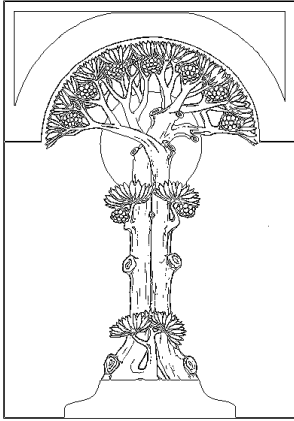


Centre for Integrative Medical Training



Pre-membership Course in Medical Homeopathy

A Modular Course in Homeopathic Medicine for Healthcare Professionals

Unit 62
Therapeutic Pointers

Modelling Fibromyalgia - Discussion Notes



In this week's tutorial we have explored a working model for Fibromyalgia based on homeopathic principles.

SUMMARY

Fibromyalgia is a common clinical syndrome whose conventional disease model lacks definition. There are however commonly recognised symptoms which have provided the basis for this illness category in the absence of a clear causative model.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165132/>

Homeopathically we recognise a number of common underlying predisposing factors:

SENSITIVITY (both sensorial and psychological)

AVOIDANCE (as a core strategy in both the pre-morbid condition and the active illness state)

SYMPTOM SUPPRESSION with +/- Over-treatment (as the dominant avoidance strategy)

DYSREGULATION (as a result of unresolved emotional suffering and conventional medication)

Core concept:

Pach Deng

'The Avoidance of Suffering Is Suffering'

Other Writers & Commentators

"The avoidance of suffering is a form of suffering. The avoidance of struggle is a struggle. The denial of failure is a failure. Hiding what is shameful is itself a form of shame."

Mark Manson, *The Subtle Art of Not Giving a F*ck:*
A Counterintuitive Approach to Living a Good Life

<https://medium.com/change-your-mind/the-avoidance-of-suffering-is-suffering-e5969f299579>

Others

<https://www.psychologytoday.com/us/blog/mindfully-present-fully-alive/202008/why-we-should-stop-running-pain>

<https://www.medicolegal-partners.com/2021/06/18/the-link-between-trauma-and-fibromyalgia/>

Modelling Fibromyalgia - Discussion Notes

Homeopathic Analysis - Rubrics:

CONCEPT - SENSITIVITY:

MIND: Sensitive - Pain, to
MIND: Sensitive - cruelties, when hearing of
MIND: Sensitive - quarrels, to
MIND: Fear - hurt, of being
MIND: Fear - injury - being injured; of
MIND: Fear - suffering, of

CONCEPT - AVOIDANCE MENTAL:

MIND: Yielding disposition
MIND: Cowardice - opinion; without courage to express own opinion

CONCEPT - AVOIDANCE PHYSICAL: SYMPTOM SUPPRESSION

GENERALS - Medicine - allopathic - abuse of
GENERALS - Analgesics, from
(GENERALS - Quinine, abuse of)

CONCEPT - DYSREGULATION (features of dysharmony across systems)

GENERALS - PAIN - Body; all over,
GENERALS - CHANGE - symptoms; change of
GENERALS - Contradictory and alternating states
GENERALS - Metastasis (not the oncological meaning of the word)

Searches should then be filtered to exclude Mineral remedies
(with the possible exception of magnesium salts)

'TYPHOID MIASM'

