



The World of Pteridophyta

With this contribution I wish to bring three points to your attention:

- an idea of how to develop a concept for a new remedy group
- to give you a glimpse into the – homeopathically new –
group of the Pteridophyta, the Fernlike Plants
- an introduction into the update system of the sensation method

Pteridophyta – Fernlike Plants (Ferns and Allies)

Filicopsida – Ferns (9-12000 species)



Equisetopsida – Horsetails (20 species)

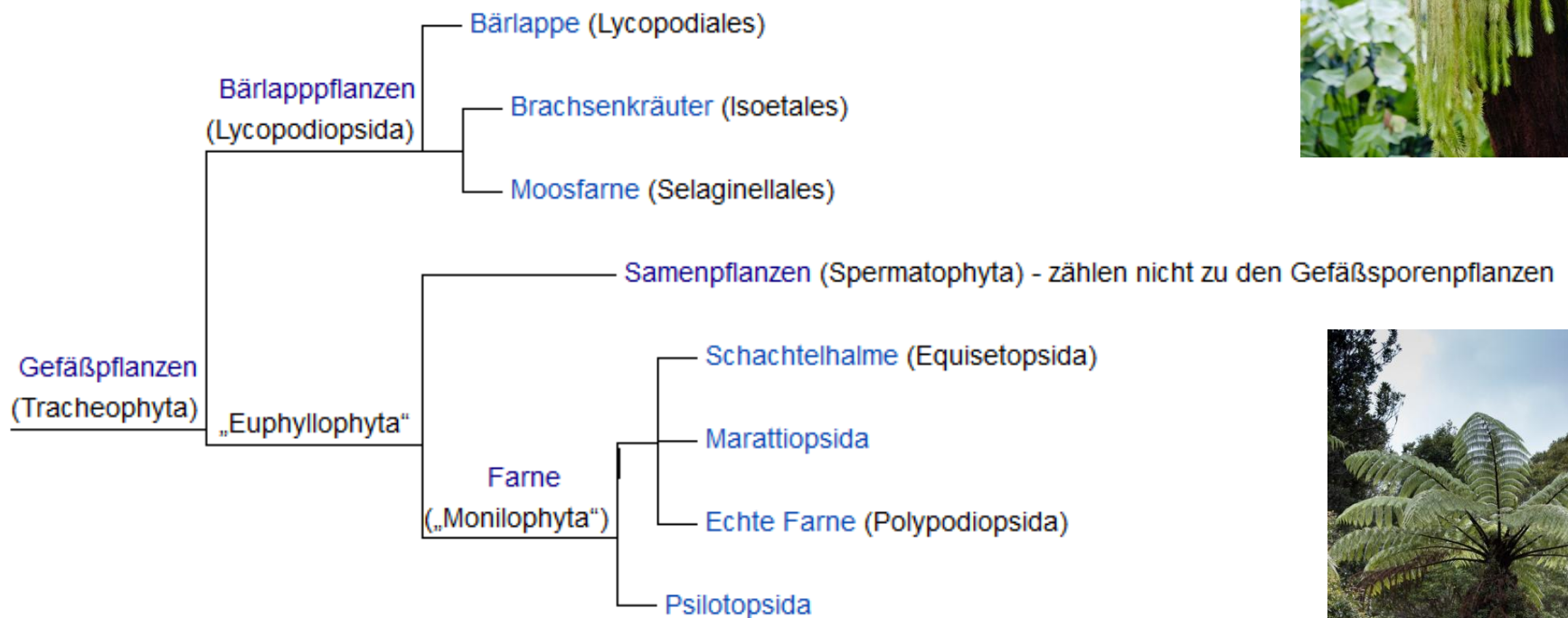


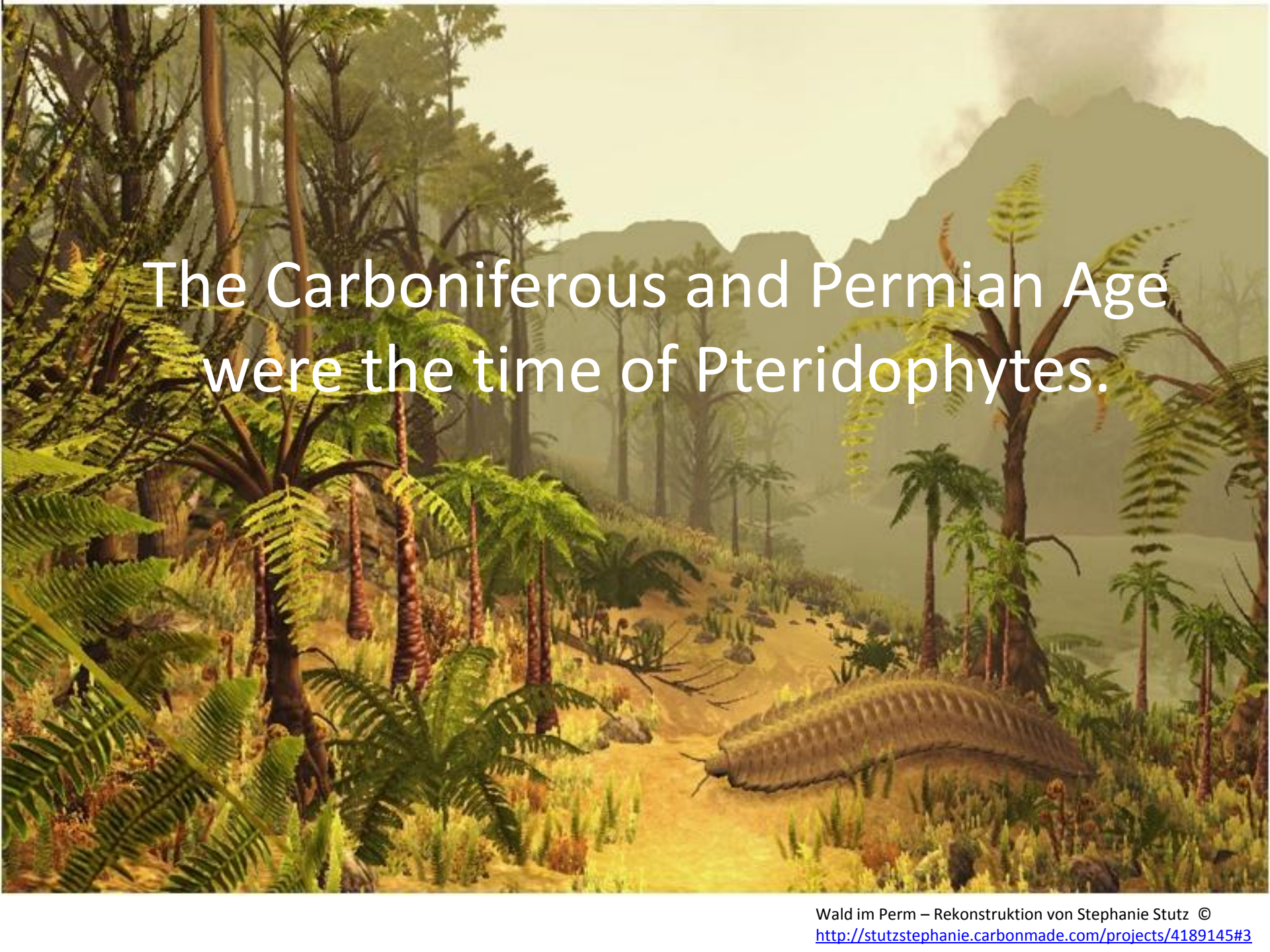
Lycopsida – Clubmosses (1200 species)



