

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



Pre-membership Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

The Sea Remedies

Units 51-56

Materia Medica Studies (Remedy Groupings) for Weeks 7-12

Sea Remedies

(by Dr Gabriela Rieberer)

The sea is often referred to as the Great Mother in mythology. Names for Mother Sea include Aphrodite, Marina, Mari, Mara, Marga and Mary of the blue robe and pearl necklace. Mother Sea was a universal symbol of birth and rebirth, with imitations of her waters like the baptismal sea in Solomon's temple copied from large basins in the temple of Babylon and Egypt. The sea is experienced as something enormous (water covers the largest part of the earth's surface), as calming or terrifying – giving and taking life. Many pagan heroes were born from the sea such as Scyld, ancestor of Beowulf, as was Merlin.



It is not a myth that life originated in the sea. The sea is something like an universal amniotic fluid, with similar concentration of salts and nutrients that are found in plasma and in the amnion. Sea water contains all the elements of the periodic table. The concentration of the elements is virtually constant world wide. The oxygen content is most variable depending on the water temperature and water motion. Sea water itself provides every-thing, making life possible for one of the simplest sessile creatures the sea sponge. There are marked differences in sea and land animals. Many sea creatures do not produce eggs, as the offspring can find nourishment directly from the sea, also for many animals there is no close relation between mother and offspring, as the young are left to fend for themselves. Respiration in the sea is very simple, whereas land animals need complex respiratory organs for breathing.

We will focus on a selection of animal sea remedies, going into more detail into the pictures of those that have an affinity for the female reproductive cycle.

All of the sea remedies have in common an issue around salt, the sea side and movement. This can be improvement from movement as in *Sepia* and *Murex* or aversion to it as in *Spongia*, *Corallium rubrum* and *Calcarea carbonica*. The sea remedies all contain some quantities of the halogens mainly chlorine (the muriatic salts), bromine and iodine. The halogen component implies that there is often an issue around heat which we know from the remedies *Natrum muriaticum*,

Calcarea carbonica and Sepia that they do not tolerate heat very well, even though they may be chilly remedies. Also the halogens tend to produce glandular swelling as we see in Spongia.



A drop of seawater magnified x25

SEA REMEDIES - Sensations, metaphors and feelings

- different world, peaceful, calm
- solitary, detached, disconnect
- cave, safe space, dependency
- dominance, danger
- sexuality rape, reduced sexual desire
- heavy - light, buoyant / float / swim - drown / sink
- flow - stagnant open - closed
- water waves tide bubbles shells, mud sand
- camouflage / cold - colourful / fun

MIND THEMES

Animal remedy themes: sea is a very, competitive environment

Heavy, weighed down, tied down by responsibility/guilt

Yearn for freedom. fun, lightness, open spaces

Difficult relationship with mother, who's absent/distant

Sea is mother, but deceptively calm ocean is full of danger/
darkness

Difficulty communicating -> isolation

Need to find a safe environment, tend to withdraw

Hiding and camouflage ... "I am not myself

Self sufficiency in young, tend to fend for themselves

Issues of independence - dependence

Feel stupid, weak, dependent on someone for financial security.

