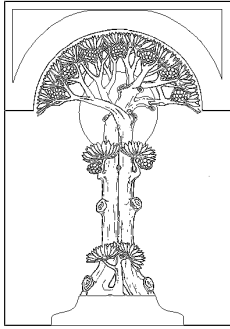


Centre for Integrative Medical Training
In Association with London Integrated Medical Health Education



Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Unit 40

Materia Medica Studies and Therapeutic Pointers for Week 8

Intermediate Course in Medical Homeopathy UNIT 40

Welcome to Unit 40 of the Intermediate course in Medical Homeopathy. In this module we will focus on the subject of child health.



Way back in Unit 10 we discussed information-gathering in children and you were introduced to the acute keynote of five homeopathic remedies. In this unit we will be dealing with a more constitutional approach to child care. To begin with we will expand on the theme of carbon and its compounds, since many of the themes of these remedies remain fully relevant in adult prescribing.

By the end of this unit, you should:

- have a further awareness of the potential of homeopathic treatment in children
- understand the importance of context, interaction and behaviour as a guide to treatment
- be familiar with the carbon themes that often present in childhood and adolescence
- have an outline knowledge of *Baryta carb* and *Strontium carb*

Section 40.1

Homeopathy in Children - Introduction

Your prescribing for children will depend very much on the nature of your work. A medical homeopath working within one of the homeopathic hospitals or independently, will see a different case mix compared to the paediatrician or general practitioner.



GHHC - a victim of 70's policy

Overall, the paediatrician and homeopath will be engaged with more chronic cases, while the GP will have plenty of scope for acute prescribing. Atopic conditions inevitably make up a large proportion of the workload for NHS homeopathy.

The spectrum of approaches will be very broad. The GP may be using a lot of acute plant remedies and some constitutionally based prescribing. The paediatrician may be using nosodes of infecting organisms, tautopathic antibiotics and current state remedies and possibly a variety of low potency organotropic remedies to address chronic inflammatory states in joints/organs.

The seasoned homeopathic paediatrician will also be using homeopathy adjunctively in the management of nephrotic syndrome, cystic fibrosis, metabolic/storage disorders, osteogenesis imperfecta, cardiopulmonary diseases, behavioural and psychological disturbance ...

The NHS medical homeopath will see many atopic cases and a sprinkling of everything else.

Children are sensitive responders to homeopathic treatment and the prescriber usually gets some early indications of whether the prescription is along the right lines.

Chronic organic disease obviously requires more patience in the review procedure. Ultimately it may be fairly straightforward in terms of repeat prescribing, once the remedy affinities have been worked out.

Conditions which are characterised by a marked variability of expression are more difficult to manage. The clinical status in atopic children can change rapidly, in response to their immediate environment. Treatment involves tracking the case carefully and responding flexibly and promptly during acute exacerbations. In some cases it can take months of reactive treatments before the child is truly in a phase of consistent stability. In others, a well chosen constitutional treatment acts quickly and globally.

In reality, it is not unusual for the child who has responded wonderfully to an early prescription, to encounter an acute relapse. For this reason, there is a wide range of homeopathic possibilities for these children, including: isopathic remedies; low potency 'skin' remedies; tautopathic preparations (cortisone, antihistamines, antibiotics ...); 'aetiological' nosodes (*staphylococcin*, *streptococcin* ...); constitutional remedies; current-state remedies (for the destabilising effects of eg. anxiety, grief, shock, strife, abuse, injury, infection, vaccination ...); 'miasmatic' nosodes (*tuberculinum*, *carcininum*, *psorinum* ...); and also 'endogenous' bowel nosodes or autologous nosodes.

It takes years of clinical work to get to grips with all these treatment possibilities and develop an 'instinct' of when to use which approach. Don't be afraid to experiment, within acceptable limits of safety and care, since it is through bold, focused prescribing (and review) that you will learn.

