

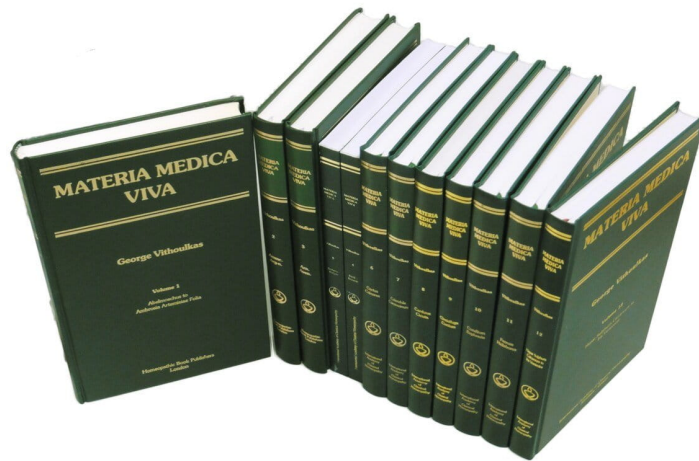
George Vithoulkas
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ABELMOSCHUS

Hibiscus Abelmoschus or Ambretta.

Family: Malvaceae

ESSENTIAL FEATURES

This is a remedy with a lot of fears, that you will tend to confuse with *Phosphorus*, *Crotalus*, *Cascavella* or *Calcarea car*. The patient is overwhelmed with a fear that **poisonous creatures such as spiders, scorpions, snakes, insects, flies etc** are going to bite him. The fear of **snakes and insects** is quite a strong keynote of this remedy. The fear is so unreasonable that he has to take all kinds of crazy protections, in order that spiders or flies or mosquitos will not strike him. He closes the doors, the windows, etc. and may stay awake at night awaiting the daylight with the fear that the insects will bite him.

But this remedy also has all kinds of other fears. Rapid palpitation with fears. Fear that **something bad will happen**, fear in crowded places, fear of **staying alone** at night. The night and darkness are really tortuous because his fears are then so much exaggerated.

Apart from this aggravation in his general condition, his energy for instance is better in the evening.

It has caused tremblings and paralysis of the extremities. Difficult motion of lips with difficulty in swallowing. Edema of hands and legs. A **constrictive feeling** like a band is felt in the head and oppression in precordial region.

With the fears epistaxis and fibromas of the uterus may be found, making the case similar to *Phosphorus*. Other symptoms include excessive salivation but with a sensation of dryness in the mouth, and **piercing pains** in the eyes as if caused by a nail.

ABIES CANADENSIS

Pinus canadensis, Hemlock spruce, Canada Pitch and Canada Balsam.

Natural order: Coniferae

Mode of preparation: We prepare a homeopathic tincture from the fresh bark and young buds.

THE ESSENTIAL FEATURES

This remedy has not been proven in such a way as to bring out the mental-emotional symptomatology clearly. But we still have a unique picture of the remedy according to which we can prescribe it. *Abies-canadensis* is indicated in cases where you have probably failed with such remedies as *Nux-v*, *Sepia*, *Chelidonium* and *Lye*.

The problems of these patients are focused mainly in the **digestive** system with the first target being the mucous membranes of the stomach. We see an increase of gastric juices that have as a result a tremendous **gnawing hunger**. The person has the feeling that he cannot stand it, that it is eating up his stomach and that he has to eat something immediately to relieve this gnawing pain. There is an empty feeling in the stomach that cannot be satisfied with any amount of food. As a result he may be **eating much more than he can digest** and eventually feels that he has overloaded the stomach.

These patients can feel light-headed, with a sensation of swimming in the head. They describe it as a tipsy feeling in the head.

Together with the above symptomatology *Abies-canadensis* is easily prone to feel tired, a feeling of debility that makes him feel that **he wants to lie down**, wants to rest all the time.

Another keynote is that he wants **to lie down with the legs drawn up**. It is as if there were an effort on the part of the organism to prevent a feeling of dragging down of the intestines, a feeling of debility which goes through the internal organs. In the women we see **prolapse or displacement of the uterus** (Sep.) and they describe it as if the uterus were soft. The liver is eventually affected. It works sluggishly, and the patient feels as though the **liver were small and hard**. Sometimes there is a pain in right hypochondrium extending to the right scapula

(Chel.) and many times constipation with a **burning feeling in rectum**. There is distension of the stomach with eructations, or rumbling in the abdomen with distension. The distension has an effect on the heart and respiration, where we see strong palpitations after eating and labored breathing.

This torpidity of the liver and the general debility point to a wrong assimilation of food which is further aggravated by the peculiar type of food that he craves, coarse food like **radishes, pickles, turnips, artichokes, highly seasoned food**, meat; we may on the other hand see an aversion to such food and a definite aversion to acid food (*Nux-v.*).