The group of Pteridophyta is not a family of plants, (even though there are flowering plant families with a lot more members), but a conglomeration of three related classes of the taxonomical level of e.g. all flowering plants together or all vertebrates. This is justified purely because we are trying to find groups that seem to make sense for homeopathy and share a bunch of homeopathical characteristics, which means they show similar reactions in humans.

According to latest botanical research we find the following structure of relations:





The Carboniferous and Permian Age
were the time of Pteridophytes.



Cenozoic Era – Mammals, Flowering Plants

Mesozoic Era – Dinosaurs, Conifers

- Cretaceous
- Jurassic
- Triassic
- 250 – 65 mio. years

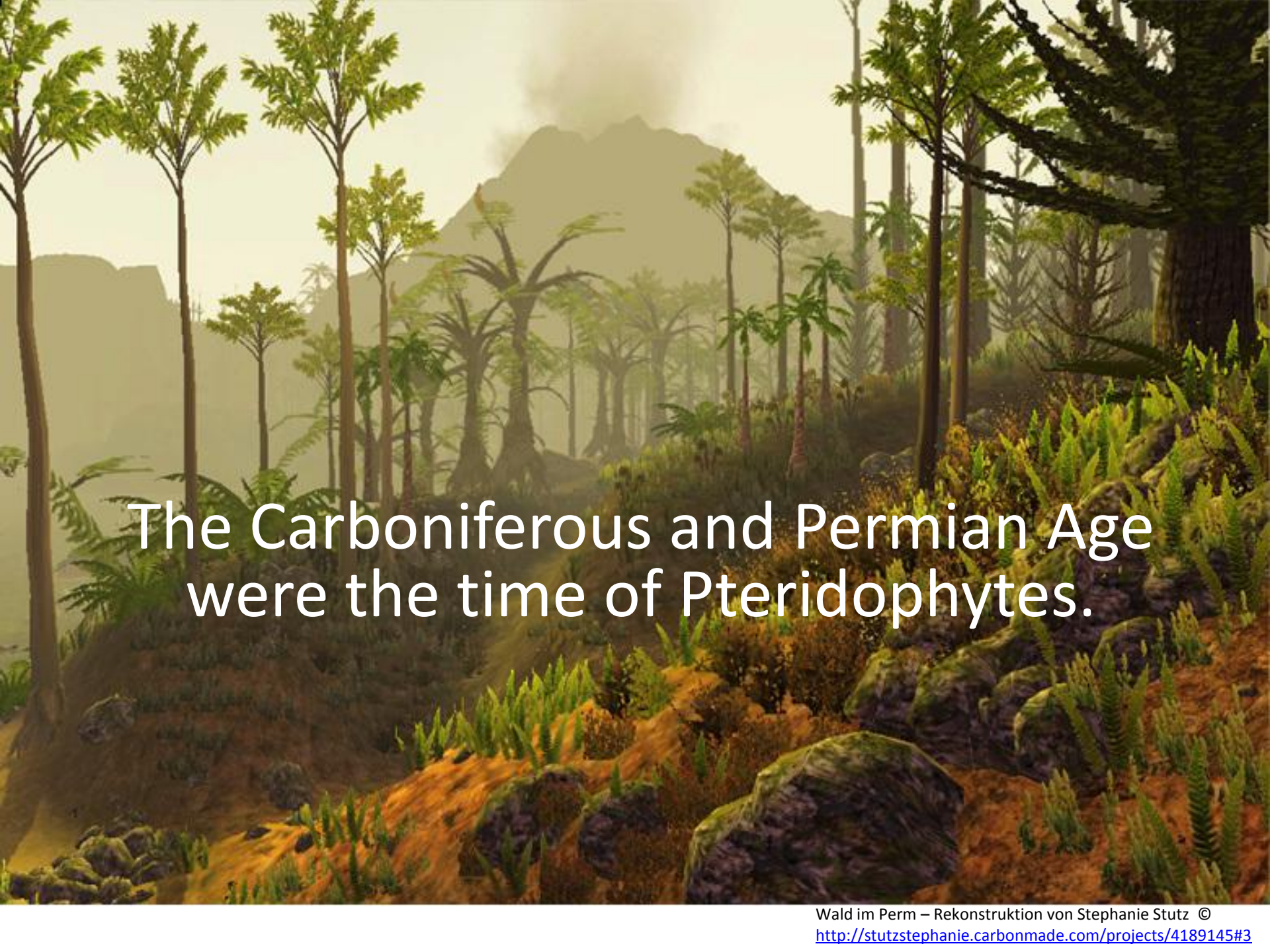
Paleozoic Era – Insects, Pteridophytes

- Permian
- Carboniferous
- Devonian
- Silurian
- Ordovician
- Cambrian
- 550 – 250 mio. years


Proterozoic Eon – Genesis of Life

- Precambrian
- 4500 – 550 mio. years

mg 06




The Carboniferous and Permian Age
were the time of Pteridophytes.



