

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

Sepia

Compiled by Dr John English

Unit 53

Materia Medica Supplement for Week 9

Sepia

Dr John English

Dr John English presents
a constitutional picture
(reminiscent of Margaret
Tyler's portrait of Sepia):

APPEARANCE

mainly female

young: pale, easy flush, freckled, red hair

 <https://youtu.be/IX3A3B1KVyg>

adult: tall, slim, **flat-chested, narrow-hipped, drooping** posture, pot-bellied

brunette, falling hair, coarse body hair

sallow, yellow-brown patchy skin, brown moles

yellow "saddle" upper cheeks and nose

SOURCE

cuttle-fish ink

lives in crevices in rocks in icy ocean depths

is half crustacean, half soft-bodied

can close up when attacked

tentacles shoot out very quickly to pin prey

ink: camouflage, to avoid attack

to scare/confuse/catch prey

GENERAL FEATURES

weary, weak, exhausted, "heavy", empty, dragging down

sudden prostration; faintness, with: hypnotic muscles,

fear, chill, heat then cold, warm room

kneeling in church; emptiness

indifference, apathy, shown in body language

++ chill; cold extremities - sweat ++ without relief

PERSPIRATION

<<< **during and after; no relief**

causes uneasiness

night: hot or cold sweat

cold: slightest exertion, mental or physical

profuse, offensive, sour odour

from anxiety, after vexation

during & after eating; after coitus, writing

of single parts, especially back

PHYSIOLOGY

hypofunction: endocrine, autonomic nervous system

Addisonian picture, mineralo- and glucocorticoids

low oestrogen levels, relatively high adrenal androgen

? compensatory anterior pituitary overaction:

uric acid excretion +, seborrhoeic conditions

hypotension, low body temperature

hypotonicity of striated muscles and sphincters

PATHOLOGY

chronicity: infections indurate

discharges thick, yellow/green/brown offensive excoriating swelling of affected part

degenerative diseases, malignancy, mental conditions

pain: bear down, stitch & shoot (up); "ball",

burn, tear, cramp, gnaw, press

MODALITIES 2: POSITION

<<< standing, stooping, kneeling (especially in church)

<<< lying on back, L side > lying R

< sitting on soft chair, - legs crossed;

> sitting upright with firm lumbar support

tension: internal, in joint or muscle

MODALITIES 3: MOVEMENT

<<< or >>> rest or motion (includes car & horse)

Gentle movements cause fatigue: short walk, going upstairs

Invigorated by a long vigorous walk, run or **dance**

<<< jar, mis-step, blow, overlifting, stretching affected parts

< moving arms, laundry

MODALITIES 4: SENSORY

<<< **touch**, except back, which >

> pressure, binding head; loosening clothes.

<<< rubbing

<<< or >>> before, during & after sleep, eating, **menses**

<<< loss of fluids, <<< bathing, and dread of it

< noise, especially sudden; imperfections in music

< bright light, especially artificial

< **strong smells, especially food**

MODALITIES 5: FOODS

craves: acids, vinegar, sweets, cold drinks, bitter & pungent foods

averse: meat, fat, milk, bread, salt, **beer**

upset by: milk, **cold drinks, tea, acids**

bread, fat, drugs, tobacco, smell of food, cooking.

MODALITIES 6: REPRODUCTIVE

<<< before, during and/or after menses

or > during menses (while <<< b or a)

<<< after coitus, <<< excess, forced; masturbation

complaints during and after pregnancy

while feeding babies; post-partum depression

<<< menopause: **hot flushes upward**, "warm water poured"

anger & weakness after flush

Any illness starting or < at menopause

MODALITIES 7: MENTAL

<<< or >>> work

<<< **husband**, children and family

<< **consolation**

<< room full of people, company >>> alone

< opposition, offence, contradiction

<<< music, >>> dancing

MENTALS 1: WORK

The **career woman**: industrious, competitive, >>> occupied

easily discouraged; needs stimulation:

dance, violent exercise, rubbing forehead, drugs, seeks guru, religion

loses interest. Work & housework become a drudgery.

indifferent, dull, listless, apathetic, lazy, cannot concentrate,

poor memory, absent-minded, makes mistakes, confused

the overworked, harassed housewife.

