

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

Part 3.7

Materia Medica Studies

The five remedies in the following *materia medica* section are all associated with grief.

The five remedies we will study in detail are *Ignatia*, *Natrum muriaticum* and *Phosphoric acid*

Ignatia amara (*St Ignatius Bean*)



Regions most affected:

- Mental/emotional sphere

Ailments from:

- Acute grief
- Perceiving injustices or cruelty
- Disappointed ideals
- Bereavements in others especially on the death of children

Generals:

- Worse after emotional upset
- Swallowing solids easier than fluids

Mentals:

- Fears being hurt emotionally
- Claustrophobia, fears enclosed spaces and crowds
- Fear of losing self control
- Internal antagonisms
- Maintains a facade of calmness in spite of internal hysteria or grief
- High personal standards and ideals from which they will not bend
- Stiff upper lip, controls any inclination to cry or express their grief

Modalities:

- Better for warmth
- Better after eating
- Worse from touch, stroking or consolation
- Worse from the smell of tobacco

Clinical uses:

- Acute grief states
- Globus hystericus
- Chronic dyspepsia in the *Ignatia* type

The Essence of Ignatia

Silent grief
Internalised hysteria
Globus hystericus
Unable to weep
Channels of communication closed
Sighing
Yawning uncontrollably
Alternation of mental states
Inhibition
Hypersensitivity of senses
Unable to tolerate tobacco smoke
Aggravated by coffee (may crave)
Strong desire/ aversion to fruit

Ignatia:

Clinical Case 1

Mr Edward A age 59

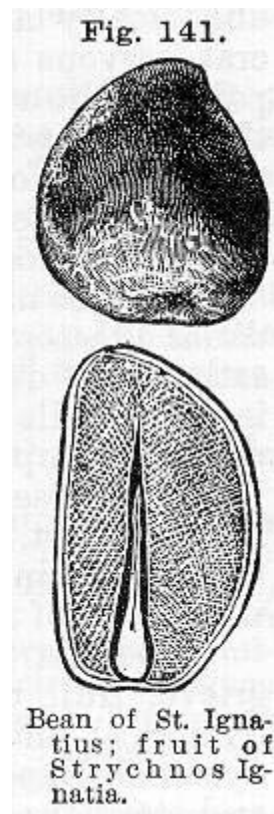
Preacher in small Scottish village.
Conducts baptisms, weddings and funerals.
Ill ever since the death of an eight year old girl who had lived in the parish.
Presented at the clinic four weeks later.
Had been charged to conduct the funeral.
Feelings of unreality during the ceremony.
Throbbing in head and throat.
Felt dulled to surroundings, unable to speak.
Voice became choked to a whisper.
Unable to cry.
? unable to rationalise.
Felt eyes closing involuntarily, especially in company.
Tinnitus in right ear.
Twitching of the face.

Treatment:

Ignatia 200 stat

Outcome:

Resolution of sensory disturbances within hours. Cried.
Felt unburdened. Very tired for two to three days. Soon able to communicate and returned to work within five days.



Clinical Case 2

77 year old woman

Admitted to Glasgow Homoeopathic Hospital with dysphagia for the past 10 days. 'It feels as though there is something stuck in my throat.' She indicated the area between the jugular notch and larynx. X-rays of the soft tissues of neck and endoscopy four days ago revealed no abnormality. Difficult to establish rapport during the clerking.

Presenting complaint:

Particular difficulty swallowing liquids. Solids are also difficult but manageable. Sitting with the head bowed throughout the initial interview. Sighing. Her niece came in during visiting time and told us that her grandson had committed suicide (by shooting himself) 16 days previously. She has been incommunicative ever since, and nobody has seen her cry openly since she was given the news.

Treatment:

Ignatia 200c single dose on the following morning

Outcome:

Slept for three hours in the afternoon. Found later by a member of the nursing staff crying in the patient washroom. Able to eat her tea without difficulty. The sticking sensation vanished within a few hours of the remedy

SAQ



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

Mind

General, environmental and constitutional features

Local

Frequent pathological indications

At home read *Ignatia* in your *materia medica*:

Page 503 Vermeulen

Page 6 (vol 2) Clarke

Page 342 Boericke (2nd British ed)

Page 518 Neatby and Stonham

Page 298 Phatak

Page 183 Jouanny

Page 164, 204 Boyd