We find our hard coal today thanks to
peat forming coal swamps made of
Pteridophytes.

Coal-swamp reconstruction: Peat forming swamps, also known as “mires”, formed over vast parts of what is now the eastern United States and Western Europe during the later Carboniferous Period. The coal beds of these regions are the remains of these swampy landscapes. This reconstruction, done by Mary Parrish of the Department of Paleobiology, shows a forest dominated by a mixture of lycopsid trees (front right, also with juvenile tree), tree ferns (center front, with “mantles” of prop roots extending out from the trunks), seed ferns (left center, short trees with crown of frond-like leaves), and calamites (right side rear foreground, with branches in whorls). The forest is open and includes many vines and low-growing plants.

<http://www.mnh.si.edu/highlight/riola/> ©



We find our hard coal today thanks to
peat forming coal swamps made of
Pteridophytes.

Which remedies out of this group do we know in homeopathy and which of those have been proved?

A search in provings.info delivers the following result:

GESUCHT WURDE NACH:
GRUPPE: FARNARTIGE

SUBSTANZ	ABKÜRZUNG	SYSTEMATIK	PROVINGS
<u>Dryopteris filix/ Filix mas</u> Wurmfarn Male Fern	Fil	<u>Aspidiaceae</u>	PDF 
<u>Equisetum hiemale</u> Winterschachtelhalm Horse-tail	Equis	<u>Equisetaceae</u>	PDF  LINK 
<u>Equisetum palustre</u> Sumpfschachtelhalm	Equis-p	<u>Equisetaceae</u>	
<u>Equisetum arvense</u> Ackerschachtelhalm Common horsetail	Equis-a	<u>Equisetaceae</u>	LINK  LINK  PDF 
<u>Huperzia selago</u> Tannenbärlapp Northern firmoss	Hup-s	<u>Lycopodiaceae</u>	
<u>Lycopodium clavatum</u> Keulenbärlapp Club Moss	Lyc	<u>Lycopodiaceae</u>	LINK  LINK  PDF 
<u>Phlebodium aureum / Calaguala</u> Echte Calaguala Golden polypody	Calag	<u>Polypodiaceae</u>	
<u>Phyllitis scolopendrium</u> Hirschzunge Hart's Tongue	Scolo-v	<u>Aspleniaceae</u>	
<u>Polypodium vulgare</u> Tüpfelfarn Common polypody	Pol-v	<u>Polypodiaceae</u>	
<u>Pteridium aquilinum</u> Adlerfarn Common Bracken	Pter-a	<u>Hypolepidaceae</u>	BUCH  LINK  BUCH  PDF 
<u>Selaginella lepidophylla</u> Unechte Rose von Jericho Resurrection Plant	Sela-l	<u>Selaginellaceae</u>	

Pteridophyta – Fernlike Plants

Filicopsida – Ferns

[Dryopteris filix/ Filix mas](#) (Fil)

Wurmfarn | Male Fern

[Pteridium aquilinum](#) (Pter-a)

Adlerfarn | Common Bracken

[Phyllitis scolopendrium](#) (Scolo-v)

Hirschzunge | Hart's Tongue

[Polypodium vulgare](#) (Pol-v)

Tüpfelfarn | Common Polypody

[Phlebodium aureum / Calaguala](#) (Calag)

Goldtüpfelfarn | Golden Polypody

Materia medica (Clarke, etc.)

provings by Swoboda, Geary, Griffiths

Equisetopsida – Horsetails

[Equisetum hiemale](#) (Equis)

Winterschachtelhalm | Horse-tail

[Equisetum arvense](#) (Equis-a)

Ackerschachtelhalm | Scouring Rush

[Equisetum palustre](#) (Equis-p)

Sumpfschachtelhalm

provings by Hesse, Smith (s. Allen)

provings by Bergink, Hesse, Zillmer

Lycopsida – Clubmosses

[Lycopodium clavatum](#) (Lyc)

Keulenbärlapp | Club Moss

[Huperzia selago](#) (Hup-s)

Tannenbärlapp | Northern firmoss

[Selaginella lepidophylla](#) (Sela-l)

Unechte Rose von Jericho | Resurrection Plant

proving by Hahnemann

Common Symptoms of Pteridophytes (just to show stages of the working process):

frequent and profuse urination (all !)

Allen,Fil.: with copious and frequent emission of urine with intense pain,

Hahne,Lyc: either retention or much and often (792-797)

Sexuality: hardly existant – biol. facts; Pter-a. It. Swob.

strong sex. weakness Lyc. s. Ha. ab 840.

Sehstörungen, als sei Rauch im Raum (Zillm.Sehen) oder Farben (Equis.Bergink),

Teil-Ausfälle des Gesichtsfeldes: „Einmal fällt das linke Gesichtsfeld über einige Minuten teilweise aus.“ (Swob.259)

Filix-Amblyopie und Amaurose (Swoboda 277); Pter-a Sw.263;

Lyc.-Hahne.Sy.260-279, bes. 266.

„Kopf ist leicht benebelt, linkes Auge sieht Bilder zerrissen, linkes Nasenloch fühlt sich tamponiert an, später rechtes – zuerst tränen beide Augen, nachfolgend erscheinen sie viel zu trocken, ich kann sie kaum öffnen, da alles blendet (trotz Regenwetter, keine Sonne, kein Kunstlicht), reibe ständig an ihnen herum; da ist nichts im Augenwinkel, das man entfernen könnte, und auch der Druck auf die Augenlider bewirkt keine Veränderung: Bilder erscheinen zerrissen, der Inhalt in meinem Kopf auch“ (Equis-a. Hesse 7f.)

vernebelt ↔ klar, beim Sehen und im Geist. (Equis.Bergink) benebelt, s.Hesse bei Auge.