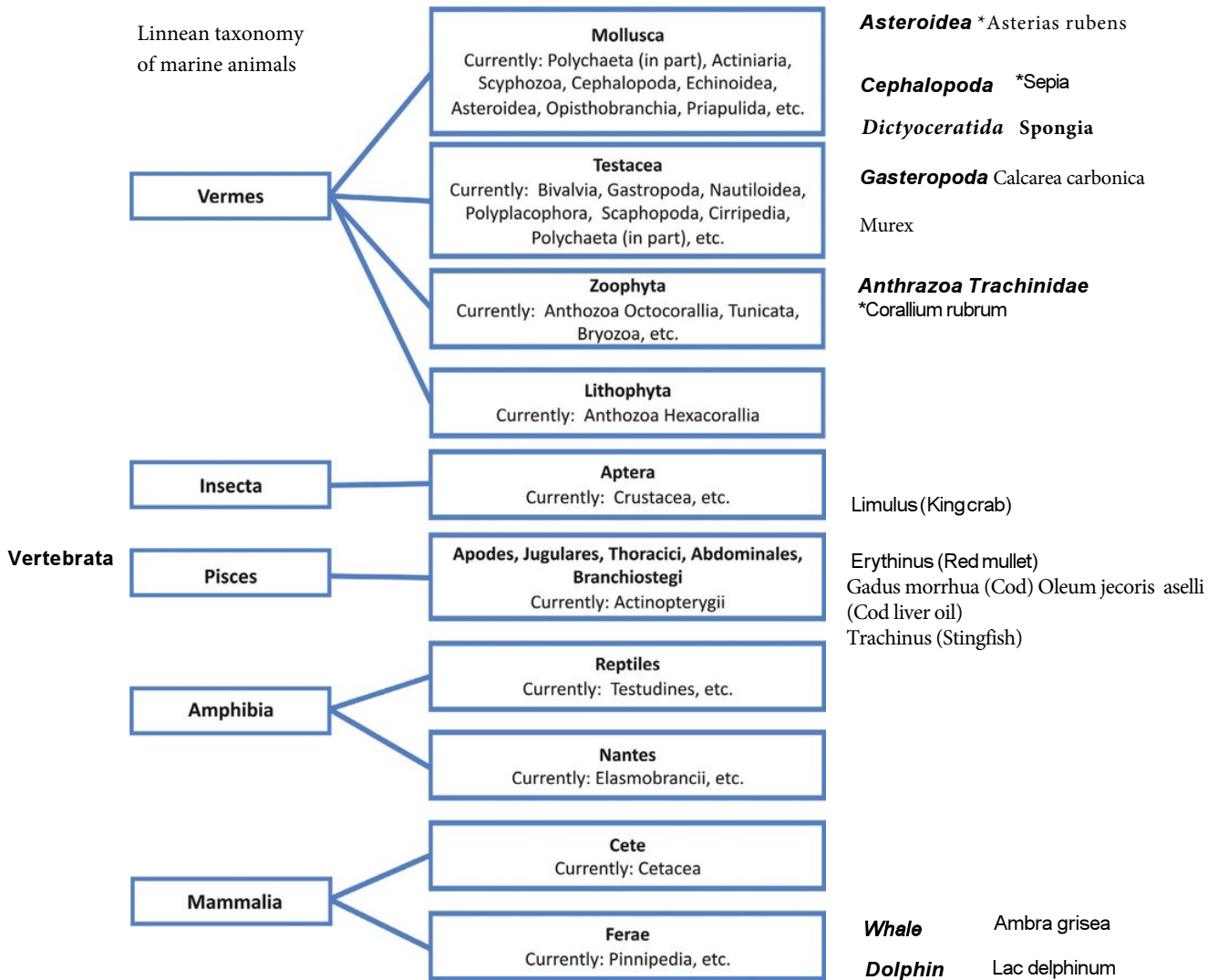
Gender roles are often questioned, with female reacting across
the polarities of dependence / oppression
to power or dominance / indifference to sex

Sea Remedies: Physical Tendencies

- PMS, mood swings, fluid retention
- >> dancing, moving, exercise
- Often history of allergies, urticaria, milk allergy
(think how often people are allergic to seafood)



Sea Dance by Trevor Price



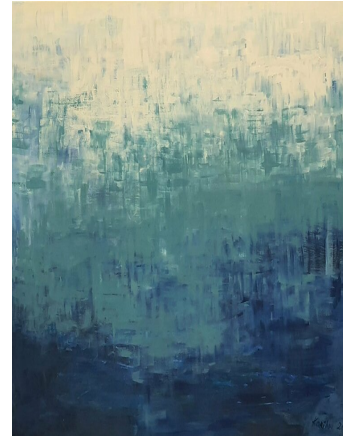
* indicates the remedies covered in your course booklet

<https://prezi.com/drfnmuuxk2g7/aquatic-animals-classification/>

Materia Medica

In this section you will be introduced to the *materia medica* of the following sea remedies:

