

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 3.9

Phosphoric acid

There is one clinical feature which is consistently found in the symptom picture of all acids and that is fatigue or weakness.

There are however different contexts for fatigue and different degrees of severity associated with the different acids. Phosphoric acid is associated with profound prostration and it is interesting to discuss how such a state arises.

When you come to study constitutional types you will learn that Phosphorus is constitutionally associated with a lively, engaged demeanour. These patients are naturally expressive, communicative and apply themselves with enthusiasm to group ventures and partnerships.

Physically they are delicate, however, and do not have huge reserves of stamina or energy. This means that 'Phosphoric' patients tire easily when they have reached the limit of their reserves.

In everyone's life there are phases that exert unusually great demands. Births, deaths, marriages, housemoves, changes of job, illness in family or friends, financial challenges, disappointments, viral illness, accidents etc. We are indeed lucky if life-events of this kind come singly and allow us to recuperate before we are faced with the next challenge.

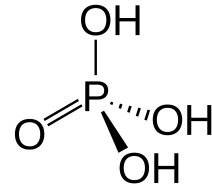
Unfortunately, several life events can sometimes converge upon a short period of time in someone's life. When this happens, they are under severe stress, physically and emotionally and are at risk of illness. Grief or loss can be compounded by illness, surgery, drug treatments and other systems stresses.

When this happens to a patient with a low physical reserve, like those of a 'phosphoric nature', their system can 'crash' completely, giving rise to a Phos-acid state.



Phosphoric Acid

(*Acidum phosphoricum*, *Phos-ac.*)



Keynote:

- WEAKNESS OF THE EMOTIONAL PLANE, progressing to the physical plane.

Ailments from:

- Acute grief, drug abuse, loss of vital fluids, sexual excess.
- Enforced separation from close friends
- Severe imposed stress, or abuse
- Exhaustion from overwork, failure to rest when unwell
- Severe embarrassment (mortification)

Generals:

- Profound physical weakness
- Tendency to perspire or sensation of heat

Mentals:

- Silence, completely taciturn, unable to vocalise
- Appear to turn their face to the wall and give up
- 'Frozen down' emotions, indifferent to any kind of stimulation (Hyos, Sep).
- Internal antagonisms
- Forgetfulness and weakness of memory, especially for words.

Food and drinks

- Desire: Refreshing things, Juices, Fruit, cold milk.

Modalities:

- ameliorated by sleep
- aggravated by coition

Extremities

- Numbness and weakness. Great fatigue after walking.
- Growing pains.

Clinical uses:

- Acute grief states
- Fatigue states with a mental-emotional trigger

SAQ 3.5



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

Mind

General, environmental and constitutional features

Local

Common indications

At home read Phos acid in your *materia medica*:

Page 1275 Vermeulen

Page 762 (vol 3) Clarke

Page 504 Boericke (2nd British ed)

Page 60 Neatby and Stonham

Page 457 Phatak

Page 299 Jouanny

Page 230 Boyd