First Appearances

The child who comes into your consulting space may be cajoled, led or propelled there by their adult carer. They may arrive kicking and screaming or come running ahead of a parent laden down with coats, toys, push-chairs, feeding bottles...



This is a moment in the continuum of a unique experience of childhood, both for the parent and the child, and it is for the homeopath to find their role in that continuum.

In some instances it is no more than a brief encounter - the quick selection of a current-state remedy to aid recovery from a viral respiratory tract infection. In other cases the physician becomes an important part of the support network for a severely disabled or chronically ill child, whose young life has perhaps already been marked by frequent hospital admissions, or almost continuous medical intervention.

There are no absolute rules of engagement because homeopathy is very context-sensitive. There are times when parental anxiety is so high that the child is rarely free of some kind of medication. Whenever an ailment arises the parent may habitually administer: self-selected homeopathy, cough mixtures, naturopathic creams, vitamins, paracetamol-based 'elixirs', inhalers, nasal sprays, rubs, liniments, wraps, steroids, emollients, medicated shampoos, soaps and talcs...



Continuous intervention can be a problem for us, particularly when driven by parental anxiety, or a desire that their child should appear unblemished. Intervention of this kind is driven by expectations, a desire for control, or a fear of uncertainty. It can take considerable time and patience to move the agenda away from symptomatic intervention, towards a process of self-healing and unconditional recovery.

Sometimes the 'ill' child is unwell due to a background of unremitting stress, at home or in school. Sometimes they are ill because they are suppressed, manipulated or abused; physically, sexually, psychologically or pharmacologically.

When any of these factors exist in the background they are rarely spontaneously expressed by the parent. Mothers and fathers usually project themselves as caring, nurturing and loving. Children do not have the background to understand the imperatives which drive adult decisions, and they cannot interpret paradoxical behaviour. Even if they do have some understanding of their parents unhappiness, they are inhibited from expressing it in the consultation. So the physician must sense when the narrative is blocked by taboos, fear, guilt or embarrassment.

If unresolved, these background factors will be a 'block to cure', but resolving them may require decisions or sacrifices that the parent is unwilling to make. This can range from a simple refusal to buy hypo-allergenic bedding for the child, right up to parental refusal to face up to serious life issues, concerning, for example, divorce, employment, housing or schooling ...

When parents are stuck in a major 'catch-22' situation, it is often compounded by belief, religion, financial or social constraints. If our primary duty is to the child, our patient, how can we reconcile ourselves to these social pathologies?

Our primary duty is to instigate positive change in a 'stuck' situation. A homeopathic remedy can sometime be a catalyst for change, but so can an idea or relevant life-style advice.

Essences & Constitutions

The homeopathic treatment of children involves a high level of perception. Much of the prescribing information resides in dynamic patterns of behaviour and visual cues.



The *Rhus tox.* child will not sit at peace in the consultation.

The *Thuja* child will rarely initiate conversation.

The *Nux vomica* child may twitch and may appear irascible and tired.

The *Natrum muriaticum* child will be well behaved but easily embarrassed.

The *Lycopodium* child may stammer or hesitate and will be uncomfortable as the subject of scrutiny.

The *Pulsatilla* child will cling to Mum or Dad.

The *Phosphorus* child will have spoken to you, before you have made your greeting.

The *Carcinosin* child will be socially precocious, and are happy to show you their pop-star routine.

The *Tuberculinum* child will perambulate around your consulting room, interrupting with questions and moving onto the next thing before they have fully grasped the explanation.

Prescribing on a constitution can be remarkably straightforward and can yield unequivocal results. Sometimes all that is needed is an essence like one of the above and one or two confirmatory symptoms or modalities.

However, the constitutional presentation of some equally important remedies are a bit more difficult to distinguish. Some prescribing indications come less from their immediate behaviour and more from what you can learn of their habits at home and at school

Kali salts may be very conservative in their eating habits and react to changes in their routine.

Baryta salts may develop 'school phobia' as a result of their sensitivity to teasing.