Konz.störungen und Fehler beim Sprechen und Schreiben

Equis.Zillmer, viel.

Griffiths: Confusion - unable to concentrate or prioritise

Lyc: Confusion over daily affairs; but rational talking on abstract subjects. Hears wrong words and syllables. Confused about common words.

Concentration difficult during conversation. Can't read what he writes.

depressive Stimmung, Freudlosigkeit

Lyc. alle ersten Gemütssymptome Ha., Pter-a Geary 30f., „In den Tagen nach der Arzneimittelleinnahme verstärkte sich bei Prüferin 09 eine vorbestehende depressive Stimmungslage (evtl. durch starke persönliche Stressfaktoren). Emotional dominierte Lustlosigkeit, sie verweigerte den Kontakt mit ihrer Supervisorin und beschloss nach einer Woche, die Prüfung abzubrechen und sich nicht weiter zu beobachten.“ (Zillmer,4)

↔ Gewalttätigkeit

Geary Pteridium: einziger männl. Prüfer fast seinen Hund erwürgt

Equis.hiem. – eine Prüferin erstmals ihren Sohn (14 J.!) geohrfeigt; murder (Bergink, Del.)

Pterid.: bes. Überforderung, Anstrengung

Pter-a, Griffiths: „Another common theme was violence, with some being violent to others, and others suffering violence. In several dreams, this involved the tops of heads being cut or blown off, with no feeling or revulsion attached.“

Brennen in Augen und Magen

Augen brennen, < schließen: Pter-a. Swob.263 u. Geary 37., Lyc.(Ha.225)

Augen brennen wie von Rauch Lyc.Ha., Pter-a, Geary 37,

Jucken an der Nase, muß anfassen. (Swob.Pter-a., Lyc)

Brennen wie Pfeffer (Equis.Bergink, Nase)

Jucken in der Nase bei Würmern (Filix, It Clarke)

brennende und stechende Schmerzen

trocken, wenig Schweiß, trock.Schleimhäute (Equis.Zillm., Lyc, klass., Equis.Hesse 5),

Common symptoms of Pteridophyta:

- frequent and profuse urination (all !), painful
either retention of urine of much and often
- sexuality hardly existant or weakness in execution
- partial losses of the visual field
- impaired vision, as if smoke in the room or colour
- foggy \leftrightarrow clarity, with regard to vision or mind
- impaired concentration and mistakes in talking and writing
- depressive mood, joylessness \leftrightarrow violence, irascibility
- itch on the nose, has to touch
- burning and stinging pains
burning in eyes (< closing!) and stomach
- dry, little perspiration, dry mucous membranes, esp. mouth

What we find in the repertory 1:

Rubrics with 5 of our remedies:

mind; EXCITEMENT, excitable; ailments from, agg. (1206)
urine; PROFUSE, increased (504)
generalities; DISCHARGES, secretions; profuse, increased (935)
generalities; PAIN; burning, smarting (1221)
generalities; PAIN; pressing (913)
generalities; PAIN; shooting, darting, lightning, quick (909)
generalities; PAIN; stitching (905)

Rubrics with 4 of our remedies (selection):

mind; CONFUSION of mind (660)
mind; EXCITEMENT, excitable; ailments from, agg. (1170)
mind; IRRITABILITY (764)
hearing; NOISES (573)
abdomen; DISTENSION (640)
abdomen; PAIN; cramping, gripping (686)
bladder; URINATION; frequent (451)
urine; PROFUSE, increased (503)
urine; PROFUSE, increased; frequent (83)
respiration; DIFFICULT (789)
blood; HEMORRHAGE (736)
back; PAIN; lumbar region, lumbago (661)
extremities; HEAVINESS, tired limbs (497)
extremities; PAIN; upper limbs; joints (690)
extremities; PAIN; rheumatic (591)
generalities; CONVULSIONS, spasms (657)
generalities; DISCHARGES, secretions; profuse, increased (932)
generalities; DISCHARGES, secretions; scanty, diminished (651)

What we find in the repertory 2:

Rubrics with less than 100 remedies and 3 of ours:

mind; EXPRESS oneself; difficult (76)

rectum; FECES remained in, sensation as if (25)

urine; PROFUSE, increased; frequent (83)

urine; SEDIMENT; sand; gravel, small calculi (97)

back; PAIN; cervical region; extending; shoulders, to (70)

back; PAIN; cervical region; extending; upper limbs, to (90)

extremities; HEAVINESS, tired limbs; knees (70)

extremities; PAIN; upper limbs; touch agg. (73)

extremities; PAIN; wrists; right (84)

extremities; ULCERS; lower limbs (179)

extremities; ULCERS; varicose (66)

skin; ULCERS; varicose (96)

generalities; AFTERNOON, one pm. - six pm.; agg.; one pm. (85)

generalities; HEAVINESS; left (90)

generalities; LEANING; against anything; during (92)

generalities; PAIN; stitching; motion; amel. (78)

generalities; WOUNDS; suppurating (61)

	Rubrics	Lyc.	Equis-a.	Equis.	Pter-a.	Fil.
Kingdoms	17	10	10	10	5	
Rajan's Miasms						
mind; EXPRESS oneself; difficult (76)	■	■	■	■	■	
FECES remained in, sensation as if (25)	■	■	■	■	■	
urine; PROFUSE, increased; frequent (83)	■	■	■	■	■	
SEDIMENT; sand; gravel, small calculi (97)	■	■	■	■	■	
PAIN; cervical region; extending; ... (70)	■	■	■	■	■	
PAIN; cervical region; extending; upper ... (90)	■	■	■	■	■	
HEAVINESS, tired limbs; knees (70)	■	■	■	■	■	
extremities; PAIN; upper limbs; touch agg. (73)	■	■	■	■	■	
extremities; PAIN; wrists; right (84)	■	■	■	■	■	
extremities; ULCERS; lower limbs (179)	■	■	■	■	■	
extremities; ULCERS; varicose (66)	■	■	■	■	■	
skin; ULCERS; varicose (96)	■	■	■	■	■	
AFTERNOON, one pm - six pm.; agg.; ... (85)	■	■	■	■	■	
generalities; HEAVINESS; left (90)	■	■	■	■	■	
LEANING; against anything; during (92)	■	■	■	■	■	
generalities; PAIN; stitching; motion; amel. (78)	■	■	■	■	■	
generalities; WOUNDS; suppurating (61)	■	■	■	■	■	

Building hypothesis as to the vital sensation (just to show the process):

staying unnoticed, inconspicuous, conformed (Swoboda re Pter-a.)

