

Homeopathic case analysis

A comparative methodological approach

Samuel Hahnemann (1755 – 1843)



„To cure mildly, rapidly certainly and permanently, choose, in every case of the disease, a medicine, which can produce itself an affection similar to that sought to be cured.“

Organon, 6th edition, Introduction

The case analysis „black box“

Individual symptoms →



→ Homeopathic remedy

What happens in the black box?

1st step: Selection of symptoms

→ Criteria?

2nd step: Arrangement of symptoms

→ How?

3rd step: Repertorisation

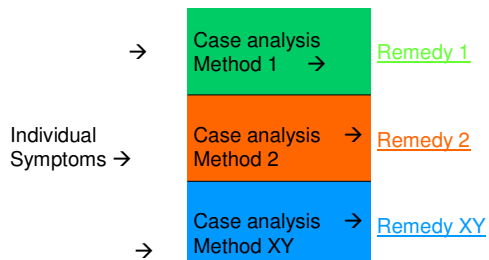
→ How?

4th step: Remedy selection

What is **your** approach?

- How were you trained?
- Are you trained in more than one case analysis approach?
- How are you dealing with the differences between the approaches?

Case analysis: the Dilemma



The Case Analysis Dilemma

- Does it matter which remedy is chosen?
- Is homeopathic case analysis just another ritual?

Does a case analysis method exist which is always right?

- No!
- The method must be homeopathic, which means: it fits the individual situation!

How do we know that the approach chosen fits the individual situation of the patient?

- The *patient* tells us!
- We need to *listen*!

Hahnemann:



„... Keeping silence himself he allows them to say all they have to say, and refrains from interrupting them...” Organon § 84

Footnote: „Every interruption breaks the train of thought of the narrators, and all they would have said at first does not again occur to them in precisely the same manner after that.“

Are there other criteria?

→ **Meta-Analysis**

of different approaches to homeopathic case analysis

Meta-Analysis:
points to be discussed

- Theoretical basis
- Advantages + Disadvantages
- Example: Case # 501

Case

- Woman, born 1966, Migraine and menstrual complaints
- First interview May 2003

1st step: Selection of symptoms Criteria

- What does *the patient* report?
- What do we *really* know – without our interpretation?
- What is peculiar to this patient and her complaints?
- What else could be important?

1st step: Selection of symptoms Case

- Pregnant from men who refuse to have children
- Abortion from negative emotions
- Multiple abortions in first months, several curretages
- Uterus „battered“ – many scars
- Black menses
- Rebellious, fights, loves to contradict
- Changeable mood
- Diversion / Occupation amel.
- Back pain extending upwards
- Head pain alternating with back pain

2nd step: Arrangement of symptoms

- First things first!
- What are *the most* striking and characteristic symptoms?

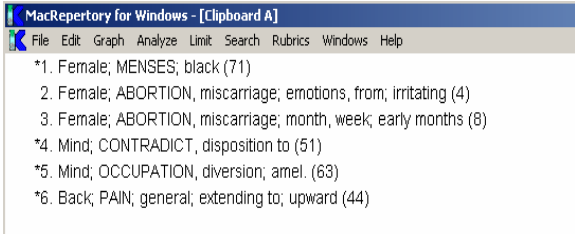
2nd step: Arrangement of symptoms

1. Black menses
2. Abortion from negative emotions
3. Multiple abortions, first months
4. Rebellious, fights, loves to contradict
5. Diversion / Occupation amel.
6. Back pain extending upwards

3rd step: Repertorisation

- Choice of rubrics = Translation of the words of the patient into the language of the repertory
- Repertorisation = mathematical – statistical procedure

3rd step: Repertorisation (Rubrics)



3rd step: Repertorisation (Totality)

	Lach.	Nux-u.	Apis	Sep.	Cycl.	Ferr.	Ign.	Lyc.	Puls.	Alum.	Ars.	Helon.	Phos.	Sulph.	Cham.	Croc.	Cupr.	Nit-ac.
Total	0	8	7	8	8	8	8	6	6	6	4	4	4	4	4	4	4	4
Rubrics	4	6	4	4	4	4	4	3	3	3	3	3	3	3	2	2	2	2
Family	3	2	1	1	3	2	2	2	3		1	1	2	2	2	2		
Female; MENSES; black (71)	3	2	1	1	3	2	2	2	3		1	1	2	2	2	2		
ABORTION, miscarriage; ... (4)	2	2	1	1							1	1	2	2	2			
ABORTION, miscarriage; ... (8)		3																
CONTRADICT, ... (51)	3	1	2	1	1	1	1	2	1	2	1	1	1	1			2	1
OCCUPATION, diversion ... (63)	1	2	1	3	2	2	2	1	1	1	1	2				2	2	
PAIN; general; extending ... (44)	2	1	1	1	1			1	2	1	2	1	2	1	2			3