Calcarea salts are slow to adapt to new situations. They are happy to be included, but find it hard to keep up with the games.

Sulphur salts are hot-headed, active and a bit intimidating to gentler types.

China salts are always unwell, but they are socially demanding and use their incapacity to manipulate others.

Silica salts are conformist and compliant, liked by teachers because they are bright but undemanding.

Themes of Childhood and the Mineral Remedies

Childhood is fundamentally about *Change* and *Adaptation*. Both take place in a stepwise way, in direct response to surroundings and events.



Change can be accelerated, or arrested, by key events or physical illness. Adaptation can be facilitated, or thwarted, in response to positive, or negative, social influences and the presence or absence of stimuli.

Starting out:

A number of foundation remedies are central to childhood (and continue to have resonances throughout adulthood). In reality all the groups below have a multiplicity of affinities, but the emphasis for some is in physical development, while the emphasis in the others relates more to physiological and emotional adaptation.

Builders:

The Calcium salts

The Barium salts

Reactors:

The Natrum salts

The Magnesium salts

The Strontium salts

Builders:

The Carbons

The Sulphates

The Phosphates

Reactors:

The Muriates

The Phosphates

The Silicates

Experienced homeopaths move flexibly within this matrix and may issue whichever salt best suites the phase in which the child presents.

The most important remedies are listed below.
 Many of them belong to the Twelve Tissue Salts of Schussler.

Calcarea carbonica, Calcarea muriatica, Calcarea sulphurica,
 Calcarea phosphorica, Calcarea silicata,

Baryta carbonica, Baryta muriatica, Baryta phosphorica, Baryta sulphurica,

Natrum carbonicum, Natrum muriaticum, Natrum phosphoricum,
 Natrum sulphuricum, Natrum silicatum,

Magnesia carbonica, Magnesia muriatica, Magnesia phosphorica,
 Magnesia sulphurica,

Strontium carbonicum, Strontium muriaticum,

Graphites, Sulphur, Silica, Phosphorus.

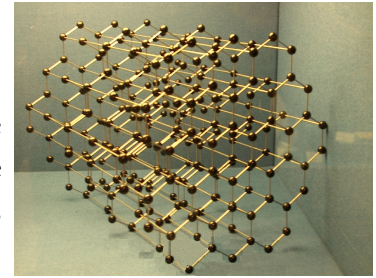
PERIODIC TABLE OF ELEMENTS

The periodic table displays elements from Hydrogen (1) to Oganesson (118). A callout box for Hydrogen (H) provides the following information:

- Atomic Number:** 1
- Symbol:** H
- Name:** Hydrogen
- Chemical Group Block:** Nonmetal

Carbons as Archetypes

Learning remedies in groups can be helpful since it allows us to compare and contrast the main features. It is possible to start with any of the groups mentioned above, but we have decided to focus on some carbons since this is an important developmental remedy group in children.



As you study the remedies outlined in this unit:

Identify some common typological features

Identify some common themes

Identify some common tissue affinities

Graphites from a traditional homeopathic standpoint, by Dr Todd Rowe

<https://youtu.be/VdkDXQsRIOs>

Carbon is:

- biologically fundamental
- structurally 'purposeful'
- background metabolite

Adamas (Diamond) the other polarity of the 'all or nothing' carbon mind theme.

Presented by Peter Tumminello

https://youtu.be/rEJ_bmMN-Qo

Materia medica themes for Carbons:

- Stability (Calc-c., Graph., Kali-c., Nat-c.)
- Material / physicality (Calc-c., Graph., Kali-c.)
- Inertia (Calc-c., Graph., Kali-c., Nat-c.)
- Background (Bar-c., Calc-c., Graph., Nat-c., Stront-c.)
- Non-reflective, lacklustre (Bar-c., Calc-c., Graph.)
- Energy storage (Carb-v., Graph., Petr.)
- Combustability ((Calc-c.) Carb-v., Graph.)
- Bound up (Calc-c., Nat-c., Mag-c. Stront-c.)