MENTALS 2: RELATIONSHIPS

? behaviour caused by hurt from withdrawn love

detached: needs love/company to feel OK (selfishly)

dreads/fears being alone

timid; avoids meetings, parties, solitary, proud

feels self pity. << **company.**

lost ability to love/to be loved; to be happy

<<< family, mate. <<< **sex demands.** Ends hating (him)

appears frigid, yet really wants/needs what is rejected

sadness, especially at menopause, out walking

MENTALS 3: AFFECTUAL BEHAVIOUR

< talked to, demands made, stress, if options are opposed

easily **offended**; doesn't care for others' feelings

loses sense of propriety

sarcastic, spiteful, irritable,

quarrelsome, insulting, **complaining**

angry, violent, rage, hasty speech, impetuous,

hysterical: shrieks, screams, shouts, clings to objects

weepy: giving history, from consolation, involuntary

depressed, silent, anxious, changeable.

fervent prayer

MENTALS 4: SELF

Self-centred

Low self-worth develops under stress

discouraged, irresolute, hopeless, apathetic

stubbornly clings to what she has; greedy, miserly.

exhausted: avoids sensory stimulation, demands, company

complaining; **discontent with everything** ? = with herself

anti-doctory/help. Changes doctors easily.

Fears: alone, the unknown, evil, certain places (?psychic) thunder*, starvation, poverty (real or imagined) her own detachment and inability to relate, care, love ...

frightened easily

CHILL

Cold generally +++, <<< am, pm, 28 day cycle, during menses

Cold, but **warmth unbearable**

from fingers and toes; in spots, single parts

with dullness, pain, shaking, rigors

rigors without heat or thirst

FEVER

NOT a remedy for acute fever

intermittent, chronic; irregular paroxysms

ascends; during menses, autumn

stages: heat to chill

from anger, heat causes vexation

FEVER

sleepless with sleepiness am, before midnight, 3 am

sleepless with toothache

pleasant dreams!

perspires with dreams, yawning

wakes unrefreshed

EYES

Agglutination; inflammation < canthi; scaly eruptions

pain: burning, sore, "sand" < cold wind, after walking

vision: dim, hypermetropia; < after intercourse!

paralysis of eyelids: ptosis

Face

Pale, **sallow**, yellow, earthy, or blotchy, plethoric

ptosis

yellow saddle, or butterfly, across cheeks and nose

cracked lips, especially middle lower

eruptions: forehead, lower lip, chin

acne, herpes simplex, crusty; itch+

menopausal heat flushes,

pain radiates to ears; swelling with toothache

Headache

left or right, forehead to occiput, in bones

paroxysmal, in waves, pulsate, burst, tear, shoot

>>eating

ENT

Ears: itch; tinnitus hum, ring, reverberation

Nose: smell hyperacute (**esp. food**), or reduced lost

epistaxis during or after headache, with haemorrhoids

catarrh yellow-green, white, milky, green crusts

postnasal; offensive smell, swelling, ulceration

Throat: dry, hawking mucus, urge to, or involuntary swallow

Respiratory Tract

larynx, trachea,: irritation, tickling <9am, 6-9pm

cough: **constant**, hacking, irritating, violent spasms

<<<cold air, damp cold, fog, stormy weather

draft, dry air, walking in open air

evening, night, in bed, going to sleep wakes with, **must sit up**,

hold chest with hands

<anger, asthma, acid drink, pregnancy

"from stomach"

sputum: copious, white, yellow, purulent, salty

chest: congested, inflamed, oppressed

pain: sticking, in short ribs

Cardiovascular System

palpitations: violent <rapid walking, lying on left

<tight clothing round neck

hypotension

cold extremities, poor peripheral circulation

Raynaud's phenomenon

Alimentary System: Mouth

gums: dry, bleed, swell, pulsate during menses

slimy mucus

toothache: all teeth, low > upper, stitch, tear, draw
< cold (or warm), menses, pregnancy