4th step: Remedy selection

- The repertorisation can only *suggest* a choice of remedies
- Rubbish in → rubbish out
- Final selection: „The authority is the Homoeopathic Materia Medica“⁴⁴ (Clarke, Prescriber, preface)

4th step: Remedy selection

- Which remedy is „homeopathic“ to this case?
→ Materia medica study of Lachesis, Nuxvomica, Apis, Sepia, Cyclamen, Ferrum... etc.
- Is there an alternative, a short cut?

Meta-Analysis: the approaches

1. Hahnemann and Boenninghausen
2. Miasmatic approach
3. Clinical approach
4. Kent and the consequences

1. Hahnemann and Boenninghausen



(1755 – 1843)



(1785 – 1864)

The „classical“ approach

- Further developed by:
- Cyrus Maxwell Boger: A Synoptic Key
 - Contemporary German homeopaths, like Henning Gypser, Bernhard Möller, Thomas Genneper, Andreas Wegener and others

Theoretical basis

- Hahnemann: SRP-Symptoms

„In this search for a homœopathic specific remedy, (...) the *more striking, singular, uncommon and peculiar* (characteristic) signs and symptoms (...) of the case of disease are chiefly and most solely to be kept in view.“ (Organon, aphorism 153)

- Boenninghausen: Complete Symptoms

Quis? Quid? Ubi? Cur? Quamodo? Quanto? Quibus auxiliis?

Who? What? Where? Why? In what manner? When? With what?

↑ advantages + ↓ disadvantages

↑ Only symptoms which are clinically confirmed

↑ No interpretation → reliable!

↓ Limited range of remedies – about 125

↓ Chronic-miasmatic background is not taken into consideration

↓ Mind symptoms are not considered

2. Miasmatic approach

- Hahnemann, Chronic diseases

- Further developed by:

- J. Compton-Burnett (1840 – 1901)

- J.H. Allen (1854 – 1925)

- John H. Clarke (1853 - 1931)

- German homeopaths: Gerhard Risch / Yves Laborde

- Etc.

Theoretical basis

- Miasmatic Signs
- Family history
- Individual case history
- Toxicology

↑ advantages + ↓disadvantages

- ↑ Consideration of chronic-miasmatic background
- ↓ Limited range of remedies – about 80-140
- ↓ SRP-Symptoms not considered
- ↓ Mind-Symptoms not considered

3. Clinical approach

- Samuel Hahnemann, e.g. Organon aphorism 73 and others
- Further developed by:
Georg Heinrich Gottlieb Jahr (1800 – 1875), Samuel Lilienthal (1815 – 1891), Henry N. Guernsey (1817 – 1885), H.C. Allen (1830 – 1909), Eugene B. Nash (1838 – 1917), William Boericke (1849 – 1929), W.A.Dewey (1858 – 1938), R.S. Phatak, German homeopaths: Karl Staufer, Erwin Schlüren, Gerhard Köhler and many others



S. Lilienthal M.D.

Theoretical basis

- Key notes, SRP-symptoms
- Causation
- Genius epidemicus
- Clinical indication
- Organotropy
- Etc.

↑ advantages + ↓ disadvantages

- ↑ Quick and reliable, if
 - Clearly defined beginning / causation, and
 - Symptoms in different levels
- ↑ „Last resort“ in one-sided cases
- ↑ Huge range of remedies – about 1500
- ↓ Danger of „homeopathic allopathy“
- ↓ Limited range of application
- ↓ Reliability of information in MM can be ??