Calcarea carbonica is an archetypal carbon:

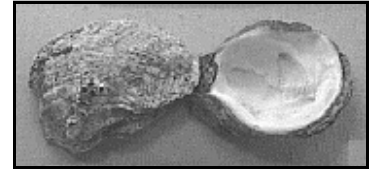
Its themes are

- Purposive Work (Carbon)
- Support (Calcium and Carbon)
- Communication (Calcium and Carbon)
- Structures - Work, Social (Carbon)

Roger Morrison provides another view of the Carbon remedies

<https://youtu.be/gwt5zozU3iE>

Calcarea Carbonica (calc.) In Childhood



MIND:

- Practical, down to earth. Needs security.
- Obstinate.
- A fear of the unknown. Many small fears. Worry about small things.
- Horrible things, sad stories affect profoundly. Sensitive.
- Serious. Ask about religious things.
- Intelligent, but slow comprehension.
- Avoid physical activities.
- Glandular swellings. Frequent colds.
- Constipation, feels good with it.

Babies:

- 40% or more of all babies/children need calc.
- Pillow wet from perspiration neck.
- Sour perspiration, stool.
- Vomiting of milk.
- Slow development; slow closing of fontanelles.
- Dentition late and difficult.
- Aphthae mouth (bor).

Generals

- Chilly.
- < cold wet weather. Cold air.
- > warm and dry. < heat of sun.
- < physical exertion, ascending. Coition.
- < full moon.
- < left side.
- Sour odor of discharges, of body.
- Obesity. Puts on weight easily.
- Bones: weak; disturbed development, caries.

- Epilepsy in children who play too much video-games.
- Frequent colds (psor, sulph, tub).
- Swollen glands, lymph-nodes.
- Tumors, esp. cystic. Polyps.
- Fontanelles remain open.
- Chronic hydrocephalus.
- Eruptions: thick crusts, milkcrusts.
- Perspiration cervical region at night during sleep.
- Swelling of cervical glands.

Calcarea Carbonica (calc.) In Childhood - continued

Food and drinks:

- Desire: sweets, ice cream, salt, soft boiled eggs, indigestible things, dairy products, cold drinks.
- Aversion: fat, slimy food.
- < milk, smoked meat.



Ear

- Recurrent otitis.
- Lost or impaired hearing from catarrh.
- Eruptions behind ears, cracks (graph).

Abdomen:

- Distention with hardness.
- Swelling of mesenteric and inguinal glands.
- Hernia of umbilicus, like proud flesh, in babies.

Rectum:

- Constipation.
- Diarrhoea: sour.
- Worms.

Extremities:

- Cold, clammy hands and feet.
- Cold feet on going to sleep, hot at night, uncovers them.
- Nails brittle.
- Slow learning to walk.

Perspiration:

- Easily on slight exertion.
- Sour.

Skin:

- Unhealthy.
- Cracks, < water.
- Eczema, itching < heat of bed. Urticaria > cold air.

Natrium Carbonicum (nat-c.)

Strongly bound up

Mind:

Refined. Sensitive.

Sensitive to certain impressions.

Aversion to certain persons. Also dedicated to certain persons.

Sensitive to the atmosphere of a place.

Considerate. Integrity. Dignity. Selfless.

Does not impose. Never speaks out against another.

Easily hurt, but does not show.

Cheerful. Keeps up facade.

Very nice superficially communicative, but closed about their emotions, grief.

Reclusive. Withdraws. Better when alone.

Can become masochistic. Like to suffer, to stimulate their feelings.

Sensitive to music, esp. piano.

Generalities:

< heat and cold

< sun. (Effects of sunstroke)

< least change of diet.

Food and drinks:

Desire: farinaceous food (potatoes).

Aversion: milk. < : milk. (diarrhoea)

Head:

Headache from the sun (+/- with vertigo), heat; from mental exertion.