		nux-v.	bry.	cham.	carb-v.	Podoc.
		1	2	3	4	5
		25	24	21	19	14
1. GENERALS - PAIN - Body; all over	(29) 1	-	2	-	-	-
2. GENERALS - ANALGESICS; from	(5) 1	-	-	-	1	-
3. GENERALS - MEDICINE - allopathic - abuse of	(30) 1	3	1	1	1	-
4. GENERALS - QUININE, abuse of	(66) 1	1	1	1	3	-
5. MIND - COWARDICE - opinion; without courage to express own	(5) 1	-	-	-	-	-
6. MIND - DELUSIONS - body - brittle, is	(11) 1	1	-	-	-	-
7. MIND - INSECURITY; mental	(47) 1	-	2	1	-	-
8. MIND - FEAR - hurt, of being	(13) 1	-	-	-	-	-
9. MIND - FEAR - injury - others; of injuring - himself; for fear of b...	(1) 1	-	-	-	-	-
10. MIND - SENSITIVE - pain, to	(52) 1	2	-	4	-	-
11. MIND - SENSITIVE - cruelties, when hearing of	(10) 1	-	-	-	-	-
12. MIND - FEAR - suffering, of	(30) 1	-	1	1	-	-
13. MIND - YIELDING disposition	(70) 1	2	-	-	3	1
14. MIND - SENSITIVE - quarrels; to	(7) 1	-	-	-	-	-
15. MIND - AILMENTS FROM - scorned; being	(32) 1	3	3	3	-	1
16. GENERALS - METASTASIS	(81) 1	2	1	-	2	1
17. GENERALS - CONTRADICTION and alternating states	(39) 1	-	1	-	-	1
18. GENERALS - CHANGE - symptoms; change of - constant	(30) 1	-	-	-	-	1
a 19. KINGDOMS - PLANTS Cronquist (with all subrubrics)	(875) 1	1	1	1	1	1
a 20. KINGDOMS - PLANTS other families (with all subrubrics)	(773) 1	1	1	1	1	1

'SYCOTIC MIASM'



		puls.	thu	croc.	ill-t.	asaif
		1	2	3	4	5
		26	18	14	12	10
1.	GENERALS - PAIN - Body; all over (29) 1	-	-	-	-	-
2.	GENERALS - ANALGESICS; from (5) 1	-	-	-	-	-
3.	GENERALS - MEDICINE - allopathic - abuse of (30) 1	2	1	-	-	-
4.	GENERALS - QUININE, abuse of (66) 1	3	-	-	-	1
5.	MIND - COWARDICE - opinion; without courage to express own (5) 1	-	-	-	-	-
6.	MIND - DELUSIONS - body - brittle, is (11) 1	-	2	-	-	-
7.	MIND - INSECURITY; mental (47) 1	-	-	-	-	-
8.	MIND - FEAR - hurt, of being (13) 1	-	-	-	-	-
9.	MIND - FEAR - injury - others; of injuring - himself; for fear of b... (1) 1	-	-	-	-	-
10.	MIND - SENSITIVE - pain, to (52) 1	-	1	-	-	1
11.	MIND - SENSITIVE - cruelties, when hearing of (10) 1	-	-	-	-	-
12.	MIND - FEAR - suffering, of (30) 1	-	-	-	1	-
13.	MIND - YIELDING disposition (70) 1	3	3	2	1	-
14.	MIND - SENSITIVE - quarrels; to (7) 1	-	-	-	-	-
15.	MIND - AILMENTS FROM - scorned; being (32) 1	-	-	-	-	-
16.	GENERALS - METASTASIS (81) 1	2	-	1	1	1
17.	GENERALS - CONTRADICTION and alternating states (39) 1	4	2	1	-	-
18.	GENERALS - CHANGE - symptoms; change of - constant (30) 1	2	-	2	1	-
a 19.	KINGDOMS - PLANTS Cronquist (with all subrubrics) (875) 1	1	1	1	1	1
a 20.	KINGDOMS - PLANTS other families (with all subrubrics) (773) 1	1	1	1	1	1

'TUBERCULAR MIASM'