Case: Clinical approach

E.g. Lilienthal, *Homoeopathic Therapeutics*,
Chapter „Miscarriage/Abortion“ + „Uterus, Diseases of“:

Aletris farinosa:

„Habitual tendency to abortion in feeble persons of lax fibre and anemic condition, even after hemorrhage has set in; weight in uterine region, tendency to prolapsus uteri; general weakness of mind and body; weak from sickness or defective nutrition.“

„Prolapsus uteri from muscular atony; leucorrhoea from loss of fluids or defective nutrition; debility from protracted illness; obstinate indigestion, the least food distresses the stomach; fainting; with vertigo; (...) sterility from uterine atony; heavy, dragging pain about the hips; profuse, painful and premature menses; profuse leucorrhoea.“

Case: Clinical approach

Lachesis:

„Nymphomania; uterine region feels swollen, will bear no contact; bearing - down pains; uterine and ovarian pains relieved by a flow of blood; pain like knife thrust into abdomen; uterus feel as if os were open; redness and swelling of external parts, with discharge of mucus; swelling, induration neuralgia, suppuration, etc., of left ovary; pain in coccyx when sitting down, as if sitting on something sharp; trembling of legs; cervix very sensitive to touch, bleeding easily.“

Nux vomica:

„Every pain produces a desire to defecate and to urinate; frequent desire to urinate, with burning and scalding when urinating; constipation, has large difficult stools or small and frequent ones, with pain in ano; irritable, dreads being moved, pains across uterus.“

“Feeble, dyspeptic patients with pain in back, bearing down towards sacrum and pressing pain over hips; burning heaviness and sticking in uterus; hardness and swelling of os; prolapsus uteri from straining or lifting; sight leucorrhoea, which is foetid, staining yellow; great debility of nervous system with hyperaesthesia; wants to sit or lie down; internal swelling and burning of vagina like a prolapsus; inharmonious action of intestines.“

Case: Clinical approach

Sepia:

„Miscarriage from fifth to seventh month; fullness and pressure of blood to head and chest; feeling of heaviness in abdomen and sense of weight in anus like a heavy ball, piles, flushes of heat, with faintness and momentary attacks of blindness, especially in a warm or close room; MOTIONS OF FOETUS ARE HARDLY TO BE FELT; painful sensation of emptiness in pit of stomach; induration of os and cervix (Aur., Con.); constipation“

“Prolapsus uteri et vaginae from atonic relaxation of the ligamentous and vaginal supports of uterus, relieved by lying down or crossing legs; worse when sitting up, standing or walking, which causes bearing down, heat, goneness, backache and fainting; gone sensation in pit of stomach, about noon, relieved by eating and lying down; induration of neck of uterus; dropsy of uterus; tenderness of genitals to touch; venous passive congestion, chronic metritis, displacements, especially retroversion; frequent bloody discharges between menses, especially after intercourse; pressure at genitals, as if everything would protrude; (...) want of natural heat, aversion to open air; burning in region of cervix, worse by touch; (...) bearing down in pelvis and sense of weight in anus like a heavy bal. Chronic subinvolution.“

Case: Clinical approach

Helonias dioica:

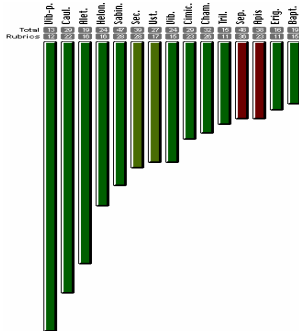
„Threatened abortion from atonic condition, especially in *habitual* abortion; slightest overexertion or *irritating emotion* tends to cause loss of foetus; useful for many of the *sequelae of miscarriage*.“

“Profound melancholy; deep, undefined depression, with a sensation or soreness and weight in womb; consciousness of a womb; dragging weakness in sacral region, with prolapsus uteri and ulceration of cervix; discharge constant, dark, badly smelling; flooding on lifting a weight, and on least exertion; face swollen; having an expression of suffering; great vaginal irritation; uterus low down, or protruding, fundus tilted forward; the finger passes with difficulty between os and rectum; leucorrhoea, with atony and anemia; aphthae on labia; intense itching of vulva; anemia, atony, often amenorrhoea; albuminous urine; great debility and drowsiness; tired aching feeling and some burning in back and legs; amel. while doing something.“

→ Further study in the Materia Medica!