Headache alternating with gastro-intestinal problems.

Nose:

Coryza from least draft of air. Chronic coryza, obstruction. Catarrh of posterior nares.

Allergies. Hay fever.

Problems of external nose: peeling, eruptions.

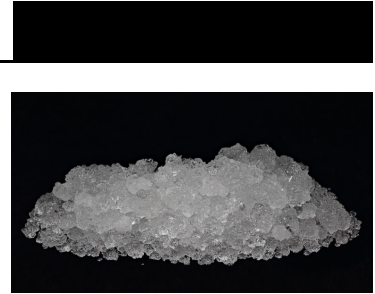
Face:

Eruptions around mouth, of lips. Herpes. Tinea.

Stomach:

Indigestion from least errors of diet, < milk. Food allergies.

Gastritis. Ulcers. Sour eructations. Heartburn.



Dreams:

Dreams romantic and sexual in adolescence and adulthood.

Skin:

Vesicular eruptions in patches and circles. Herpes circinatus.



Strontium Carbonicum (stront-c.)

In Childhood and Adolescence

Stress headaches and stress-reactive skin eruptions, in sensitive children.

Mind:

- Very helpful (+/- desperate to be wanted).
- Naturally joyful - but often suppressed by cynicism of others.
- Sympathetic. Cries easily.
- Active. Creative. Decisive if given opportunities.
- Fear of thunderstorm.
- Irritable and prone to sudden outbursts in adolescence.



Generalities:

- sensitive to cold.
- < beginning to move.
- < rest
- < change of weather.
- > warm application.
- < uncovering.
- > play

Dr Gaurang Gaikwad discusses Stront-c with reference to other Column 2 remedies: Calc-c, Stront-c, Bar-c.:

<https://youtu.be/NCq9neJQNFI>

Food and drinks:

- Desire: milk, (sour) fruit, bread, beer.
- Aversion: meat.

Head:

- Violent pulsation (glon).
- Pain from the neck spreading upwards. > wrapping head up warmly. (Sil)

Rectum:

- Diarrhea with rheumatic complaints (dulc).
- Diarrhea, < night, > towards morning. Continuous urging at night.
- Constipation.

Extremities:

- Chronic complaints of the ankle. Sprains of ankle with oedema.
- Rheumatic pains, esp. joints.

Skin:

- Itching, burning eruption, > open air, esp. warm sunshine.

Baryta Carbonica (bar-c.)

IMMATURITY. SLOWNESS. LUSTRELESS

MIND:

- Shy, Timid.
Children hide behind mother.
Children don't play, just stare, have no friends.
Fear strangers, stay in family.
- Delayed development. Slow learning to talk, walk.
- Childishness in old people. Senility. Silly.
- LACK OF SELF CONFIDENCE.
- IRRESOLUTION. Weak will.
- Difficult comprehension. Weak memory.
- Dependant in relationships, easily suppressed (Staph).
- Suspicious: "They laugh at me". Fear of (and aggravation from) ridicule
- Biting fingernails.
- Jealousy in children causing: enuresis, colds, hiding etc.

GENERALITIES:

- Dwarfishness. Immature development of parts of the body.
- Ailments from c.v.a.
- Chilly.
- Swelling glands.

FOOD AND DRINKS:

- Aversion: fruits, esp. plums.

HEAD:

- Baldness. Coarse dry hair which falls out easily.

MOUTH:

- Open mouth.

THROAT:

- Swelling tonsils. Persisting swelling cervical lymph glands
- Stricture esophagus. Spasms esophagus, on swallowing.

GENITALIA:

- Small, immaturely developed.
- Sexual desire low, indifferent.



Baryta Carbonica in Children
presented by Dr Ruchi Shirudka:

<https://youtu.be/mdO5i8KwkTo>

Rajan Sankaran discusses the Barium salts:

https://youtu.be/MmVLRiBKl_k

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