- *Aqua marianus* (Seawater)
- *Asterias rubens* (Red Star fish)
- *Corallium rubrum* (Red coral)
- *Calcarea carbonica* (Middle layer of oyster shell)
- *Medusa* (Jelly fish)
- *Murex* (Purple Fish)
- *Sepia* (Cuttle fish)
- *Spongia* (Sea Sponge)



Sea Remedies in Outline
Presented by Dr Gabriela Rieberer:

<https://youtu.be/AfcoXobPR6o>

UNIT 51
WEEK 7

Aqua marianus (Seawater)



Key Features

- seaside
- hypersensitivity
- swelling of cervical glands

Affinity

- digestive organs
- mucous membranes
- thyroid gland

Typology

Hypersensitive subjects with congestion of veins and mucous membranes. Unstable nervous system.

Generals

- fetid perspiration
- weakness in the morning
- averse to bathing
- sea-sickness
- inflammation and swelling of cervical glands

Aversion: sea bathing

Modalities

Worse: seaside, motion, pressure, hot weather

Better: rest

Mentals

- impression of being spied upon
- fear of robbers – will often be expressed in dreams (Natrum muriaticum)
- feel tormented, fear of becoming mad, seeking peace in religion

Local Features

- cold only at the root of the nose
- dryness of lips, fissure middle of lower lip
- sensation of hair or fishbone in the throat with cough that does not ameliorate

Clinical Indications

- effects from the seaside
- thyroid problems
- headache
- sinusitis
- Addison's disease

UNIT 52
WEEK 8

Asterias rubens (Red Star fish)



Key Features

- congestive headache
- menopausal flushes
- diseases of the breast

Affinity

- cardiovascular system
- autonomic nervous system
- breast

Generals

- congestion, pulsation
- left-sided
- disturbed sleep with tormenting dreams

Modalities

Worse: heat, menses, cold wet weather, coffee, night

Mentals

- easily excited
- worse contradiction
- sense of impending misfortune

Clinical Indications

- mastopathy
- breast cancer
- menopausal flushes
- bronchial constriction
- pain in old scars

UNIT 53
WEEK 9

Corallium rubrum (Red coral)



Key Features

- paroxysmal cough
- inspired air feels cold
- < cold and heat

Affinity

- respiratory organs

Generals

- < cold and heat
- sore pain in the bones

Desires: acids and salty food

Aversion: salt

Modalities

Worse: change of temperature of air

Better: covering

Mentals

- ill-humoured

Clinical Indications

- asthma
- catarrh
- whooping cough

Calcarea carbonica

Key Features

- slowness of development
- tendency to grow fat, very chilly
- many fears and anxieties

Typology

Children fat, fleshy, large head and abdomen

Adults usually short and stocky, stubby fingers, tendency to obesity

Tissue Affinities

Heart, skeletal muscle, bones and lymphatic tissue (large glands)

Mentals

- many fears, anxiety, nightmares
- fear of insanity, being observed
- hard, steady workers “plodders”, phlegmatic

Generals

- clammy perspiration often of single parts (head, hands)
- chilly, tendency to overheat in bed
- sourness of alimentary system, perspiration, saliva
- R-sided

Desire: indigestible things (chalk, charcoal, dirt, lead pencils), eggs

Aversion: fat, milk

Modalities

Agg: cold, damp

Amel: constipation

Clinical Indications

- sore throat with swollen glands
- recurring bronchitis
- eczema
- growth disorders
- obesity
- gout, sprains



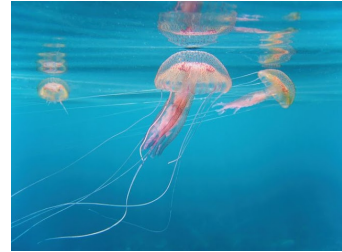
Dr Gabriela Rieberer presents a case of *Calcarea carbonica*

<https://youtu.be/mDkiWCDZCTE>



UNIT 54
WEEK 10

Medusa (Jelly fish)