„Verletzungen (mit Fuß falsch aufgetreten, leicht verrenkt) werden ignoriert als wäre nichts passiert.“ (Zillmer,3) „Anticipation - of social interaction“ (Pter-a.,Griffiths)

↔ performing, being special (class. Lyc.)

mind; ANXIETY; health, about; visible things, skin problems etc. (1) : lyc.

Idea : intellectual, too much head – Pter-a. Kopf wie Ballon (Sw. 260), kein Kontakt zu Gefühlen; Lyc. klass. bekannte Eigenschaft

„Er kann über höhere, selbst abstrakte Dinge, ordentlich sprechen, verwirrt sich aber in den alltäglichen“ (Ha, 82)

Bergink: MIND - DELUSIONS - cellar - shut in a dark cellar; he is ↔

MIND - DELUSIONS - consciousness - higher consciousness; unification with no expression (Rp. kann sich nicht äußern, Stuhlverhalt, Swob. Erläut.; Lyc. Hahn.Sy.735-40) don't express myself vocally (Geary, 28)

„als bekomme ich keinen klaren Gedanken mehr heraus.“ „Schwierigkeiten sich auszudrücken oder die richtigen Worte zu finden.“ (Zillmer,3)

↔ too much expression (violence, urine)

talkative (Geary 26), murder (Bergink, Del.), „In meinem Innern schlage ich alles zusammen (= Wut); kurzer Moment: ich will überhaupt nicht mehr“

(Hesse); Ha.'s Gemütsrubriken (nur 85) zeigen ein Bild von mangelndem Ausdruck oder hervorbrechendem Mißmut („wie wahnsinnig“)

desgleichen die Pter-a AMP von Griffiths: „Fatigue, lethargy, heaviness, torpor“ and “Anger - violent at others who threaten or obstruct”. Dort die Lösung gg Verkopftheit “the tops of heads being cut or blown off”.

(zu viel Yin ↔ falsches Yang (typ. im Lyc-Bild psych.: fühlt sich klein, macht auf groß))

Hypothesis regarding the group sensation:

invisible	↔	visible	(mind, vision)
insignificant		significant	
foggy		clear	(mind, vision)
like anyone else		being special	
retention		letting out	(mind, stool, bladder)
suppression		expression	(mind, physical)
holding back, weak		outburst	(mind, urine, stool, glands)
depression		irascibility	
belly		head, intellectual	

aktive reaction: violent outburst, bloated or arrogant

passive reaction: conformity, suppression, being silent, timid,
dry, retended, depression

! The passive side seems to be in the foreground.



Folklore:

According to deGruyters "*Handlexikon des deutschen Aberglaubens*" (Hrsg. Bächtold-Stäubli, H. u. Hoffmann-Krayer, E., Bd.2, 1930/1987 Berlin, S.1215ff) fern, and especially the fernseed (probably the spores), played a great role in magical beliefs. Thus it was believed that mixing fernseeds into gun powder would make a shot infallible, that fernseed would keep away different illnesses away from humans and cattle, that fern seed in the shoes would lead the bearer astray or make him understand animals. Most interesting for us though is:

„Of all the miraculous virtues of fernseed it was emphasized most, that it would **make its bearer invisible**. A tale widespread in the east and north of the german speaking area and told in many variations is that fernseed happened to fall into a farmer's shoes. Thereby he became **invisible**, and coming home all his people were utterly surprised to hear him talk but not being able to see him. Then he changed his shoes, the fernseed fell out, and the farmer became **visible** again.“ (1222, transl. and highlighted J.W.)

„In Immermanns Münchhausen ruft die Elster (in dem Waldmärchen „Die Wunder im Spessart“) dem fahrenden Schüler zu, er solle der verzauberten Prinzessin Farnsamen auf die Brust streuen, dann würde sie **unsichtbar**. R.Hamerling läßt in seinem „König von Sion“ einen alten Landsknecht einem Rekruten den Rat geben: „Steckst vor die Brust nur ein Packchen mit Farnkrautsamen, so bist du **unsichtbar** für den Feind.“

From British literature there is Shakespeare's Henry IV (II,1) : „We have the receipt of fernseed, we walk **invisible**.“ and of Ben Jonson's New Inn (I,1): „I had no medicine, sir, to go **invisible**, no fernseed in my pocket.“" (1224)

In criminalistics the powder of spores together with carnine is used to make fingerprints **visible**.

(lt. Wikipedia)

Botanical understanding:

Ferns are leafy plants only, purely rhythmical. Horsetails only stem.

The flower as the emergence of the individual and the sexual as well is missing.

The function of the flowers is taken on by the leaves, the spores appear beneath the leaf, and the pollination happens outside of the leaf bearing plant within the moist soil carried out by the sexual organs of proliferation that are built by the fallen spores (prothallium with archegonies [f] and antheridies [m]).

What is most significant in higher developed plants – the flower – stays hardly perceptible beneath the leaf and in the soil.

These earliest of all terrestrial plants have to go back to the watery existence to proliferate and build an intermediate stage that seems to be quite fungus like.



Sporangi on Scolopendrium

<http://commons.wikimedia.org/wiki/File:SporangienAsplenSciol.jpg>



Sporangi on Male Fern

http://de.wikipedia.org/wiki/Echter_Wurmfarne

An interesting differential diagnosis in the mineral kingdom:

Selenium

It has been suggested that **selenium** supplementation can prevent as well as reverse the immunotoxic effects induced by ptaquiloside from *Pteridium aquilinum*.