Case: Clinical approach

E.g. Repertory-Search „Female / Abortion“



Case: Expert Analysis

	Helon.	Nutr.-u.	Apis	Eyel.	Lach.	Asar-c.	Sep.	Emp-nur.	Ferr.	Cupr.	Cham.	Coru-c.	Ign.	Puls.	Atom.	Stram.	List.	Lyc.
Total	4	3	7	3	4	1	6	3	2	4	4	2	6	3	4	2	2	6
Rubrics	3	4	3	3	4	1	4	3	2	2	2	2	3	3	3	2	2	6
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Female, MENSES, black (71)	1	2	1	3	3			2		2	2	3		2	1	2		
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CONTRADICT, ... (51)		1	2	3		1	1	2			1	1		1			2	
OCCUPATION, diversion ... (63)	2	2	1	2	1		3		2	2		1	2	1	1	1		1
PAIN, general; extending ... (44)		1		1	2		1	1				1	1	2			1	

4. Kent and the consequences



- James Tyler Kent (1849 – 1916)
- T.F. Allen, C.M. Boger, S.R. Phatak, P. Sankaran
- Pierre Schmidt (1894 – 1987)
Jost Künzli v. Fimmelsberg,
W. Klunker
- George Vithoulkas
- Etc.

Theoretical basis: Kent

- „Disease is caused by wrong thinking“ → Mind symptoms emphasized
- Remedy pictures
- Common symptoms vs. Local symptoms

Künzli:

Hierarchy of symptoms:

- I. SRP symptoms
- II. Mind symptoms
- III. Common symptoms
- IV. Causation
- IV. Accompanying symptoms
- V. Local symptoms

Vithoulkas:

- Strong emphasis on mental and emotional symptoms → Essences



Figure 1

- Three-level-model: hierarchy mental – emotional – physical

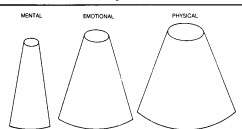


Figure 2

- Underlinings instead of SRP-Symptoms

↑ advantages + ↓ disadvantages

• Kent:

- ↑ Remedy pictures easy to remember
 - ↑ Patients today observe their mental symptoms better than the physicals
 - ↓ Reliability of mind symptoms in the materia medica and repertory ??
 - ↓ Interpretation +
- Easy, but not too reliable

↑ advantages + ↓ disadvantages

• Künzli:

- ↑ SRP-symptoms first
- ↑ Only clearly stated mind symptoms
- Less interpretation, more reliable
- ↓ Statistical problems of the repertory
- Only about 4-500 out of 2000 remedies covered, „Polychrest“-Homeopathy

↑ advantages + ↓ disadvantages

• Vithoukas

- ↑ Fascinating, modern and easy to grasp
 - ↓ Essences one-sided and not very reliable
 - ↓ Essences only known from about 100 remedies
 - ↓ Interpretation +++
- „Constitutional prescription“, „Types“

„Is there a Helonias-“Type?“

E.g. Vermeulen, Synoptic II:

- "It is adapted to two great classes of women; for those who are tired out from doing nothing and need some new and untried form of excitement to keep them going; and for those who are all worn out from overwork, so used up that they can neither rest nor sleep." [Pierce]
- Better when [KEPT] BUSY; by [mental] diversion [and not thinking of her disease].
- "Helonias suits the wilted, depressed sophisticated woman, who constantly complains to her husband and children and doesn't even have the energy to talk or get excited about anything, because her head is absolutely empty but who, as soon as a friend visits, can talk and gossip for hours without a trace of fatigue. When she then resumes her complaints in the evening about being tired, she becomes irritable and tolerates no criticism when her husband remarks how able she was to talk and laugh that afternoon." [Voisin]
- Intolerance of contradiction or consolation.
- Discontented and censorious; sits the whole day, finding fault with everyone.
- "Irritable; could not receive any suggestions in relation to any subject; all conversation was unpleasant." [Hale]

„Is there a Helonias-“Type?“

- Consciousness of kidneys and uterus. "Feels uterus move when she moves." "Continual consciousness of a womb, it so sore and tender. Now this condition is often found at the age of puberty, during pregnancy and after labour, and here Helon. is indeed a blessing." [Nash]
- Bad effects of abortions and miscarriages. Prevents miscarriages.
- "Its principal usefulness is in those cases which arise from a uterine atony, which can not hold on to the fruit of conception, but allows it to escape at the periods coinciding with the previous menstrual flux; or when the slightest overexertion, or irritating emotion, tends to cause loss of the foetus. (..)" [Hale]
- Introduced by Hale, not proven by Hahnemann, not mentioned by Boenninghausen
- Complete Repertory: 713 symptoms.



Case: Remedies, FU's

- May 2003: Helonias 200c
- October 2003: Helonias 200c
→ *Pregnant*
- December 2003: Helonias 6LM
- March 2004: Sepia 200c (self medication)
- May 2004: Helonias 200c
→ *Serena* June 2004 (Cesarean)
- August 2004: Helonias M
