahnemannian Gleanings 1976



Short video cameo - a patient with osteoarthritis of the knee describes her response to Ruta



SAQ 1.8.2

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

Mind

General or environmental

Local

Frequent Pathological Indications

Activity

Read through the case study overleaf.

Where indicated enter your treatment of choice.

Compare your answers with the treatments actually given by the prescriber.