(Latorre A.O., Caniceiro B.D., Wysocki H.L., Haraguchi M., Gardner D.R., Gorniak S.L., "Selenium reverses *Pteridium aquilinum*-induced immunotoxic effects. Food and Chemical Toxicology. 49 (2) (pp 464-470), 2011)

- Wikip.engl. *Pteridium*.

The Pteridophytes as well as Selenium draw an image of an old man with strong urogenital symptoms and a depressive irritability.

So how do we recognize the sensations of this group ?

You will see the example of an elderly patient
with vertigo, meteorism and diarrhea, reflux, impaired knees after
operations, anxieties, high blood pressure, thrombosis,
pulmonary embolism,
who got Lycopodium (for classical reasons).

What is characteristic in these four minutes from the case taking? (for those who know a bit of german...)

video taken out

Within not even four minutes he says 9 x „naturally“ and 5 x „that is obvious“, and: „this is also a saying/‘byword“, „this is the only way“, „I am obliged to“, „different from what I am used to“, „would like to plan everything in detail“, „embarassing to show this in public, isn’t it “, „it looks, as if I was drunk“, „this is very often the case, isn’t it“.

video taken out

During the following two minutes: „taken pills, the normal ones“, „a friend of mine suffers from the same“, „this was often the case“, „all men have this kind of problem“, „surprising, how often they all suffer from that“, „everyone suffers from this, as was found out in the meantime ...“, „that is exactly the right thing“

video taken out

And in further three minutes: „when I have to lecture -, everyone has this problem ...“, „how shall I describe this“, „I have already described it all, what else can I say ...“, „everybody knows that ...“, „how can I say this; it's so difficult to describe“

video taken out

So how do we recognize the sensations of the fernlike plants ?

The sensation manifests in exactly those words and expressions that we usually *don't* write down, because we regard them as marginal.

Therefore the sensation becomes „invisible“ – as long as we don't know what we are looking for.

Our patient tries to

- a) hide his experiences in that, which everyone experiences,
- b) and he has problems to express himself.

Hypothesis regarding the group sensation:

invisible	↔	visible	(mind, vision)
insignificant		significant	
foggy		clear	(mind, vision)
like anyone else		being special	
retention		letting out	(mind, stool, bladder)
suppression		expression	(mind, physical)
holding back, weak		outburst	(mind, urine, stool, glands)
depression		irascibility	
belly		head, intellectual	

aktive reaction: violent outburst, bloated or arrogant

passive reaction: conformity, suppression, being silent, timid,
dry, retended, depression

! The passive side seems to be in the foreground.



Distinguishing the

different symptoms of single Pteridophytes:

It is much more difficult to distinguish between the different species of that group. The group's leading sensation also displays in the fact that its exponents are hardly distinguishable, although the group as such is as encompassing as the flowering plants.

This is remarkable on the one hand, but fits the way we see fernlike plants on the other. Few people will be able to tell more than two fern species apart. And the clubmoss will most certainly be regarded as a simple moss – just as its name says.

Not to be different, this seems to be the vital principle of this group of beings. So let us have a closer look at some of the species that are used by homeopaths.

Filix mas (*Dryopteris filix-mas*) – Wurmfarne
– Male Fern



©wikipedia



Filix mas (*Dryopteris filix-mas*) – Male Fern

(All symptoms are toxicological, using tincture of fresh root, or fresh root grated. jw)

A remedy for worm symptoms, esp. & constipation. Tapeworm. Soporific conditions. Torpid inflammations of lymphatic glands. Pulmonary tuberculosis in young patients, no fever, with limited, ulcerated lesions, formerly classified as scrofula. (Boer.) Great feeling of weakness, trembling, cramp-like feelings in hands and feet. Somnolent, with spasmodic symptoms, ending in death. (Clarke)

Mind

Irritable, cross. Confusion, stupor, coma.(Clarke)

Eyes

Blindness; monocular amblyopia. “Blindness, first mydriasis and amaurosis with normal fundus, eight days later, atrophy of optic nerve. Immobility of pupil. After violent vomiting and diarrhea, soporific condition lasting thirty hours, awakening, her left eye was blind, and right eye had lost some of its acuteness of vision. Being kept in the dark, perception of light by left eye returned after forty-eight hours and recovery took place.” (Clarke)

Nose

Itching of nose, pale face.



Filix mas - 2 -

Stomach

Painless hiccough (Verm.) **Sick after taking food** (Macfarlan, Prov.).

Abdomen

Bloated. Gnawing, boring pain in abdomen; **aggravated eating sweets**. Worm colic, & itching of nose, pale face, **blue rings around eyes**. (Boer.)

Rectum

Diarrhoea and vomiting. (Verm.) **Ineffectual urging to stool. Pappy stools**. (Clarke)

Female

Menstruation stimulated. Menses returned after nearly one week's absence, continued profusely for three weeks. **Prolapse of vagina**, with pains and tenesmus of bladder and **copious frequent emission of urine** with internal pains. Abortion. Sterility.

"It is worthy of remark that the morbid symptoms of a patient suffering from tapeworm are generally of such a kind that they are rapidly relieved [homoeopathically] by the smallest dose of the tincture of male fern." [Hahnemann]

Pteridium aquilinum – Adlerfarn – Common Bracken

Hardly any classical Materia medica ...

Spleen - Swelling and hardness . (Culpepper's Herbal /RefWorks)



© Hans Hillewaert,
http://commons.wikimedia.org/wiki/File:Pteridium_aquilinum_%28front%29.jpg



© Hans Hillewaert,
http://commons.wikimedia.org/wiki/File:Pteridium_aquilinum_%28habitus%29.jpg

Pteridium aquilinum, the Common Bracken

... yet we have three comprehensive modern provings:

Drach, Doris/Swoboda, Franz 2005 (D)

Geary, Marie 2000 (GB)

Griffiths, Lisa 1999 (GB)

Here we are only interested in those features that are more specific than the common group symptoms:

- **bursting headache (front), with coldness all over; as if hair was torn**
- **eczema on scalp**
- **bloated stomach with heartburn, < eating, with aching limbs**
- **dryness in mouth and throat with painful effort when swallowing, but >**
- **diminished appetite, forgets to eat**
- **totally exhausted by life, weeping and suicidal despair (see miasm)**
- **paroxysmal, violent aggression with desire to kill (himself or others)**
- **claustrophobia**

Similar to the patient's example before, we do not gain an understanding of this well proved remedy by single symptoms. Swoboda sums up:

„In the hindsight we got most help in understanding the remedy through the events that happened during the proving.“ He is talking about those events that happen without being recorded and that were noticed only two years later in retrospect.