With this symptomatology the patient becomes irritable, ill humored, he is cross, peevish, feels on edge, and becomes snappish. Mentally he will give you a picture similar to *Nux-vom.*, without being as impatient, irritable, nor short tempered, but more peevish and less active. Actually the *Abies-canadensis* patient has neither stamina nor drive; there is a deep sluggishness that will not go away by eating stimulating food, unlike *Nux-vom.*

In *Abies canadensis* we do not see the heartburns, so prominent with *Nux-vom.*, that are largely associated with active people. This remedy is much quieter, sometimes giving the impression that he does not care about things, and what is prominent is the fact that he is tired in body and **mind**. He feels **mentally exhausted**, confused and looks as if he is dazed. It is a remedy that can be indicated in brain fog due to a wrong assimilation, to a sluggish liver with all its ill-effects and repercussions. It is a remedy that has a concrete physical symptomatology that can be applied to diseases like duodenal ulcers, gastritis, liver and gall bladder affections, hypoglycemia, etc.

It is a **chilly** remedy in general but what is peculiar is a cold feeling in the blood stream as if the **blood was iced water**. Where he mostly feels the cold is **between the shoulder blades** as though there were a wet cloth stuck in this area. This symptom can guide you to prescribe this remedy in acute respiratory problems, or influenza. In influenza you will often prescribe *Gelsemium* instead of *Abies canadensis* because both have the exhaustion, the paralytic weakness, but the deep coldness and especially the sensation of the wet cloth on back that belongs to this remedy.

So in this remedy we see that, in spite of the fact that we do not have a big or a complete picture, the remedy is full of peculiar symptoms that can guide us to its correct prescription.

Generalities

Abies-canadensis is a cold remedy with a feeling of coldness in the blood vessels.

Fainting feeling originating from the epigastrium.

Very faint as if the top of the head were congested: drunken feeling.

Due to the tipsy feeling in the head it might be indicated for the after effects of intoxication.

It is aggravated by the coarse, indigestible food that the patient craves.

Aggravated by tea.

Pressure ameliorates the pains.

Weakness, enervation, debility.

Twitching of the muscles.

Constant inclination to lie down and rest.

It is a right sided remedy.

Head

Tipsy feeling; swimming of the head; light-headed.

Stomach

You can prescribe it with quite a degree of certainty when the patient focusses his symptomatology upon an **increased hunger** in general. A **gnawing, ravenous, canine, excessive appetite**, an empty, weak feeling and faintness felt in the epigastrium.

Great appetite with rumbling in stomach and bowels after eating.

Tendency to eat far beyond the capacity for digestion. Has an aversion to acids; meat; pickles.

Has a craving for coarse food, meat, pickles, radishes, turnips, artichokes, and indigestible food which all can aggravate his condition. In addition he has the tendency to eat far beyond the capacity of his digestion. The effect is flatulence and distention of stomach and abdomen, which causes palpitation and laboured respiration.

Abies Canadensis

Abdomen

Distention and rumbling in abdomen after eating. Liver and region of liver feel hard especially when moving. Sensation that his right **lung and liver are small and hard**. Complaints from spleen.

Rectum

Constipation with a burning pain in rectum.

Female -genitalia

Displacement of uterus.
Pressure ameliorates pain in uterus.
A feeling as if the uterus were weak and soft.
Sore feeling at the fundus of the uterus, relieved by pressing.

Chest

Palpitations especially after eating, due to flatulence.
Sensation that his right lung and liver are small and hard.

Back

Pain in the dorsal region under the right scapula.
Coldness in the dorsal region between the scapulae **as if there were a wet cloth stuck** there, coldness extending down back.

Extremities

Cold hands.
Lies with knees drawn up.

Hand is shrivelled as if shrunken.

Fever

Has perspiration at night; clammy and sticky.

Cold shiverings as if blood were ice water. Chills

run down the back. Night sweats.

Sleep

Sleeps with **limbs drawn up**.

Sleepiness.

Yawning.

CLINICAL

Gastrointestinal:

Indigestion. Troubles from indigestion. Gastritis, duodenal ulcer.

Genitalia:

Prolapse of uterus. Uterine displacement.

RELATIONSHIPS

Compare Abies nigra, *Chelidonium*, Lye., Nux vomica.

DOSAGE

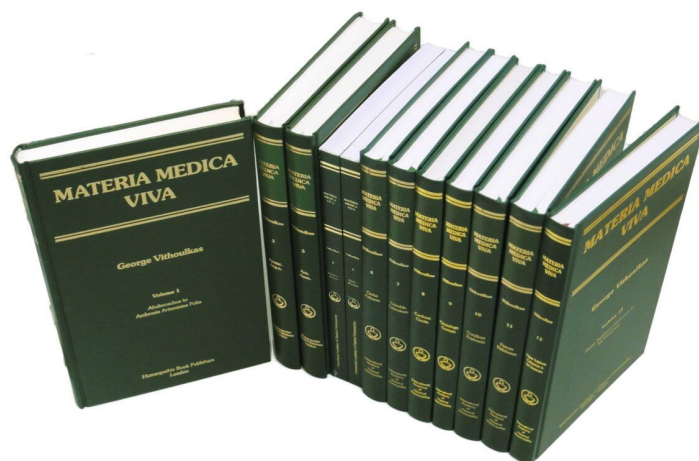
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George Vithoulkas

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