Key Features

- oedema
- prickling heat
- milk secretion

Affinity

- milk glands
- skin
- kidneys

Generals

- need lots of sleep
- increased secretions (milk, urine)

Desires: salt

Aversion: fish

Modalities

Worse: fish

Better: sleep, movement and food

Mentals

- cold in relation to others
- easily offended
- hatred of people enjoying life
- do not like change, prefer routine
- difficult sexual relationships as all sea remedies
- love music and dance as all sea remedies

Clinical Indications

- lack of milk production
- suppresses urine
- urticaria
- vesicular eruptions

UNIT 55
WEEK 11

Murex (Purple Fish)



Key Features

- bearing down pains
- increased sexual desire
- congestion

Affinity

- female organs
- kidneys

Generals

- profuse perspiration during menses
- crosswise pains
- profuse secretions especially menses and urine

Modalities

Worse: touch, sun, exertion, menses, lying down which <

Better: before menses, eating, sitting and crossing limbs, walking, support, pressure

Mentals

- great depression
- sadness > leucorrhoea

Local Symptoms

- sinking feeling in stomach not ameliorated by eating
- soreness of uterus
- pain from right side of womb to left breast
- bearing down pains, must keep legs tightly crossed

Clinical Indications

- uterine prolapse
- dysmenorrhoea
- menorrhagia and metrorrhagia

Compare Murex with Sepia to which it is closely related. An exercise in your workbooklet will enable you to differentiate between the very similar remedies Sepia and Murex.

Sepia (Cuttle fish)

Key Features

- Stasis on all levels – indifference, isolation, loss of libido
- Engerised by physical activity especially dancing
- Female hormonal cycle

Typology

Thin, lax-fibred, sallow complexion with brownish spots in the face.

Mentals

- indifference to everything, dullness, incommunicative
- desire to be alone, < consolation
- loss of libido
- fault-finding, irritable particularly before menses

Generals

- > physical exertion
- chilly, < stuffy rooms
- bearing down sensation

Desire: vinegar, pickles

Averse: fats, rich food

Modalities

Agg: cold air, stuffy rooms, menses, pregnancy

Amel: violent motion, sitting with legs crossed

Clinical Indication

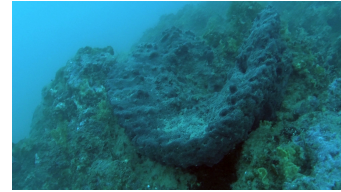
- constipation
- haemorrhoids
- uterine prolapse
- menstrual disorders, PMT
- never well since pregnancy or birth control pill
- depression



See supplemental materials:
'Interpretations of Sepia'

UNIT 56
WEEK 12

Spongia (Sea Sponge)



Key Features

- sleeps into aggravation
- suffocation
- extreme exhaustion even after slight exertion

Typology

Fair complexion, light-coloured hair and eyes.

Tissue Affinity

- airways
- pulmonary vasculatur
- endocrine and ductless glands
- mucous membranes
- heart valves

Modalities

< cold dry wind, roused from sleep or after sleep, exertion, lying with head low
> bending forward

Generals

- suffocative episodes at night waking with cold clammy hands and perspiration
- paroxysms of heat and weakness
- persons of tubercular parents

Local Symptoms

- acute laryngitis; hoarseness, dryness
- hollow barking cough
- asthma without rattling of mucous, midnight
- chronic orchitis

Clinical Indication

- cardiac asthma
- cardio-respiratory failure following pulmonary hypertension/valvular disease
- croup
- respiratory debility
- bronchospasm, loss of compliance

This section contains collated information from a number of sources

including:

Massimo Mangliavori
Gabriela Rieberer
Russell Malcolm
Geoff Johnson
Ortrud Lindemann
Julie Geraghty

Production Design (Part 12, 1995-2000) Royal London Homeopathic Hospital - Academic
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David Walker
Russell Malcolm
Stuart Campbell

Curriculum (Part 12 - Women's Health 1996 - 2015)
Gabriela Rieberer
Russell Malcolm
Sara Eames