In the same way we found the characteristic expressions of our patient only retrospective in working through the video.



Polypodium vulgare – Tüpfelfarn - Common Polypody



© André Karwath,
http://commons.wikimedia.org/wiki/File:Polypodium_vulgare_-_close-up_%28aka%29.jpg

© J.F. Gaffard, http://en.wikipedia.org/wiki/File:Polypodium_vulgare_jfg.jpg

Polypodium vulgare

Properties and Uses: The root of this plant is demulcent (reizlindernd) and somewhat tonic, acting upon both the lungs and the bowels. An infusion or sirup is used as an **expectorant tonic** and **mild laxative**, but requires to be used very freely to make much impression. It is reported **anthelmintic**, and an oil is said to be obtained from it after the manner employed for procuring oil of aspidium; but its power of removing worms has been much overrated.

(Cook, William H., MD: The Physiomedical Dispensatory: A Treatise On Therapeutics, Materia Medica, and Pharmacy, In Accordance With The Principles Of Physiological Medication /RefWorks)

Medicinal Use: Alterative, tonic pectoral, expectorant. It is much used in coughs, consumption, and chest diseases, for which complaints it is considered highly valuable. As a tonic in dyspepsia and loss of appetite, and as an alterative in skin diseases it will be found certain and safe. Its action is peculiar in that it occasionally produces a rash of red spots, but this disappears in a short time and causes no inconvenience. The infusion of 1/2 oz of crushed root to 1 pt of boiling water and sweetened is taken in teacupful doses frequently.

Salmon writes: "... it prevails against Frensy, and radically cures the most profound madness whether it be raging or otherwise.... "

(Wren, R.C.: Potter's New Cyclopedia of Botanical Drugs and Preparations, 1907-15 /RefWorks)



Scolopendrium / (*Phyllitis scolopendrium*) – Hirschzunge – Hart's Tongue

Medicinal Use: **Diuretic**, **laxative**, **pectoral**. Specially recommended for **removing obstructions from the liver and spleen**, also for **removing gravelly deposits in the bladder**. The decoction is made of 2 oz to 1 pt of water
Dose, a wineglassful.

Culpeper writes: "The distilled water is good for the passions of the heart, and gargled in the mouth will **stay the hiccough**, help the falling palate and stop the bleeding of the gums. It is a good remedy for the biting of serpents. "

(Wren, R.C.: Potter's New Cyclopedia of Botanical Drugs and Preparations, 1907-15 /RefWorks)



© Bernd Haynold, wikipedia

blue: symptoms common to group
red: specific symptoms

Phlebodium aureum / Calaguala

– Goldtüpfelfarn – Golden Polypody (Calag)

Tuberculosis; **garlicky odor of all secretions and breath**. (Boericke)



Equisetum hiemale – Winterschachtelhalm – Scouring Rush

Characteristics **Principal action on the bladder.** A remedy for enuresis and dysuria.

Urinary Severe, dull pain and feeling of fullness in bladder, not > urinating. Frequent urging with severe pain at the close of urination. Urine flows only drop by drop. Sharp, burning, cutting pain in urethra while urinating. Incontinence in children, & dreams or nightmares when passing urine. Incontinence in old women, also & involuntary stools. Retention and dysuria during pregnancy and after delivery. Much mucus in urine; after standing a short time. Albuminuria. Involuntary urination. Deep pain in region of right kidney, ext. to lower abdomen, & urgent desire to micturate. Right lumbar region painful. Constant desire to urinate and passes large quantities of clear, light-coloured urine without relief. Nocturnal enuresis, without cause except habit. Constant urging & scanty discharge. Pain in the bladder as from distension; tenderness, ext. upward, esp. on the right side. General aggravated immediately after micturition.

Modalities Worse: At close of urination. Pressure. Motion. Sitting down. Touch. Right side. Better: Afternoon. Lying. Pain in sacroiliac joints. < Pressure or contact; moving; sitting. Eating > pain in temples; lying on back > pain in back; continued motion > pains in back and knees.

Vermeulen – Concordant

Head Dull, heavy, constrictive headache with sharp pains and fatigue. **Eyes** Soreness and pain in eyes.

Stomach Excessive appetite. **Abdomen** Distended, frequent urging to stool. **Extrem.** Pain in knees.

Male No sexual desire whatever; tried to have intercourse, but could not get up an erection. Violent erections. Pain in testes.

Allen – Encyclopedia (Smith's proving)



Equisetum hiemale – Scouring Rush (Equis.)

There is one old proving by H.Smith, summarized in Allen and basis for the old Materia medica, as well as one more comprehensive modern proving: Hesse, Juliane 1999 (D)

The provings shows many features that have already been watched in the group. Frequent and strong desire to urinate is prominent, leading even to incontinence. We find a confirmation of the **dominance of urological symptoms**. Here we only look at those features that extend the common group ones.

- **increase of appetite as well as weight (also in Smith's proving)**
- **phantom odors and very sensitive to odors (just as Equis-a)**
- **coryza with running nose and sneezing (just as Equis-a)**
- **Cystitis with severe pains, > lying and with cold! in the urogenitals region**
- **menstrual cycle shortened or slightly longer, more painful or less, intermenstrual pain or metrorrhagia.**
- **loss of hair.**

Equisetum arvense – Ackerschachtelhalm – Common Horsetail

little classical Materia medica:

Urinary Organs: Pain in the bladder, not amel. micturition. Pain in the bladder as from distention; tenderness, extending upward, especially on the right side. Constant desire to urinate, not amel. copious micturition. Constant urging, but only a small quantity is passed. Urine generally scanty and high - colored, contains much mucus. General aggravation immediately after micturition. (Allen)

General - Internal or external haemorrhages. Respiratory - Coughs. Urinary - Diuretic. Ulcers of bladder, stone, strangury, acute inflammation of urinary tract and incontinence. Skin - Fresh wounds, inflammations, pustules, red wheals (local) Eczema, acne.