		coif.	climic.	abrot.	kreos.	list.
		1	2	3	4	5
		19	13	11	6	6
1. GENERALS - PAIN - Body; all over	(29) 1	1	-	-	-	-
2. GENERALS - ANALGESICS; from	(5) 1	-	-	-	-	-
3. GENERALS - MEDICINE - allopathic - abuse of	(30) 1	1	-	-	-	-
4. GENERALS - QUININE, abuse of	(66) 1	-	-	-	-	-
5. MIND - COWARDICE - opinion; without courage to express own	(5) 1	-	-	-	-	-
6. MIND - DELUSIONS - body - brittle, is	(11) 1	-	-	-	-	-
7. MIND - INSECURITY; mental	(47) 1	-	-	-	-	-
8. MIND - FEAR - hurt, of being	(13) 1	-	-	-	-	-
9. MIND - FEAR - injury - others; of injuring - himself; for fear of b...	(1) 1	-	-	-	-	-
10. MIND - SENSITIVE - pain, to	(52) 1	4	1	-	-	-
11. MIND - SENSITIVE - cruelties, when hearing of	(10) 1	-	-	-	-	-
12. MIND - FEAR - suffering, of	(30) 1	1	-	-	-	-
13. MIND - YIELDING disposition	(70) 1	1	-	-	-	-
14. MIND - SENSITIVE - quarrels; to	(7) 1	-	-	-	-	-
15. MIND - AILMENTS FROM - scorned; being	(32) 1	1	-	-	-	-
16. GENERALS - METASTASIS	(81) 1	-	2	3	1	1
17. GENERALS - CONTRADICTION and alternating states	(39) 1	-	1	2	-	-
18. GENERALS - CHANGE - symptoms; change of - constant	(30) 1	-	1	-	-	-
a 19. KINGDOMS - PLANTS Cronquist (with all subrubrics)	(875) 1	1	1	1	1	1
a 20. KINGDOMS - PLANTS other families (with all subrubrics)	(773) 1	1	1	1	-	1

'MINERALS'



		mag-s.	mag-p.	mag-s.	ferr-p.	ferr-f.	ferr-lac.	ferr-sil.	ferr-n.	aur.
		1	2	3	4	5	6	7	8	9
		426	415	407	400	398	397	397	397	392
1. GENERALS - PAIN - Body; all over	(29) 5	1	-	-	-	-	-	-	-	-
2. GENERALS - ANALGESICS; from	(5) 1	-	-	-	-	-	-	-	-	-
3. GENERALS - MEDICINE - allopathic - abuse of	(30) 1	-	-	1	-	-	-	-	-	-
4. GENERALS - QUININE, abuse of	(66) 1	-	-	-	-	-	-	-	-	-
5. MIND - COWARDICE - opinion; without courage to express own	(5) 1	-	-	-	-	-	-	-	-	-
6. MIND - DELUSIONS - body - brittle, is	(11) 1	-	-	-	-	-	-	-	-	-
7. MIND - INSECURITY; mental	(47) 6	-	-	-	-	-	-	-	-	-
8. MIND - FEAR - hurt, of being	(13) 1	-	-	-	-	-	-	-	-	-
9. MIND - FEAR - injury - others; of injuring - himself; for fear of b...	(1) 1	-	-	-	-	-	-	-	-	-
10. MIND - SENSITIVE - pain, to	(52) 7	1	1	1	1	1	1	1	1	2
11. MIND - SENSITIVE - cruelties, when hearing of	(10) 1	-	-	-	-	-	-	-	-	-
12. MIND - FEAR - suffering, of	(30) 1	-	-	-	-	-	-	-	-	1
13. MIND - YIELDING disposition	(70) 1	-	-	-	-	-	-	-	-	2
14. MIND - SENSITIVE - quarrels; to	(7) 1	-	-	-	-	-	-	-	-	-
15. MIND - AILMENTS FROM - scorned; being	(32) 1	-	-	-	-	-	-	-	-	2
16. GENERALS - METASTASIS	(81) 1	1	-	-	1	-	-	-	-	-
17. GENERALS - CONTRADICTION and alternating states	(39) 1	-	-	-	-	-	-	-	-	1
18. GENERALS - CHANGE - symptoms; change of - constant	(30) 1	-	1	-	-	-	-	-	-	-
a 19. KINGDOMS - IMPONDERABLES (with all subrubrics)	(11) 1	-	-	-	-	-	-	-	-	-
a 20. KINGDOMS - MINERALS and CHEMICALS (with all subrubrics)	(1007) 1	1	1	1	1	1	1	1	1	1