Stomach

appetite: diminished, lost, loathes food, **thought**, **smell of**
averse meat, fat

thirst: during chill, less during heat

sinking, emptiness not > eating eructation

after fat

nausea: before breakfast, **pregnancy**, < or > eating

vomit: as nausea: milky, bile, offensive

pain: gnawing, < or > eating

Abdomen

pot-bellied from lax musculature

bearing down, heaviness, weight, emptiness>>> crossing limbs

pain: dull, dragging, pressing, sore < am, walking, eating, menses

sharp upward stitching pains (liver to R shoulder)

distention, rumbling "something alive", flatus

liver: tender, enlarged. stitching pain < lying R. (NB)

obstructive jaundice picture.

Rectum

constipation without urge, ineffectual straining < pregnancy

Ball/weight/plug/lump in rectum: no > stool

tenesmus: pain during and long after stool: burn, stitch exhaustion, weakness, and sweat from straining

rectal prolapse, third degree bleeding haemorrhoids, fissure

stool: hard mucus covered balls; large hard stools, chronic diarrhoea, offensive, <boiled milk

Urinary Tract

enuresis in early sleep

frequency/urgency hard to control, > mind diverted

stress incontinence from cough, sneeze, laugh, noise, shock

pain cutting, bearing down, difficult to p.u.

urine: clear red (any coloured) or urate sediment, hard to wash off; haematuria offensive, (esp. at menopause), foetid

lower UTI infections, calculi, prolapse

Male Genital

impotence with cold organs

urethritis: profuse acrid penile discharge

burning pain after emission, coition

< night "old gonorrhoea"

prostatitis: "sitting on ball"

warts, condylomata, herpes

Female Genital 1

leucorrhea:

yellow, green, white, milky (by day), transparent, offensive, bloody acrid, burning, excoriating, irritating, gushing before and at puberty, pregnancy, **before, after, between menses at menopause**

Uterus

prolapse, displacement, enlargement, congestion, induration carcinoma of cervix or uterus, fibroids

premenstrual tension

menopausal flushing - any problem at menopause

Menses

absent 'in feeble women' scanty, irregular, long cycle, less often the reverse, copious at menopause (metrorrhagia) bleeding 5th-7th month of pregnancy

dysmenorrhoea:

bearing down: 'everything will escape...'
must cross legs, lie down, eat,
press vulva or support abdomen with hands
clutching pain, sharp upward vaginal stitch
low backache, radiation to abdomen, thighs

Reproduction

initially keen, then off sex. Frigid, dry vagina, dyspareunia

sterility; habitual abortion 3, 5, or 7 months especially

Pregnancy aggravates many complaints

Complaints or pregnancy generally: morning sickness, itching, leucorrhea, labour pains excessive, distressing

Post-partum: depression, feeding difficulties, off sex

Back

pain: dull ache, tearing, pulsating, 'struck with hammer'

>pressure, <stoop, sit: must sit up straight with firm pressure in small of back

dorsal: between scapulae, with chill

lumbar: pm, before menses, <or> walk

sacral: <intercourse, radiates to hips

Extremities

pain: sore bruised (hip) pressing (shoulder)

weak: especially lower limbs

numbness with tingling, coldness, stiffness

gout, osteoarthritis, muscular rheumatism

Skin

Discolouration: brown-red, red, 'red-wine', yellow

Eruptions burn, sting, itch, smart, dry, desquamating, discharging, moist, ulcers, rough, chapped -backs of hands in winter, <<<wet, circinate patchy lesions, pustules, pimples, eczema, psoriasis, tineal infections

Important Locals

drip off end of cold nose

yellow saddle across nose

violent spasmodic palpitations with anxiety and sweat below upwards

'stone in the stomach'

nausea and vomit, eructation, acrid waterbrash from:

sight/smell of food

morning

pregnancy