Female and MRS - Inflammations of genitals. (Culpepper)



©wikipedia



© Jürgen Weiland, pflanzenportraits.com

Equisetum arvense – Common Horsetail (Equis-a.)

no old, but three new provings:

Hesse, Juliane 1999 (D)

Zillmer, Peter 2009 (D)

Bergink-Vos, Jacqueline 2009 (NL)

The provings display the feature that we already know from the Pteridophytes. The **urological symptoms** are confirmed, but not as strong as in the scouring rush, where they occurred in all provers. Here we only look at those features that extend the common group ones.

- **phantom odors and very sensitive to odors (just as Equis.)**
- **coryza with running nose and sneezing (just as Equis.)**
- **thirst for cold drinks**
- **ravenous hunger, or fullness after meals**
- **pustules**
- **pain in coccyx and lower back**
- **headache**



Lycopodium clavatum

- Keulenbärlapp
- Clubmoss

Lycopodium clavatum, Kolben

© <http://flora->

[oberfranken.de/assets/images/Lycopodium_clavatum_04_Schwarzer_Teich_20070624.JPG](http://flora-oberfranken.de/assets/images/Lycopodium_clavatum_04_Schwarzer_Teich_20070624.JPG)



Lycopodium clavatum

© http://commons.wikimedia.org/wiki/File:Lycopodium_clavatum_01.JPG

Lycopodium clavatum , the Clubmoss, - 1. the common symptoms:

is probably the exponent of this group, where the polarity is strongest on the active side: the compensatory haughtiness und emphasis on intellectual superiority as opposed to the emotionality which is experienced as weak. As this is one of our most important polychrests, it is not easy to find a summary of it that is comparable to the other „smaller“ Pteridophytes.

It seems worthwhile to list the common symptoms of the group again:

- sexuality hardly existant or weak in execution
- foggy \leftrightarrow clear, in vision and mind
- concentration disturbed and mistakes in talking and writing
- depressive mood, joyless \leftrightarrow violence, irascibility
- imparted field of vision, partial loss of
- as if there was smoke or colours before the eyes
- itching on the nose, has to touch it
- burning and stinging pains
 - burning in eyes (< closing!) and stomach
- dry, little perspiration, dry mucous membranes, esp. in mouth
- frequent urination and much (all!), painfull
 - either retention or much and often

All these symptoms also show in Lycopodium and build the centre of its Materia medica.

Lycopodium clavatum , der Keulenbärlapp - 2. the spezific symptoms:

- **anticipation anxiety and fear of exams**
- **dominant at home and in familiar group**
- **loquaciousness**
- **conscentious about trifles (DD Ars, Nux-v)**
- **aversion company but fear being alone**
- **severe meteorism,, gastro-intestinal ailments prominent!!, constipated**
- **great hunger, but soon full, must eat regularly (headache otherwise)**
- **pressure of clothes unbearable, esp. around waist and <**
- **rightsidedness of many ailments, or wandering from right to left**
- **<< afternoon (16 - 20 o'clock)**
- **easily cold and sensitive to draft, but < warmth and des. fresh air (DD Puls)**
- **+ countless local symptoms**

The dominance, superiority and fussiness are typical Lycopodium symptoms, that make it different from other members of the group.

Suggestions re miasms 1:

Pteridium – syphilitic

„Symptoms like deep bone pains of this cancerogenous and neurotoxic plant make us think of the syphilitic miasm thinking in conventional miasmatic terms. In modern terms of understanding the bracken to be of syphilitic miasm we see our provers experiencing their situation as hopeless and desperate, each reaction being meaningless.“ (Swoboda 279)

Lycopodium – psoric

Attribution here by Sankaran because of several cases. Typical for Lyc. are the anticipatory anxieties that seem sycotic on the first glimpse. But these are here part of the sensation, not the miasm.

Lyc has fear of exams, but doesn't avoid them (like sycosis), but goes through them well, once started. Weakness is experienced but compensated by dominance and selfrighteousness.

Suggestions re miasms 2:

Polypodium vulgare – psoric

as a careful speculation on the basis of Cook and Wren, who used the plant as a tonic for different ailments and helpful with rashes. The male fern itself is said to cause a slight rash, that vanishes quickly.

Filix mas – malaria-like

carefully speculated as well, maybe we could say that Fil. is a typical worm remedy that helps to heal continuing and repeating tormenting states. Like other great worm remedies, Cina and Spigelia we could assort it to the malaria miasm.

The two Equisetum spezies I was not able to assort, but would set them towards the „light“ end of the table of miasms; one for the lightness of atmosphere that runs through the provings (difficult to specify) and further because of the nearness to acute cystitis and cold.

For those who work with the systematic method we have a set up a table with the current suggestions to assort plants to certain miasms:

[see table.](#)“

A digital reconstruction of a Permian forest. The scene is filled with large, brown, segmented tree trunks and vibrant green ferns. A stream flows through the lower left, and the background is a misty, sunlit forest. The text "The most patient of all plants thank you for your attention." is overlaid in white.

The most patient of all plants
thank you for your attention.

Das Serious Game «Expedition Perm» macht das vor 250 Millionen Jahren abgeschlossene Zeitalter des Perm wieder hautnah erlebbar. Gleichzeitig zeigt die Bachelorarbeit von Stephanie Stutz, wie ein Disziplinen übergreifendes Projekt an der Zürcher Hochschule der Künste durch studentische Initiative zustande kommen kann.

Wald im Perm – Rekonstruktion von Stephanie Stutz ©
<http://stutzstephanie.carbonmade.com/projects/4189145#3>